MSU-COM's Continuing Medical Education

"Given the competitive marketplace, I feel very fortunate that our courses are well attended," said Sandra Kilbourn, director of MSU-COM's CME.

The MSU-COM Office of Continuing Medical Education has truly evolved.
In 1973, MSU-COM offered less than 200 credits in CME courses. In 1987 the final count was over 700 credits.

Sandra Kilbourn was there both times. In 1973 Kilbourn served as Donald McBride's assistant. In 1976, she took over as director, her present position.

"I give all of the credit to our faculty who have the reputation to attract people here," she said. "Given the competitive marketplace, I feel very fortunate that our courses are well attended."

The 1987 year also counted more than 1,400 participants in over 140 programs.

There were 121 intramural courses, initiated and provided by the departments. That averages one every three days, Kilbourn said. Meanwhile, 22 extramural courses were taking place, averaging one every 2.3 weeks.

Among those courses in demand are the fifteen manual medicine tutorials which range in length from three to five days.

"It is not uncommon to fill one of the tutorials eighteen months in advance," Kilbourn said. "Participants attend from all over the country and the world."

Starting this year Kilbourn's office will experience decentralization from the MSU Lifelong Education Programs.

"We will be totally responsible for our own accounting system," Kilbourn explained. "We've wanted this for a long time and now we have the technology and certainly the years of experience."

Kilbourn also serves as the executive secretary to the MSU-COM Alumni Association.

Three programs are scheduled annually for alumni: the fall weekend which "coincidentally" includes a weighty football game, a summer program in scenic and cool northern Michigan, and the annual seminar in the sun, this year in Puerto Vallarta, Mexico.

Of the total CME programs about 68% are held at the Kellogg Center for Continuing Education. About 14% are held off campus but in Michigan and approximately 18% are out of state.

Those who attended courses last year will know Betty Wilson who became the educational programs coordinator last year. Those who call to register will be familiar with the voice of Jan Carson, staff.

Kilbourn, Carson and Wilson offer assistance to a potential scholar of musculoskeletal pain below (from left to right).

Looking ahead through 1988, the Office of Continuing Medical Education has 21 courses planned. For a complete calendar see pages 3-5.
In the holiday spirit...

A college-wide luncheon was held during the holidays in the Patenge room.

Tomas Stachnik, professor of psychiatry and William Jonston, professor of family medicine.

Veronica Maher, professor and co-director of the carcinogenesis laboratory.

Phillip Gerhardt, professor of microbiology and public health, and Millie Miller, academic affairs.
January 30 - February 3
Tutorial on Level I Craniosacral Technique

The course objectives are to understand the primary respiratory mechanism, and the interrelationship between the primary and secondary respiratory mechanisms, as well as understanding the potential dysfunctions of the primary respiratory mechanism. Also to apply the palpatory skills to craniosacral mechanics and to apply the principles of manipulative management to craniosacral dysfunction.

To be held at the Tucson Hilton East in Tucson, Arizona. Prerequisite training is "Principles of Manual Medicine." Sponsored by MSU-COM. 40 hours of Category I credit. Cost is $600 or $300 for physicians in training. Housing reservation forms will be sent upon receipt of your registration.

February 5 - 7
Principles of Manual Medicine Part B

A combination of didactic lectures and hands-on experience sufficient to understand the principles involved in the diagnosis and treatment of musculoskeletal disorders amenable to manual medicine methods.

Prerequisite conference is "Principles of Manual Medicine - Part A." Sponsored by MSU-COM and MSU College of Human Medicine. 20 hours of Category I credit. Cost is $250.

March 7 - 11
Tutorial on Level I Muscle Energy Technique

Designed to expand previous training in manual medicine in the area of use of muscle contraction as an activating force.

To be held at the Tucson Hilton East in Tucson, Arizona. Prerequisite training is "Principles of Manual Medicine" for M.D.s and P.T.s. Sponsored by MSU-COM and MSU College of Human Medicine. 40 hours of Category I credit. Cost is $600 or $300 for physicians in training.

March 10
Family Medicine Conference

Sponsored by MSU-COM's Department of Family Medicine. To be held at the Clarion Hotel and Conference Center in Lansing. A separate course brochure will be mailed prior to the conference.

March 19 - 26
Seminar in the Sun

The MSU-COM Alumni Association is sponsoring a seminar in Puerto Vallarta, one of Mexico’s most famous and luxurious coastal resorts.

20 hours of Category I credit. For price information on airfare and/or land package, please contact Group Travel Experiences, Ltd., 4970 Northwind Dr., Suite 224, East Lansing, MI 48823 or phone (517) 353-1018. CME cost is $300 for members of MSU-COM Alumni Association or $350 for non-members.

April 6 - 10
Tutorial on Direct Action Thrust Manipulative Technique

A five-day intensive course in the principles and use of direct action high velocity manipulative therapy. Primary emphasis will be placed upon the spine, pelvis and thoracic cage.

Prerequisites are "Principles of Manual Medicine" and "Level I Muscle Energy Technique." Sponsored by MSU-COM and MSU College of Human Medicine. 40 hours of Category I credit. Cost is $600 or $300 for physicians in training.

April 15-17
The Differential Diagnosis of Musculoskeletal Pain: Emphasis on the Low Back

The course objectives include: presenting an integrated patient assessment as a basis for differential diagnosis, diagnostic procedures to assist in differential diagnosis, the interrelationship of visceral and somatic etiologies of low back pain, and using case histories as models for the problem solving process in patient management.

Sponsored by MSU-COM. 20 hours of Category I credit. Cost is $300 or $200 for physicians in training.
April 30 - May 2

Tutorial on Level I
Myofascial Release Technique

Intensive exposure to basic concepts of myofascial release manipulative therapy. Emphasis is placed on direct experiences giving participants opportunity to test various forms of motion and motion changes, and palpate various tissues and forms. Prerequisite training is "Principles of Manual Medicine." Sponsored by MSU-COM and MSU College of Human Medicine. 24 hours of Category I credit. Cost is $375 or $200 for physicians in training.

June 16 - 19

Second Annual Alumni Mid-Year Seminar

Topic and category credit hours to be determined. To be held at Grand Traverse Resort Village in Acme. Sponsored by the MSU-COM Alumni Association. Cost is $100 or $25 for physicians in training. A separate course brochure will be mailed prior to the conference.

June 20 - 24

Principles of Manual Medicine

A combination of didactic lectures and "hands-on" experience sufficient to understand the principles involved in the diagnosis and treatment of musculoskeletal disorders amenable to manual medicine methods. Sponsored by MSU-COM, MSU College of Human Medicine and the North American Academy of Manipulative Medicine. 40 hours of Category I credit. Cost is $800 or $400 for physicians in training.

June 8 - 10

Clinical and Medical/Legal Issues in General and Emergency Medicine

To be held at Grand Traverse Resort Village in Acme. Sponsored by MSU-COM. 10 hours of AOA Category I credit. Cost is $100 or $25 for physicians in training. A separate course brochure will be mailed prior to the conference.

July 29 - 30

Endocrinology and Diabetes

To be held at Grand Traverse Resort Village in Acme. Sponsored by MSU-COM. Category I credit hours to be determined. Cost is $100 or $25 for physicians in training. A separate course brochure will be mailed prior to the conference.

August 5 - 7

Tutorial on Level II
Myofascial Release Technique

This course is designed to build on the Level I course by giving additional hands-on and theoretical experience. The course will emphasize and assist in developing a working knowledge of functional anatomy and neuroreflexive mechanisms which can be used in the treatment of biomechanical problems. To be held at the Homestead Resort in Glen Arbor. Prerequisites are "Principles of Manual Medicine" and "Level I Myofascial
Release Technique." Sponsored by MSU-COM and MSU College of Human Medicine. 24 hours of Category I credit. Cost is $375 or $200 for physicians in training. Housing reservations will be sent upon receipt of your reservation.

**September 9 - 11**

**Tutorial on Level I**

**Myofascial Release Technique**

Intensive exposure to basic concepts of myofascial release manipulative therapy. Emphasis is placed on direct experiences giving the participants opportunity to test various forms of movement and motion changes, and palpate various tissues and forms.

Prerequisite training is "Principles of Manual Medicine." Sponsored by MSU-COM and MSU College of Human Medicine. 24 hours of Category I credit. Cost is $375 or $200 for physicians in training.

**September 24 - 28**

**Tutorial on Level I**

**Muscle Energy Technique**

Designed to expand previous training in manual medicine in the area of muscle contraction as an activating force. Concepts of muscle contraction will be taught and will be utilized in the treatment of the vertebral column and the bony pelvis. The structural diagnostic system will be expanded in dysfunctions of the vertebral column and bony pelvis.

Prerequisite training is "Principles of Manual Medicine." Sponsored by MSU-COM and MSU College of Human Medicine. 40 hours of Category I credit. Cost is $600 or $300 for physicians in training.

**October 28 - 29**

**Annual Scientific Seminar and Football Weekend**

Topic to be determined. MSU vs. Ohio State football game. Sponsored by the MSU-COM Alumni Association.

**November 7 - 11**

**Tutorial on Level II**

**Craniosacral Techniques**

Objectives include: to review in detail cranial anatomy; to review specific corrective techniques for complex articular restrictions; to learn soft-tissue corrective techniques for membranous strain patterns; and to discuss special problems including TMJ, pediatric problems, entrapment syndromes, functional anatomy and treatment procedures.

Prerequisite training is "Principles of Manual Medicine" and "Tutorial on Level I of Craniosacral Technique." Sponsored by MSU-COM. 40 hours of Category I credit. Cost $800 or $400 for physicians in training.

**November 11 - 13**

**Tutorial on Manual Medicine Techniques Applied to the Extremities**

A three-day intensive course in the principles of manual medicine as they are applied to the upper and lower extremities. Emphasis is on diagnosis and manipulative management of extremity problems.

Prerequisite training is "Principles of Manual Medicine." Sponsored by MSU-COM and MSU College of Human Medicine. 24 hours of Category I credit. Cost is $375 or $200 for physicians in training.

**November 13**

**Twelfth Annual Pediatrics Seminar**

Topic to be announced. Sponsored by the Department of Pediatrics.

**December 3**

**Fourth Annual Orthopedic Conference**

Topic to be announced. Sponsored by the Department of Osteopathic Medicine.

**December 12 - 16**

**Principles of Manual Medicine**

A combination of didactic lectures and "hands-on" experience sufficient to understand the principles involved in the diagnosis and treatment of musculoskeletal disorders amenable to manual medicine methods. Emphasis will be placed on the integration of manual medicine into total health care.

Sponsored by MSU-COM, MSU College of Human Medicine and the North American Academy of Manipulative Medicine. 40 hours of Category I credit. Cost is $800 or $400 for physicians in training.
Reflections on a class reunion...

from Lori Dick, class of 1977

Twenty-one members of MSU-COM's class of 1977 met at the MSU-COM alumni weekend this fall for a ten-year reunion. Class member Lori Dick wrote of the information exchanged.

Our class has spread out far and wide -- from Manistique, Michigan, to Inverness, Florida; from Los Angeles to Long Island.

We represent at least 13 states and foreign soil. We've contributed faculty to at least four medical schools: Rick Schaller (UMD-NJ - internal medicine), Ron Marino (Stonybrook, New York - pediatrics), Ruth Worthington, (MSU-COM - pediatrics), Shirley Harding (MSU-COM - urology), Lori Dick (COMP - department chairperson of osteopathic principles) and John Graafmeyer to the city of Cleveland.

Approximately fifty of us are in general practices from very rural to very busy to very unique.

We are represented in many special areas of practice:

- Downtown Detroit (Bettye Stanley, Walt Grady)
- Space shuttle medicine (Rob Acosta)
- Anesthesiology (Tom Brand, Al Brosky, Jeff Kommit, Steve Sobasco and Tim Williams)
- Internal Medicine (Art Bouier, Reuben Eliuk, M.J. Kachmarsky-Knapp, Reggie O'Neal, Scott Renton, Rich Schaller, Linda Tucker and others)
- Pediatrics (Mary Alonzi, Ron Marino and Ruth Worthington)
- Occupational medicine (Glendora Chambers-Johnson and Jim Hamilton)
- Neurology (Mitch Elkiss)
- Hematology (Linda Benadaret)
- Cardiology (Stu Winston)
- Psychiatry (Nick Abid, Marion Gamble-Dunn)
- Peripheral vascular and thoracic surgery (Joe Sage)
- The second female D.O. in orthopedic surgery (Barb Chapman)
- The first female D.O. in urologic surgery (Shirley Harding)

Many of our classmates have produced some very beautiful children. Hausers have three boys. Petersburgs have three children (including twins). Barb Chapman, Ed Boudreau, Al Brosky and Mitch Elkiss all have two children. Shirley Harding and Steve Sobasco each have one child. Merrilee (Osborn) Okey has a new baby. And Jeff Kommit's baby was due the weekend of the reunion. We're waiting to hear.

Rob Acosta is busy again heading the space shuttle recovery medical team. He's the head of the California Board of Osteopathic Examiners in charge of state licensing and has recently been appointed to the Federal Health Manpower Commission on Migrant Health.

Luckily his wife and two children keep him humble. Jim Haley has joined those of us in the California Bay area after serving Bad Axe hard and long.

Al Jacobs, now vice president for academic affairs and dean of the Kirkville College of Osteopathic Medicine, spoke and helped us reminisce about our special contributions to MSU-COM -- most notably the Fee Follies.

Remember Fee Follies I, at the Polo Bar -- with Meg Win playing classical violin and Lindsay Gibson trying to use the men's room in drag? And Fee Follies II with such unforgettable scenes as "To be an Osteopath," Jim Haley and the Class of '77 Big Band, John Graafmeyer as Viola Frymahl and Sheldon Nelson's award-winning hip dancing revisited.

Al Jacobs also reminded us of our losses...Jim Schwinghammer to leukemia and Lindsay Gibson to metastatic disease secondary to CA of the appendix.

The moral of all this: you can never go back, but sharing the similarities and differences the years can bring is a wonderful experience. I'm proud to claim my roots with the MSU-COM class of 1977.

My apologies for lack of information about some of you. We missed seeing you at the reunion.

-Lori Dick

High Blood Pressure Control Conference

The eighth annual Great Lakes Conference on High Blood Pressure Control is scheduled for April 18-20 at Weber's Inn in Ann Arbor.

The program features clinical updates and cholesterol education, in addition to long-term followup and multiple risk reduction.

This program is open to physicians, nurses and all others who are involved with high blood pressure control in the general population.

For more information, contact:
Hypertension Control Program
Michigan Department of Public Health
P.O. Box 30035
Lansing, MI 48909
(517) 335-8913
News on campus...

Louis Beechnau, assistant clinical professor of family medicine, received the General Practitioner of the Year award at a recent meeting of Osteopathic General Practitioners of Michigan.

Barbara Briner, assistant professor of biomechanics, will speak on "The Body Electric" at the 1988 convocation program of the American Academy of Osteopathy in March.

Ching-Chung Chou, professor of physiology, received a Fulbright Scholar Grant to lecture at Universidade Federal de Pernambuco in Recife, Brazil, from July to December.

Phil Eisenberg and Daniel Sloane, medical students, will serve as student representatives to Osteopathic General Practitioners of Michigan.

Richard Heisey, professor of physiology, will speak on "Cerebrospinal Fluid - The Science Today," at the 1988 convocation program at the American Academy of Osteopathy in March.

Shirley M. Johnson, professor and associate chairperson of family medicine, and Margot Kurtz, associate professor of family medicine, presented papers at the Third International Forum on Family Medicine in Rio de Janeiro, Brazil, last August.

Evelyn Koenig, adjunct instructor of community health science, presented a paper on "Integrating Knowledge about Aging and Long-Term Care in an Acute Care Setting," at the annual scientific meeting of the Gerontological Society of America, held in Washington, D.C. in November.

Adalbert Koestner, chairperson of pathology, chaired a session of the Neuropathology Special Interest Group at the 38th annual meeting of the American College of Veterinary Pathologists in Monterey, California in November.

Edward A. Loniewski, associate clinical professor of osteopathic medicine, has been re-elected to a three-year term as a trustee of the American Osteopathic Association.

Wayne C. Meech, assistant clinical professor of family medicine, was elected president of the Osteopathic General Practitioners of Michigan recently.

Joseph Papsidero, chairperson of community health science, participated on a national panel presentation on "Active Life Expectancy," a new measure of population health status, at the annual scientific meeting of the Gerontological Society of America, held in Washington, D.C. in November. He also presented a paper on "The Role of the Physician in Long-Term Care: Statewide Survey of Nursing Homes."

At the first International Conference on Hypertension in the Elderly, held in Rome, Italy, in December, Papsidero presented a paper entitled "Hypertension, Quality of Life, and Functional Status."

Dorothy Thullen, dean's office, has left her position to become a full-time student in January. Tullen has been working on a B.A. degree in employee relations.

Thomas Tomlinson, assistant coordinator of osteopathic medicine and assistant professor of the Medical Humanities Program, made several presentations recently. At the national meeting of the Society for Health and Human Values held in Arlington, Virginia, Tomlinson participated in a panel discussion on "Empirical Research in Medical Ethics." He was the co-author of a paper presented by former MHP faculty member, Ken Howe, titled "Proxy Consent for the Elderly - Final Report."

In November, Tomlinson and Howard Brody, associate professor of family practice, addressed the members of the Michigan State Medical Society at their annual scientific meeting. Along with Dr. Leonard Webber of Mercy College, they presented a panel discussion on "Quality of Care, Quality of Ethics - Who Decides?" Tomlinson presented a talk on "Ethics Consultations" at the meeting.

William Wagner, associate clinical professor of osteopathic medicine, served as the guest editor for the November issue of the Michigan Osteopathic Journal.

Robert C. Ward, professor of biomechanics, will speak on "Laboratory: Myofascial Release," at the 1988 convocation program of the American Academy of Osteopathy. He will also present, along with others, "The Soft Tissue Component of Somatic Dysfunction."
Rod G. Bjordahl, 1973, has been re-elected as chairman of the family practice department of Maui Memorial Hospital for a two-year term. He was also reappointed to the Board of Osteopathic Examiners for a second three-year term.

Ronald Rhule, 1973, is the associate chairman of emergency medicine at Sinai Hospital in Detroit. He is currently editor and chairman of the publications committee for the American College of Emergency Practice. He recently published a chapter in *Emergency Medical Clinics of North America* entitled "Emergency Treatment of Gynecological Infections."

Martin F. Finkel, 1974, has been named to the National Child Protective Service Standards Committee of the Child Welfare League of America. Finkel will focus on revising the national standards of the CWLA for the medical evaluation of the sexually abused child. Finkel is a member of the New Jersey Task Force on Child Abuse and Neglect and is assistant professor and the acting chairman of pediatrics at the University of Medicine and Dentistry of New Jersey - School of Osteopathic Medicine.

Dan Fett, 1981, and his wife Margie Fett announce the debut of Morgan Danielle, born on November 10. She weighed eight pounds and one ounce and was 20 1/2 inches in length.

Kathy Rollinger, 1986, completed her internship at Detroit Osteopathic/Bi-County Hospitals. She writes: "I am going to Bon Secours Hospital in Grosse Pointe to complete a two-year family practice residency. My husband, George, is pursuing a career in engineering at General Motors Technical Center in Warren."

Barbara Yakes, 1987, and Ken Tyson, D.O., received the 1987 National Osteopathic Foundation Mead Johnson Grant. The $2,000 grant was awarded for their epidemiologic study on the prevalence of birth defects in inner city neonates.

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