

Title

#SPIDI: a novel teaching approach to implement the biopsychosocial model into osteopathic practice

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Abstract

The biopsychosocial (BPS) model shifts the emphasis from exclusive reliance on physical to psychosocial concepts that influence pain experiences and subsequent behavior. With its patient-centred focus, the BPS model promotes overcoming obstacles to recovery and includes education and self-management strategies. The best predictors for pain and disability in non-specific musculoskeletal pain include psychological factors (yellow flags) that are intrinsic to the patient, environmental factors related to their work (blue flags) or social context (black flags), and medical or biological factors (including red flags). This interactive model exploring connections within the person, their context and their environment in relation to their symptoms fits nicely with key concepts such as holism and person-centred care found in osteopathic principles. However, implementing the BPS model into osteopathic practice may be challenging for practitioners who are more familiar with biomechanical models of practice. Objective Structured Clinical Examination (OSCE), an assessment method based on a student's performance that measure their clinical competence with the use of Standardized Patients, has been introduced into the #SPIDI teaching approach. OSCE provides osteopaths different clinical scenarios where key components of "hands-off" treatments may become more clinically relevant. Professional skills associated with the use of the therapeutic alliance within the BPS model into osteopathic practice are self-evaluated with the Therapeutic Alliance Core in Osteopathy (TACOs), an online questionnaire that is filled up by students on their smartphones. #SPIDI proposes a novel teaching approach relying on OSCE to implement the BPS model into osteopathic practice and optimize musculoskeletal care.

Short bio

Rafael Zegarra-Parodi is a registered osteopath in France and the UK practising in Paris since 1999. He completed his Diploma in Osteopathy at the British College of Osteopathic Medicine in London, UK (1997) and gained a Master's degree in Education at the University of Tours, France (2008). He previously held a 2-year full-time position as Research Assistant Professor at the A.T. Still Research Institute in Kirksville, MO (USA) and was a unit leader at the University College of Osteopathy in London, UK. Currently, he is an Associate Editor of the IJOM and a member of the Board of Trustees of the Non-profit Foundation COME Collaboration. As an osteopath, Rafael has an expertise in the management of chronic and acute neuromusculoskeletal conditions and sport injuries. He has also developed a scientific interest in perceptions associated with palpation as described by traditional healers and how they may potentially inform Western manual practices.