

Thinking about osteopathy in France in 2024, given the significant increase in professional demographics, starts with thinking about osteopathic training, since 31 schools will be instructing nearly 11,000 students in 2024.

To answer the questions posed by the congress, I felt it essential to focus the survey on the student, and to interview 5 students in their 4th year of training, 3 boys and 2 girls, to gather their criticisms and opinions, in order to build a more operational training program.

From these interviews, it emerged that the scientific component needs to be more balanced, in favor of updating models, taking into account data acquired by the human, biological, social, psychological and physiological sciences.

They advocate a more universal conceptualization between schools, with a university model favored by the 5 students, aware of the necessary evolution of practice, of the clinic, having to integrate integrative, bio-psycho-social, climatic, environmental models, with a more precise clinic.

The acceptable non-scientific content is based on learning to use the hand and perception, which must take on a more important role than that granted by the current training decrees (2014).

It's a manual profession, a craft based on perception, and learning it is still experienced as a personal experience, not sufficiently supervised, adjusted to the individual. And if models retain their status as historical memories, we need to think of a way of learning that is more focused on the subject, hence our proposal for an experiment to evaluate the discriminating perceptive capacities of touch, through self-evaluation.

Starting with concrete, real, measurable facts, and self-assessing one's progress, provided that progress is possible, is the essence of our study.

Thus, our study aims to answer the question:

What could be the future frameworks integrating psychosocial aspects and osteopathic manual treatment?

Our proposal: self-assessment tools for the quality of touch, integrating instruments to help effective awareness of tactile discrimination.

These include touch that discriminates movement, vibration and temperature.

The study presents the results of measuring the perception of temperature variations.

Results :

The 2019 (n=60), 2021 (n=40), and 2023 (n=34) acquisitions made in osteopathic schools were statistically compared. The 34 results (2023) were significant:  $p < 0.032$ .

Osteopathic students detect a mean temperature variation of **1.2°C for temperatures between 17°C and 34°C**. (+/- 1.2 ° C (DS +/- 0.6)

Over 3 years of practice, the detection threshold is lowered by 0.3°C, but this does not mean that the student "gains" 0.1 degrees per year, as results are so heterogeneous.

If there's a gain, there's a learning curve, so training, in free self-assessment, by carrying out the same test every 6 months throughout the training course should provide an element favoring temperature discrimination, useful in clinical diagnosis, and awareness of the hand's capabilities, giving confidence useful for being an autonomous osteopath.