

Instructions for Proficiency Examination Candidates

- I. Candidates must be Regular or MD Associate Members of The Osteopathic Cranial Academy. International Affiliate and Dental Members are not eligible to sit for the OCA examination, however, examinations developed by their respective professions are reviewed and eligible for “recognition” by the OCA.
- II. Applicants must have a minimum of 3 years of clinical experience (5 years recommended), after completing their first approved Introductory Course in Osteopathy in the Cranial Field. OMM Fellowship and OMM Residency may be counted. Internship and other residency programs do not qualify for the experience requirement.
- III. Applicants must complete at least two (2) approved 40-hour Introductory Course in Osteopathy in the Cranial Field
- IV. Applicant must complete 100 hours of OCF related CME since taking their *first* OCA approved Introductory Course in OCF.
- V. Eligible candidates must submit the non-refundable \$100.00 application fee at the time application is made. Upon acceptance of the application, the candidate will be notified and must submit the non-refundable \$150.00 testing fee.
- VI. Each applicant must submit a case study based on the enclosed criteria. Seventy-five points (out of 100) are required to pass the case study. One resubmission of a new case study will be allowed. This study should be an original case study, previously not submitted for any other purposes of qualification and/or publication. All accepted case studies become property of The Osteopathic Cranial Academy and may be published by The Osteopathic Cranial Academy.
- VII. Applications along with case studies must be postmarked by November 30 prior to the June examination date.
- VIII. All case studies should be submitted to the Credentials Committee in a Word document format. We cannot accept Scanned PDF “images” of the case report.

Topics Covered in Examinations

Topics include but may not be limited to the following:

Topics Covered in the WRITTEN EXAM

(2 hour maximum time limit)

- Components of the primary respiratory mechanism
- Mechanism of SBS flexion/extension, torsions, sidebending rotations, vertical strains, lateral strains, compression
- Mechanism of CV4 and clinical effects
- Respiratory axis of sacrum
- Cranial anatomy
- Etiology of cranial injury
- Clinical applications

Topics covered in the ORAL EXAM

Diagnosis and treatment from an osteopathic perspective, including Osteopathy in the Cranial Field:

1. DENTAL: Orthodontia, TMJ, Malocclusion
2. HEENT: Tension headaches, Tonsillitis, Sinusitis, Tinnitus, Vertigo
3. GI: Constipation, GERD, IBS
4. GU: Menstrual disorders, Recurrent UTI
5. NEUROLOGIC: Cranial n. entrapments, Vertigo, Head trauma, Post concussion syndrome, Migraines, Seizures
6. ORTHOPEDIC: Kyphosis, Lordosis, Scoliosis, Postural imbalances,
7. PEDIATRIC: Colic, Constipation, Delayed Development, Failure to Thrive, Learning Disorders, Nocturnal Enuresis, Otitis Media, Plagiocephaly, Strabismus, Sucking Problems, Torticollis
8. PREGNANCY: Constipation, GERD, Back pain, Groin pain, Varicosities, Labor & Delivery
9. RESPIRATORY: Allergies, Asthma, Bronchitis, Frequent colds, Recurrent sore throats)
10. SOMATIC (Neck pain, Lower back pain, Arthritis, Fibromyalgia, Extremity sprains/strains, Whiplash injury)
11. GENERAL: Trauma, Fatigue, Treatment reactions, Rheumatologic disorders

Questions may also be directly based upon the case study submitted by candidate.

Topics Covered in the PRACTICAL EXAM

Demonstration of osteopathic diagnosis and treatment skills emphasizing Osteopathy in the Cranial Field.

- Correct hand placement commonly utilized in osteopathic treatment
- Proper diagnosis and cranial osteopathic treatment of strain patterns and the cranial mechanism
- Correct sacral diagnosis
- Correct diagnosis of area other than the cranium or sacrum

CASE STUDY: Osteopathic Reasoning

Your case presentation should rise to the standards of contemporary medical publications. The score sheet (attached) will provide guidance in organizing and writing your case study submission.

In addition, this case presentation must also include “Osteopathic Reasoning” (or as Dr. Sutherland called it, “Thinking Osteopathy”). Osteopathy provides unique insight into the state of the patient. Palpatory observations of tissue function perceived during both examination and treatment reflects the patient’s history, and symptoms. Osteopathy not only relieves human suffering, it also helps us understand who this patient is and how their presenting condition came to be. The structural evaluation provides a “living image” of the patient’s response to life events.

In the discussion section of your case presentation, your task is to describe what makes your approach to this case uniquely osteopathic, and delineate your osteopathic thought processes and reasoning.

The following statements should serve as “guidance” in shaping the osteopathic reasoning of your case.

1. Your case should demonstrate osteopathic reasoning.
2. Cases that simply provide a list of lesions and techniques, without context, are not “Osteopathic.” Somatic Dysfunction does not occur in a vacuum. Somatic Dysfunction emerges as the result of the patient’s total life experience. There should be something in the History: Trauma, Surgeries, Pathology, etc. that explains the presence of somatic dysfunction. Dr. Still called this “The Law of Cause and Effect.”
 - a. What did you learn about your patient from the history, examination, and during the treatment process, that only an osteopathic approach could provide?
3. Describe your palpatory observations of tissue function/dysfunction, perceived during both the evaluation and the treatment process. Attend to tissue quality / function. Please be specific, and qualitative; more than “mechanical” in your description.
 - a. How do your Palpatory Perceptions *correlate* to patient’s History (medical, surgical, social and trauma), Symptom Picture, and Findings on physical examination?
 - b. Describe your perception of changes in tissue function over the course of treatment. Do these perceived changes in tissue function inform your understanding of this case? Do these perceptions of tissue change influence your case management?
4. Why did you choose this particular case? In other words, what makes it osteopathic?
5. Dr. Sutherland said it this way in Contributions of Thought: “Think of that minute thousandth of an inch and you may find yourself thinking osteopathy with the Founder of Science. You may then have an inkling of Dr. Still’s superior mechanical knowledge of the human body, a mechanism including fluids, soft tissues, cells, nuclei and electrons, as well as the mere osseous structure. Through that immense knowledge he was able to magnify the little things and interpret how they might alter affects and effects in physiological functioning. Listen to this thought from the same text: ‘With anatomy in the normal properly understood, we are enabled to detect conditions that are abnormal.’”

CASE STUDY: Other Considerations

1. You, as the physician, should be the primary provider of osteopathic treatment.
2. The efficacy of the case should be the *direct result of osteopathic treatment*.
3. Utilization of other modalities such as dental appliances and corrective lenses are acceptable, but should not be the center of the case.

Suggested Reading

1. *Clinical Cranial Osteopathy*, Richard A. Feely, DO, FAAO, Editor
2. *The Collected Papers of Viola M. Frymann*, DO, Hollis H. King, DO, PhD, FAAO, Editor
3. *Contributions of Thought*, William Garner Sutherland, DO
4. *The Cranial Bowl*, William G. Sutherland, DO
5. *Osteopathy in the Cranial Field* (Third Edition), Harold I. Magoun, Sr., DO
6. *Teachings in the Science of Osteopathy*, William G. Sutherland, DO
7. *Manual of Cranial Technique*, Drs. Rebecca and Howard Lippincott

The Osteopathic Cranial Academy
Proficiency Examination Application Form
TBD Eastern Sector
Testing Date: June 21, 2018

Name _____
Last First Middle Degree

Address _____
Street

_____ City State Zip

Telephone: _____

E-mail: _____

Professional college attended: _____

Date of graduation: _____

Cranial courses (attended or taught with date and place):

Number of years you have used Osteopathy in the Cranial Field in your practice: _____

Application Fee: \$100.00 (Nonrefundable)
Examination Fee: \$150.00 (Nonrefundable)
Application Deadline: November 30, 2017

Please enclose application fee of \$100.00 made payable to The Osteopathic Cranial Academy with this application form. Case study must accompany application. Mail to:

The Osteopathic Cranial Academy
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Indianapolis, IN 46240
For information call: (317) 581-0411
FAX: (317) 580-9299
E-mail: info@cranialacademy.org