

aacom

Osteopathic Medicine



Profession Overview

Osteopathic Physicians (or DOs)

are board-certified physicians who are fully licensed to practice in every state and in more than 65 countries worldwide. As licensed physicians, they diagnose, treat, prescribe medications and perform surgery.

Osteopathic medicine is a distinct form of medical practice in the United States. Osteopathic medicine provides all of the benefits of modern medicine including prescription drugs, surgery, and the use of technology to diagnose disease and evaluate injury. It also offers the added benefit of hands-on diagnosis and treatment through a system of therapy known as osteopathic manipulative medicine. Osteopathic medicine focuses on the whole person and emphasizes helping each person achieve a high level of wellness by focusing on health promotion and disease prevention.

Physicians who attend an osteopathic medical school receive a Doctor of Osteopathic Medicine (DO) degree, usually in four years.

Characteristics

IMPORTANT for SATISFACTION + SUCCESS

Characteristics:

- ▶ Self-awareness- understanding of interests and motivation
- ▶ Attention to Detail
- ▶ Scientific Aptitude
- ▶ Interest in Lifelong Learning and Improvement
- ▶ Commitment to Care/ Altruism
- ▶ Stress Tolerance

Skills and Competencies:

- ▶ Complex Problem Solving
- ▶ Active Listening/ Communication
- ▶ Team Work/ Collaboration
- ▶ Leadership
- ▶ Analytical/ Critical Thinking
- ▶ Ethical Reasoning, Integrity

KEY QUESTIONS TO

Explore + Prepare

- ▶ Do you want to be a physician who sees patients as more than symptoms or disease?
- ▶ Do you want to be a physician who gets involved in the community and spends time learning about your patients as people?
- ▶ Do you have solid communication skills and enjoy getting to know a diverse range of people from many different backgrounds and socioeconomic groups?
- ▶ Are you compassionate and have a healing touch?
- ▶ What do I want my life to look like after I graduate?
- ▶ Where do I picture myself in 20 years?

Admission Requirements

PRE-REQUISITES, TESTS, EXPERIENCE, LETTERS

Academic Recommendations:

Biology: 1 year w/ lab

Gen. Chemistry: 1 year w/ lab

Organic Chemistry: 1 year w/ lab

Biochemistry: 1 semester

Physics: 1 year w/ lab

Math: 1 semester to 1 year

English: 1 year

Psychology, Sociology, Statistics, upper-division biology courses

- ▶ Course requirements vary by program: check each school of interest in the [AACOM College Information Book](#)
- ▶ Year-long course sequences should be for science majors (not survey)

Admission Requirements

PRE-REQUISITES, TESTS, EXPERIENCE, LETTERS

ENTRANCE EXAM

The Medical College Admission Test (MCAT) is a standardized, multiple-choice exam designed to assess the examinee's problem solving, critical thinking, and knowledge of natural, behavioral, and social science concepts and principles needed for the study of medicine.

[What's on the MCAT?](#)

[MCAT Scores](#)

[Prepare for the MCAT](#)

[Dates, Scheduling, Fees](#)

Admission Requirements

PRE-REQUISITES, TESTS, EXPERIENCE, LETTERS

Experience/ Exposure

- ▶ A record of
 - ▶ Community service
 - ▶ Leadership
 - ▶ Extracurricular activities
 - ▶ Research
- ▶ Volunteer or paid clinical experience in a health care setting that involves interaction with patients-volunteer or paid
- ▶ Possess knowledge of osteopathic medicine/ have shadowed a D.O.
- ▶ Motivation to pursue a career in osteopathic medicine

Letters of Recommendation

- ▶ All programs require letters of recommendation
- ▶ Letters may be submitted electronically through the AACOMAS application or directly to the schools.
- ▶ Many programs have strict guidelines for submitting letters and requirements vary from school to school. Be sure to check with each osteopathic medical college before submitting letters of recommendation.

Admission Process

CENTRALIZED APPLICATION SERVICE: American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS)

- ▶ **Dates & Deadlines:** Application opens annually in May; program deadlines range from December through March
- ▶ **Participating Programs:**
- ▶ **Fees:** \$195 includes submission to one designated college. Add \$45 for each additional designation
- ▶ **Fee Waivers:** Fee waivers are provided to qualified applicants. Each fee waiver covers application to three programs. Apply by August for best consideration.
- ▶ AACOMAS Instructions and FAQ

Statistics

For the 2018 application cycle:

- ▶ Total number of applicants: 20,981 for 7,467 seats
- ▶ Average number of applications per student: 8.7
- ▶ Mean applicant age: 24
- ▶ Grade Point Averages for Entering Students:
 - ▶ 3.43 Science / 3.53 Overall
- ▶ MCAT Total: 502.0
 - ▶ Bio & Biochemical: 125.6
 - ▶ Chemical & Physical: 125.3
 - ▶ Psychological, Social & Bio: 126.0
 - ▶ Critical Analysis & Reasoning: 125.0

Resources

AACOM: www.aacom.org

AACOMAS: www.aacomas.org

[Recruitment and Events Calendar](#)

Social Media:

#FutureDOdoctor

Facebook: [AACOM](#) & [AACOMAS](#)

Instagram: [ACCOM](#)

YouTube: [AACOM](#)

Information about this Slide Deck

- ▶ This information may be used by NAAHP members for educational purposes when working with students. Slides may be distributed to students individually in print or by email, but should not be posted or shared more widely (e.g., on websites). This information may not be reproduced for commercial use.
- ▶ This information is shared in consultation with the professional association's representative to the NAAHP Advisory Council, Jayme Bograd.
- ▶ Last updated January 2019