MAPS-SNMA ShaD.O.w D.O. Day Rowan SOM Pipeline Program: A Pilot Study

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The goal of this pilot study is to qualitatively and quantitatively assess how a pipeline program focused on providing post-baccalaureate pre-medical students exposure to an osteopathic medical school, changes their understanding and interest in the role of osteopathic physicians in the healthcare field as well as in Osteopathic Manipulative Medicine.

**Method**

A total of 23 students from the Rowan University School of Osteopathic Medicine (RowanSOM) minority group PreMedical students (MAPS) chapter, took part of the Rowan ShadoD.O. DO MAPS Day event.

Pre- and post-program assessments were given to participants. The questions in the assessments were based on the, “A Brief Guide to Osteopathic Medicine For Students, By Students” by Patrick Wu, DO, MPH and Jonathan Sin, DO which is on the American Association of Colleges of Osteopathic Medicine (AACOM) website [4].

- **Goal 1:** Attract students from diverse backgrounds to this ShadoD.O. DO MAPS program
- **Goal 2:** Expose participants to what osteopathic medical students learn in medical school on a daily basis
- **Goal 3:** Increase participants’ interest in applying to osteopathic medical schools in the future
- **Goal 4:** Increase participants’ knowledge on the scope and practice of osteopathic physicians as well as help debunk popular myths on the field
- **Goal 5:** Increase participants’ understanding of what ONEHOFST is and how osteopathic physicians are able to use it in the field of medicine
- **Goal 6:** Increase participants’ understanding of the osteopathic philosophy change after completing the program equally.

**Background**

- By 2080, racial minorities are projected to constitute more than 50% of the US population, but according to the American Association of Medical Colleges, minorities make up only 16% of physicians in America [1].
- A 2013 study on national post-baccalaureate programs found that these programs play a critical role in increasing the number of underserved populations in medical school who later on go back to practice medicine in underserved regions as physicians [2].
- A 2014 study showed that despite osteopathic medical schools being around for over 100 years in America, 29% of people did not know that osteopathic physicians practice medicine, 33% did not know that osteopathic physicians could prescribe pharmaceutical drugs, and 66% did not know that osteopathic physicians could perform surgeries [3].

**Results**

We were able to accomplish six goals with this pilot project.

- **Figure 1:** Distribution of demographics and race of participants.
- **Figure 2:** Participants shared an increased interest in joining osteopathic medical schools.
- **Figure 3:** Majority of participants shared they enjoyed the DO MAPS Day program.
- **Figure 4:** Interview questions correctly answered by participants before and after DO Day program.
- **Figure 5:** Participants showed increased interest in applying to osteopathic medical schools.
- **Figure 6:** Comparison of pre & post assessments per ShadoD.O. DO MAPS session.

**Discussion**

- This program is also RowanSOM’s first pipeline program that targets demographics underrepresented in medicine who have completed have already obtained Bachelor’s degree but are still interested in applying to medical school.
- This program is one of the few programs in the American Association of Colleges of Osteopathic Medicine (AACOM) community to target post-baccalaureate pre-medical students which is important to note given the fact that, in comparison to allopathic medical school counterparts, students that enroll in osteopathic medical schools are on average older non-traditional students who have already completed their bachelors degree and have either obtained or completing a graduate degree or have worked a few years before matriculating [5,6].

**Future Direction**

- Continue with ShadoD.O. DO program with Rowan University SOM MAPS students for 2018-2019 school year. The goal would be to expand program duration from Sept-Feb to Aug-Mar.
- Continue to do further data-analysis to evaluate the effectiveness of the program on perceptions and interest of osteopathic medical school programs and osteopathic medicine as a healthcare field.
- Increase size of participants per session from four to seven to give more students opportunity to experience program.
- Provide students the choice to shadow medical students in the traditional medical curriculum or in the Problem-Based Learning medical curriculum since both are offered at RowanSOM.
- Promote more interactions between medical students and graduate students outside the one day program through collaborative programming with RowanSOM SNMA chapter and the Rowan GSBS MAPS chapter such as student-panels and mixer opportunities.
- Consider future expansion of program in the year 2021 to allow students from nearby universities to participate.

**Bibliography**


