Becoming an Osteopath

COTHERAPY
COTHERAPY

- **Internship** → observe and work along side a practicing osteopath D.O., once students join College Sutherland Amsterdam

- **Cotherapy** → work independently in consulting patients, only after examinations
WHAT IS IT AND HOW DID IT GROW/ARISE?

→ LEARN TO APPLY THEIR GAINED THEORETICAL AND PRACTICAL KNOWLEDGE
COTHERAPY

- Students that have studied a BIG registered profession in health care
  - BIG (Beroepen Individuele Gezondheidszorg) → medical doctor, pharmacist, physiotherapist, psychologist, psychotherapist, dentist, obstetrician, nurse

- Without BIG → secondary school or pre-university education (Basic Medical Knowledge)
After their examination
- Theoretical education (examination)
- Practical education (examination):
  - - spine and pelvis
  - - cranium
  - - viscera (abdomen, thorax, pelvis)
  - - extremities
  - - thorax
  - - neurology
COTHERAPY

- First day (day after practical examination):
  - Information (office) and Preparing the students → Carl Coussement and an employee of the office
  - Schedulebook
  - Phone
  - Payment
COTHERAPY

- Co-docent → tutor (experienced osteopath)

- Not a teacher, not a lecturer → guide the students; define the guideline

- Guide and supervise the students
COTHERAPY

- Students work together in pairs

- One is the osteopath

- The other one is **supporting** and **accompanying** (making notes and where necessary supporting as a colleague, assistant, advisor, extra pair of hands)
COTHERAPY

- Becoming a mature osteopath →

  Independently and responsible

Recruit their own patients (and they really have to be patients)
COTHERAPY

- It is like embryology:
- At any particular moment during development, an organism functions according to the features its organs have attained at that time
- The growth functions of any cell and cell aggregation must be considered in relation to the growth function of neighboring cells (colleagues)
- Organs (students) should not be seen as isolated formations but as having associations with the processes of their environment
- Outside – inside; outside means for example the metabolic fields; inside means for example the genetic information
COTHERAPY

- PATIENT EXAMINATION

- History
- Physical (osteopathic) examination
- Red and yellow flags
- Protocol => Global testing/kind of Quick-tests (decide) → function testing (local/segmental testing)

=> Every patient, every time (every visit it is a new patient)
COTHERAPY

- 3 phases

1) 2 hours time

2) 1 hour and 40 minutes

3) 1 hour and 20 minutes
COTHERAPY

- 35 days $\rightarrow$ 7 times 3 days (course weekends) and 7 times 2 days

- Office (phone, appointments, payment)

- Accompagny/guide/supervise the foundation course (basic medical knowledge)

- Supporting teachers in practical lessons
COTHERAPY

- After examination (after inhibition-tests → directing dysfunction, secondary dysfunction)
- In consultation with tutor → testing the dysfunctions
- Gives advice when necessary and guides the student
- Cotherapist explains the results and treatment plan to the patient
- After treatment → controlling by tutor
COTHERAPY

- Cotherapist decides in consultation with patient and tutor how to follow up

- Office makes new appointment when necessary and takes care of the payment
COTHERAPY

- Osteopathy should be inspired by evidence
- It should be evidence informed and not evidence based
- It should not be limited by evidence
COTHERAPY

We don’t want to create borders, but create a screen on which the cotherapists can project their experience.

For example: listening is not evidenced base, but STILL very useful in osteopathy => let them explore this; let them find out what is applicable.
COTHERAPY

- Being a student and being a cotherapist is an ongoing process; just like being an osteopath
- Find their own way
- Flexibility to use everything they need for this particular patient
- The guide(tutor) guides the student in his/her path to learn from his/her own mistakes and enjoy his/her successes
COTHERAPY

- Case history: medical, family, drug, social
- Red flags: not easy, how does this fit in the actual moment?
- Offer the structure and offer the secret to adapt at the moment
- How to use the answers
- Osteopathy is a working diagnosis
COTHERAPY

- Learn to feel and treat a child
- Learn to feel and treat a young adult
- Learn to feel and treat an adult
- Learn to feel and treat a senior
- Learn to be aware; develop own capacity, sensitivity etc.
- Going back to the tree and feel the tree (for example anatomy, physiology)
COTHERAPY

- Learn to feel health, so they can learn to feel the dysfunction
- First feel 1000 patients, than they maybe can learn to become an osteopath
- Find their own reference of vitality
COTHERAPY

- They will get lost in information; there will be way too much information

- Therefore → let them get back to the basics

- Stay humble and make mistakes

- Guide → don’t let them loose the path but let them explore the path
COTHERAPY

- Hands on
- Knowledge has its limits and advantages
- Feel the models and its limits
- It is a working diagnosis
COTHERAPY

- They should become to feel confident with themselves, the patient, the situations

- For example: embryological derived motility should be experienced by themselves

- IT IS AN ONGOING PROCES
COTHERAPY

- Evaluation report of every phase (learning objectives) → for example:
  - Skills in history taking
  - Thrust own hands
  - Inhibitions
  - Analytical thinking
  - Knowledge and practice
  - Reflection
COTHERAPY

- Letter to the patient (general practitioner/family doctor, specialist doctor)

=> Short patient history, osteopathic examination and treatment and explanation
COTHERAPY

- Patient/case report phase 1 and phase 2 (minimally 2 consultations)

=> history, inspection, physical examination, osteopathic examination, treatment plan, treatment, treatment result, integration, gained knowledge
COTHERAPY

Case-examination (NACO → Nederlands Academisch College voor Osteopathie)

At the end of phase 1
COTHERAPY

- Assessment interview with personal tutor
- After phase 1
- At the end of phase 3
- Thesis
COTHERAPY

Progression, not perfection