



Appalachian Osteopathic Postgraduate Training Institute Consortium  
147 Sycamore Street Pikeville, Kentucky 41501

## Historical Overview

The Appalachian Osteopathic Postgraduate Training Institute Consortium (A-OPTIC) is an organization that remains committed to meeting the healthcare workforce needs of its Members and the rural residents for whom they provide care. Incorporated in 1999, A-OPTIC was created to provide academic sponsorship and supplementary resources to residency programs in the central Appalachian Mountains for the purpose of training and retaining a high-quality physician workforce for the area. A-OPTIC is accredited by the American Osteopathic Association (AOA) as an Osteopathic Postgraduate Training Institute (OPTI) and operates an Agency for Healthcare Research and Quality (AHRQ) recognized Practice-Based Research Network (PBRN), the Frontier Rural Innovations Network (FRIN).

In 2010, A-OPTIC revised its Strategic Plan. Members and non-Members participated in the retreat, which was held in Lexington, KY. The focus of the Plan is primary care in rural and frontier areas, which is evident throughout the goals and objectives. The implementation of this Plan continues to be reviewed and approved by the A-OPTIC Board of Directors and Membership at-large.

Topography and distance present special challenges for rural areas. To overcome these challenges, A-OPTIC has developed distance-based processes and learning resources to support a more dispersed “campus” that connects multiple rural programs and aggregates academic capacity.

## A-OPTIC Resources and Services

### Applying for Residency Accreditation

- A-OPTIC provides wraparound support to assist healthcare institutions with attaining accreditation from the AOA. A-OPTIC personnel will guide your institution through the accreditation process with collegiality and congeniality. Support includes, but is not limited to:
  - Template for key documents
  - Filing of documents with accreditors
  - Facilitation of consultants
  - Advocacy and communication with the AOA & specialty colleges on behalf of your institution
  - Clinical and administrative evaluation of institution

### Academic Sponsorship

- As the Academic Sponsor, A-OPTIC provides the institutional oversight required to meet AOA residency training standards. This includes, but is not limited to:

- Monitoring of residency program performance and providing support for improvement through online reporting and onsite verification;
- Monitoring of resident progress, welfare, and duty hours;
- Providing support to ensure patient safety, educational quality, and program compliance;
- Assistance with preparing for an accreditation inspection, including a mid-cycle internal review and mock-inspection before the actual AOA visit;
- On-site assistance during AOA site visits;
- Ongoing assistance with administrative and academic residency functions, including a quarterly online conference for non-clinical personnel, Residency Administrators Forum, to collaborate and share ideas around compliance, quality, workflows, and all things related to residency training.

### **Curriculum Resources**

- Evaluation Forms and Rubrics for resident and program performance;
- Monthly online Clinical Seminars and Workshops;
- Video Curriculum
  - Trainees may view a video, take a test, and print a certificate as documentation of participation and outcomes;
  - Presentations are on a variety of topics, focusing on the integration of Osteopathic Principles and Practice.

### **Faculty Development and Support Resources**

- Access for all faculty to TeachingPhysician.org;
- Monthly “Director of Medical Education Open Forum”
  - DMEs and Program Directors convene to share methods and insights on residency training;
- Annual Member Development Workshops aligned with residency needs for accreditation and quality improvement;
- Periodic on-site faculty development presentations;
- Live OMT-focused online workshops/seminars monthly.

### **Research Resources**

- Internal funding for residents to present original research (posters, papers, seminars, etc.);
- Research mentorship, training, and assistance;
- Access to the Frontier Rural Innovations Network:
  - Scientific leadership from experienced researchers;
  - Collaboration and feedback on proposals through online discussion communities;
  - Opportunities for participation in rigorous, multi-site research studies.

### **Recruitment of Trainees**

- Program promotion by A-OPTIC staff at multiple residency fairs and conferences;
- Links to each Members’ website on the A-OPTIC.org homepage;

- Distribution of individual residency recruitment materials to Member Colleges of Osteopathic Medicine.

**A-OPTIC-wide OGME Committee**

- Monthly meeting to review and give feedback to individual programs on curriculum, faculty development, research, and teaching and evaluation methods.

**Frontier Rural Innovations Network**

The Frontier Rural Innovations Network (Innovations Network) is a national Practice-Based Research Network (PBRN) focusing on the improvement of the frontier and rural healthcare delivery process to meet the Triple Aim: Better Outcomes, Better Healthcare, Better Healthcare Value. A PBRN is a group of primary care practices and clinicians who conduct research collaboratively by informing each other’s questions with data and critique. Clinicians can participate by contributing data relative to their practice or community as evidence for a study or developing a research proposal for inquiry across the network.

Residents of frontier and rural areas of the United States are not as healthy as their urban and suburban counterparts. While there are many variables, a dearth of practical scholarly understanding and more limited access to primary care are significant contributing factors. The predominant clinical research model does not lend itself well to the inclusion of frontier and rural providers and communities as active participants. The Innovations Network utilizes a paradigm to tap into these valuable insights.

**A-OPTIC Accomplishments and Awards**

<b>Year</b>	<b>Description</b>	<b>Collaborating Members and Partners</b>
2004	Received funding from USDA to provide tele-health and distance-learning technologies to A-OPTIC Members for the purpose of providing supplementary curricular resources to	<b>University of Pikeville-Kentucky College of Osteopathic Medicine;</b> A-OPTIC; Edward Via Virginia College of Osteopathic Medicine; Lincoln Memorial University;
2009	New website featuring video curriculum with online testing and curriculum evaluation features.	A-OPTIC-wide
2010	Commendation from AOA for “Outstanding Communication with Members”	A-OPTIC-wide
2010	Received HRSA Residency Training in Primary Care Enhancement Program (HRSA-11-156) funding to enhance the rural training capacity of the Family Medicine Residency of Western Montana of Missoula, MT (\$900K/ 5 years).	<b>University of Pikeville-Kentucky College of Osteopathic Medicine;</b> University of Montana; A-OPTIC; Pacific Northwest University
2011	Founding member of the Frontier Medicine Better Health Partnership (FMBHP), St. Regis, Montana (\$10.5M/ 3 years)	<b>Mineral Community Hospital;</b> A-OPTIC; iVantage Health Analytics
2011	Faculty Development Plan for New Frontier and Rural programs	A-OPTIC-wide
2012	Received HRSA Teaching Health Center Graduate Medical Education (THCGME) grant for 2-2-2 Family	<b>St. Claire Family Medicine;</b> A-OPTIC; University of Pikeville-Kentucky College of

	Medicine Residency in Morehead and Sandy Hook, KY (900K/3 years)	Osteopathic Medicine
2012	Received funding from AOA to develop, implement, and evaluate an online program for delivering category 1A Continuing Medical Education (CME) events to faculty.	<b>William Carey University;</b> A-OPTIC; University of Pikeville –Kentucky College of Osteopathic Medicine
2013	East Central Health Network received HRSA Teaching Health Center Graduate Medical Education (THCGME) grant for 6-6-6 Family Medicine Residency in the Meridian, MS area (\$2.7M/3 years).	<b>EC-HealthNet;</b> St. Claire Family Medicine; A-OPTIC; William Carey University; University of Pikeville-Kentucky College of Osteopathic Medicine
2013	Received funding from the American Association of Colleges of Osteopathic Medicine (AACOM) to develop and implement a Care Transitions educational program for clinical clerkships. Care coordination and transitions are areas of special concern for rural healthcare.	A-OPTIC; <b>Community Care Central Colorado;</b> Pacific Northwest University; University of Pikeville-Kentucky College of Osteopathic Medicine; William Carey University
2014	“Evaluation of the Use of Social Media in Promoting the Development of Fundamental Research Skills” funded by the American Association of Colleges of Osteopathic Medicine (\$10K/1 year)	A-OPTIC; <b>Community Care Central Colorado;</b> University of Pikeville-Kentucky College of Osteopathic Medicine; William Carey University

### A-OPTIC Staff

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