

## **2-year DIPLOMA in OSTEOPATHY**

### **Introduction to the Course**

The Diploma in Osteopathy (D.O.) is a 2-year course reserved to Medical Doctor and Physiotherapists. The course is designed to enable the professionals to acquire a set of core competencies that guide them in the diagnosis, management and treatment of their patients and form the foundation for the osteopathic approach to healthcare. The course is validated by iTHRUST ACADEMY BULGARIA - EU, founded and directed by Dr. Giovanni Bonfanti DO.F.

Teaching and learning strategies comprise classroom-based lectures and seminars; practical osteopathic skills sessions; Virtual Learning Experiences such as online lectures, practical demonstration of osteopathic technique and clinical examination; and Problem Based Learning group tutorials. Upon completion of the course, students will have the knowledge, skills and attitudes to integrate osteopathy, in a safe and informed way, in their existing clinical practice.

### **Aims**

The course will enable health professionals to further develop their pre-existing capabilities to integrate osteopathy, in a safe and informed way, in their existing clinical practice. Students will be exposed to a student-centred learning environment to promote the critical acquisition, development and integration of clinical knowledge and osteopathic evaluative and treatment skills, within the context of their pre-existing professional knowledge, skills, values and norms. This is underpinned by a critical understanding of osteopathic concepts. Specifically, the aims of osteopathy programme are:

1. To provide a teaching and learning environment that promotes a culture of critically, self-managed and life-long learning which enables students to operate within the context of clinical uncertainty.
2. To enable students to develop the professional capabilities required to integrate osteopathy with their existing professional clinical practice.

### **Intended Learning Outcomes**

Upon successful completion of this course, you should be able to:

- Critically appraise the osteopathic conceptual philosophy of clinical practice and its role in patient evaluation, treatment and management;
- Demonstrate an integrated knowledge of normal and altered human structure and function applied to the process of clinical decision making;
- Demonstrate an integrated knowledge concerning the impact of environmental, psychological and social conditions in the development of illness and disease;
- Demonstrate well developed clinical evaluative skills and decision-making processes required for complex and unpredictable clinical situations;
- Select, implement and monitor osteopathic intervention by means of highly developed clinical reasoning in a manner that is safe, efficient and effective;
- Demonstrate competence in the selection and application of a range of manual techniques ranging from soft-tissue techniques to high velocity low amplitude thrust techniques;
- Select and apply a limited range of cranial, visceral, and functional techniques;
- Communicate effectively and appropriately with patients, carers, colleagues and other members of the healthcare team;

### **Entry Requirements**

Entry onto the programme is restricted to graduates in Medicine and Physiotherapy who have experience in musculoskeletal care.

### **Course Structure**

Duration

- 24 months

Timetable

- Year 1 - 7 seminars of 3 days - Friday to Sunday from 9:00am to 6:00 pm
- Year 2 - 7 seminars of 3 days - Friday to Sunday from 9:00am to 6:00 pm

- Online and face-to-face lectures, tutorials and meetings and group discussions
- Anatomy and physiology examination (at end of Year 1)
- Final examination (discussion of the thesis and clinical case)

### **Structure of the Training Course**

The 2-Years Diploma in Osteopathy complies with the provisions of the Benchmarks for Training in Osteopathy, World Health Organization (WHO) 2010 relating to training in Type II Osteopathy reserved for operators with previous health qualifications in Medicine and Physical Therapy.

The 2-Years Diploma in Osteopathy provides a total of 1,100 hours, totaling 710 hours of training and 390 hours of clinical thyrocinium.

- Frontal teaching 336 hours
- Specific texts and elaborates, study of clinical cases and reports 114 hours
- Study and preparation for the examination of anatomy and physiology 100 hours
- Personal commitment of the student and thesis 250 hours
- Exercise / practical activity on patient 300 hours (certified by the school).

### **Structure of the Training Course**

3 days for each seminar (about 24 hours), 7 seminars for each year (about 168 hours), two years of course (about 336 hours).

### **Principal topics of the Training Course**

Fascial osteopathy, structural osteopathy, cranial osteopathy, visceral osteopathy, stomatognathic approach, pediatric osteopathy , osteopathy in sports.

### **Curricular Content**

During the 14 seminars in 2-years, 4 learning modules will be developed:

#### **MODULE 1 - Osteopathic Concepts and Criticality**

20 hours lectures; 20 hours seminars and practicals

#### ***Module Overviews***

This module enables students to develop an in-depth and critical understanding of osteopathic concepts and models of evaluation and treatment and to relate those to existent healthcare models of health, illness and disease, as means of informing their clinical reasoning and decision-making processes. The module also provides the foundation for the development of students' practical osteopathic evaluation and treatment skills, enabling them to apply and make sense of those skills; emphasis is placed on palpation and clinical observation skills. Whilst developing new knowledge and skills concerning the conceptual basis for osteopathic clinical practice, students will be encouraged to critically evaluate its underpinning rationale, plausibility, and evidence base.

#### **MODULE 2 - Developing Knowledge for Osteopathic Practice**

40 hours lectures; 40 hours seminars and practicals

#### ***Module Overviews***

This module enables students to apply their existing knowledge and skills of human structure, function, dysfunction and disease, and to develop the knowledge and skill of osteopathic evaluation and patient management critically applying these in the context of patient care. This module enables students to develop the competencies required to critically evaluate each patient with an osteopathic focus from the outset, and to develop a plan of care which is consistent with the conceptual basis of osteopathy, best practice and patient safety.

#### **MODULE 3 - Clinical Skills for Osteopathic Practice 1**

30 hours lectures; 78 hours seminars and practicals

#### ***Module Overviews***

This is the first of two modules that provide students with opportunities to develop osteopathic specific clinical knowledge and skills which will enable them to effectively evaluate and manage their patients. In this module, students will develop practical clinical skills of osteopathic evaluation and technique. Initially, problem-based learning activities provide students with an opportunity to integrate newly acquired knowledge and skills in the context of patient evaluation and care.

#### **MODULE 4 - Clinical Skills for Osteopathic Practice 2**

30 hours lectures and seminars; 78 hours seminars and practicals;

#### ***Module Overviews***

This is the second of two modules that provide students with opportunities to develop osteopathic specific clinical knowledge and skills which will enable them to effectively evaluate and manage their patients. To this end, students will consolidate practical clinical skills of osteopathic evaluation and soft tissue and muscle energy, mobilisation/articulation and HLVA technique; and will further develop their clinical skills in the areas of cranial, visceral and functional technique. Existing and newly acquired knowledge and skills are applied and integrated in their clinical practice through well-developed clinical reasoning capabilities. This is facilitated by means of classroom-based problem-based learning activities and supervised clinical practice in the module Osteopathic Clinical Practice.