The Osteopathic Neuromusculoskeletal Medicine Milestone Project

An Initiative of

The Accreditation Council for Graduate Medical Education



December 2015

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The Milestones are designed only for use in evaluation of the resident in the context of their participation in ACGME-accredited residency programs. The Milestones provide a framework for assessment of the development of the resident in key dimensions of the elements of physician competency in a specialty or subspecialty. They neither represent the entirety of the dimensions of the six domains of physician competency, nor are they designed to be relevant in any other context.

Osteopathic Neuromusculoskeletal Medicine Milestones

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Milestone Reporting

This document presents Milestones designed for programs to use in semi-annual review of resident performance and reporting to the ACGME. Milestones are knowledge, skills, attitudes, and other attributes for each of the ACGME competencies organized in a developmental framework from less to more advanced. They are descriptors and targets for resident performance as a resident moves from entry into residency through graduation. In the initial years of implementation, the Review Committee will examine Milestone performance data for each program's residents as one element in the Next Accreditation System (NAS) to determine whether residents overall are progressing.

For each period, review and reporting will involve selecting milestone levels that best describe a resident's current performance and attributes. Milestones are arranged into numbered levels. Tracking from Level 1 to Level 5 is synonymous with moving from novice to expert in the subspecialty.

Selection of a level implies that the resident substantially demonstrates the milestones in that level, as well as those in lower levels (see the diagram on page v).

- Level 1: The resident demonstrates milestones expected of an incoming resident.
- **Level 2:** The resident is advancing and demonstrates additional milestones, but is not yet performing at a midresidency level.
- **Level 3:** The resident continues to advance and demonstrate additional milestones, consistently including the majority of milestones targeted for residency.
- **Level 4:** The resident has advanced so that he or she now substantially demonstrates the milestones targeted for residency. This level is designed as the graduation target.
- **Level 5:** The resident has advanced beyond performance targets set for residency and is demonstrating "aspirational" goals which might describe the performance of someone who has been in practice for several years. It is expected that only a few exceptional residents will reach this level.

Additional Notes

Level 4 is designed as the graduation *target* and *does not* represent a graduation *requirement*. Making decisions about readiness for graduation is the purview of the residency program director. Study of Milestone performance data will be required before the ACGME and its partners will be able to determine whether milestones in the first four levels appropriately represent the developmental framework, and whether Milestone data are of sufficient quality to be used for high-stakes decisions.

Examples are provided with some milestones. Please note that the examples are not the required element or outcome; they are provided as a way to share the intent of the element.

Some milestone descriptions include statements about performing independently. These activities must occur in conformity to the ACGME supervision guidelines, as well as institutional and program policies. For example, a resident who performs a procedure independently must, at a minimum, be supervised through oversight.

Answers to Frequently Asked Questions about Milestones are available on the Milestones web page.

The diagram below presents an example set of milestones for one sub-competency in the same format as the ACGME Report Worksheet. For each reporting period, a resident's performance on the milestones for each sub-competency will be indicated by selecting the level of milestones that best describes that resident's performance in relation to those milestones.

Patient Care 2: Trigger	Point Injection, Joint A	spiration and Injection		
Level 1	Level 2	Level 3	Level 4	Level 5
Inconsistently recognizes cases in which procedures are unwarranted or unsafe Limited understanding of the indications, processes, or potential risks of the procedure	Possesses insufficient technical skill for safe completion of common procedures with direct supervision Recognizes the ethical principles and need to obtain informed consent for procedures, but ineffectively obtains it Inattentive to patient safety and comfort when performing procedures	Possesses basic technical skill for the completion and interpretation of common procedures with indirect supervision Obtains and documents informed consent Inconsistently manages patient safety and comfort when performing procedures	Consistently demonstrates technical skill to successfully and safely perform procedure Effectively obtains and documents informed consent Maximizes patient comfort and safety when performing procedures	Demonstrates expertise to teach and supervise others in the performance of procedures Quantifies evidence for risk-benefit analysis while obtaining informed consent for complex procedures
			\mathcal{R}	
Comments:			Not Ye	et Achieved level 1
a level implies t	ponse box in the middle of hat milestones in that levels have been substantia	rel leve ally hav	ecting a response box on els indicates that mileston e been substantially dem ne milestones in the high	les in lower levels constrated as well as

Level 1	Level 2	Level 3	Level 4	Level 5
Performs basic osteopathic techniques for a variety of somatic dysfunctions under direct supervision Inconsistently describes indication and contraindications of OMT Performs osteopathic treatment of somatic dysfunction, based on findings of complete osteopathic structural examination, for most patients, with minimal supervision	Performs osteopathic treatment of somatic dysfunction for most patients, with direct supervision Consistently describes indication and contraindications of OMT Independently performs accurate and complete osteopathic treatment following detailed osteopathic structural examination; treatment includes advanced techniques for patients with acute and chronic conditions	Obtains and documents informed consent Attentive to patient comfort and safety when performing OMT Performs comprehensive osteopathic structural examination and correlates with patient presentation	Independently instructs others in the use of direct and indirect techniques in a variety of settings	Mentors others to become competent in the use of OMT Independently modifies and integrates multiple techniques in a variety of settings
Comments:				

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Level 1	Level 2	Level 3	Level 4	Level 5
Inconsistently recognizes cases in which procedures are unwarranted or unsafe	Possesses insufficient technical skill for safe completion of common procedures with direct supervision	Possesses basic technical skill for the completion and interpretation of common procedures with indirect	Consistently demonstrates technical skill to successfully and safely perform procedures	Demonstrates expertise to teach and supervise others in the performance of procedures
Demonstrates a limited understanding of the indications, processes, or potential risks of the procedure	Recognizes the ethical principles and need to obtain informed consent for procedures, but ineffectively obtains it Is inattentive to patient safety and comfort when performing procedures	supervision Obtains and documents informed consent Inconsistently manages patient safety and comfort when performing procedures	Effectively obtains and documents informed consent Maximizes patient comfort and safety when performing procedures	Quantifies evidence for risk-benefit analysis while obtaining informed consent for complex procedures

Patient Care 4: Providing	g and Requesting Consul	tation		
Level 1	Level 2	Level 3	Level 4	Level 5
Is unable to address questions or concerns of others when acting as a consultant or utilizing consultant services Is unable to recognize the need to utilize consultant services when appropriate for patient care	Inconsistently manages patients as a consultant to other physicians/health care teams Inconsistently applies risk assessment principles to patients while acting as a consultant Inconsistently formulates a clinical question for a consultant to address	Provides consultation services for patients with clinical problems requiring basic risk assessment Formulates meaningful clinical questions that guide the input of consultants	Provides consultation services for patients with basic and complex clinical problems requiring detailed risk assessment Appropriately integrates recommendations from other consultants in order to effectively manage patient care	Provides consultation services for patients with very complex clinical problems requiring extensive risk assessment Models management of discordant recommendations from multiple consultants
Comments:			Not Ye	t Achieved level 1

Medical Knowledge 1: P	ossesses Clinical Knowle	dge (Anatomy, Physiolog	y, Pharmacology, Assess	sment, and Treatment)
Level 1	Level 2	Level 3	Level 4	Level 5
Lacks the scientific, socioeconomic, or behavioral knowledge required to provide care for common conditions	Possesses insufficient scientific, socioeconomic, and behavioral knowledge required to provide care for common conditions	Possesses the scientific, socioeconomic, and behavioral knowledge required to provide care and prevention for common conditions	Possesses the scientific, socioeconomic, and behavioral knowledge required to provide comprehensive care, prevention, and maintenance of health for complex conditions	Possesses the scientific, socioeconomic, and behavioral knowledge required to successfully diagnose, prevent, and treat complex, uncommon, and ambiguous conditions
Comments:			Not Yet	Achieved Level 1

_evel 1	Level 2	Level 3	Level 4	Level 5
nconsistently describes he interrelationship of structure and function hrough osteopathic structural findings nconsistently forms an appropriate osteopathic reatment plan based on he patient's history and ohysical exam findings	Consistently describes the interrelationship of structure and function through osteopathic structural findings Forms an osteopathic treatment plan based on the patient's history and physical exam findings, with guidance	Consistently describes the interrelationship of structure and function through osteopathic structural findings as it relates to the patient's systemic disease Consistently forms an appropriate osteopathic treatment plan based on the patient's history and physical exam findings	Demonstrates knowledge of the effects of health and illness on the whole patient – body, mind, and spirit Develops a long range treatment plan to support the health and well-being of the patient	Teaches others within the osteopathic profession Is a leader in the development and dissemination of osteopathic knowledge

Systems-Based Practic	ce 1: Patient Safety and Ad	vocacy		
Level 1	Level 2	Level 3	Level 4	Level 5
Recognizes that medical errors affect patient health and safety, and that their occurrence varies across settings and between providers Recognizes that effective teambased care plays a role in patient safety Recognizes the safety and effectiveness of osteopathic treatment as part of the care plan for all medical conditions	Identifies medical errors when they occur, including those that do not have adverse outcomes Describes the mechanisms that cause medical errors Follows protocols to promote patient safety and prevent medical errors Participates in effective and safe hand-offs and transitions of care Identifies barriers to quality osteopathic care	Uses current methods of analysis to identify individual and system causes of medical errors common to osteopathic neuromusculoskeletal medicine Develops individual improvement plan and participates in system improvement plans that promote patient safety and prevent medical errors Assists patients in obtaining quality osteopathic care	Consistently engages in self- directed and practice improvement activities that identify and address medical errors and patient safety in daily practice Fosters adherence to patient care protocols amongst team members that enhance patient safety and prevent medical errors Identifies and remedies system deficiencies related to osteopathic care	Role models self- directed and system improvement activities that continuously anticipate, identify, and prevent medical errors to improve patient safety in all practice settings, including the development, use, and promotion of patient care protocols and other tools Demonstrates leadership in organized advocacy efforts for the osteopathic care
Comments:			Not Yo	et Achieved Level 1

Systems-Based Practic	e 2: Practice Management	and Economics		
Level 1	Level 2	Level 3	Level 4	Level 5
Has basic knowledge of the advantages and disadvantages of different payment systems Demonstrates knowledge of the practice of osteopathic medicine in the health care delivery system Demonstrates knowledge of required medical documentation related to the patient encounter, including somatic dysfunction	Has basic knowledge of the economics of inpatient vs. outpatient care, and the impact of quality improvement incentives Develops understanding of cost of various procedures and treatments Provides cost- effective osteopathic patient care within a health care delivery system, with supervision Documents patient encounters, including somatic dysfunction and codes OMT, with supervision	Has basic practical knowledge of the pre-certification process and structured computer-based order entry systems Independently provides cost-effective osteopathic patient care within a health care delivery system Independently documents patient encounters, including somatic dysfunction and coding	Has advanced practical knowledge of the precertification process and structured computer-based order entry systems Coordinates costeffective osteopathic patient care within the health care delivery system Accurately determines the level of complexity of the visit in relation to a patient encounter, including somatic dysfunction	Develops optimal, cost-effective osteopathic patient care within the health care delivery system Role models and promotes efficient and cost-effective use of resources in the care of patients in all settings
Comments:			Not Yet	Achieved Level 1

Level 1	Level 2	Level 3	Level 4	Level 5
Acknowledges gaps in osteopathic knowledge and expertise Describes evidence-based medicine	Incorporates feedback to begin developing a learning plan Performs self-evaluation of osteopathic practice	Develops an ongoing self-directed learning plan based upon clinical experience and feedback	Modifies self-directed learning plan based upon clinical experience and feedback	Independently pursues continuous learning, including new and emerging osteopathic knowledge and skills
principles and how these relate to osteopathic patient care	patterns	Performs self- evaluation of osteopathic practice patterns and practice- based improvement activities	Performs self- evaluation of osteopathic practice patterns and practice- based improvement activities using systematic methodology	

evel 1	Level 2	Level 3	Level 4	Level 5
Performs osteopathic	Incorporates osteopathic	Prepares and presents	Prepares and presents	Performs and
neuromusculoskeletal	neuromusculoskeletal	osteopathic	osteopathic	publishes peer-
nedicine-focused	medicine literature into	neuromusculoskeletal	neuromusculoskeletal	reviewed research
terature review	rounds, case	medicine-focused	medicine-focused	related to osteopathic
	presentations, or a	scholarly activity for	scholarly activity at	principles
escribes basic	didactic session	leading a didactic	local, regional, or	
oncepts in clinical		session	national meeting(s)	Independently
pidemiology,	Identifies pros and			teaches and assesses
iostatistics, and	cons of various study	Applies a set of critical	Designs a study or	evidence-based
linical reasoning	designs, associated	appraisal criteria to	research project in the	medicine and
	types of bias, and	different types of	field of osteopathic	information mastery
Categorizes the	patient-centered	research, including	neuromusculoskeletal	techniques
lesign of a	outcomes	synopses of original	medicine	
esearch study		research findings,		
	Formulates a	systematic reviews	Incorporates principles	
	searchable question	and meta-analyses,	of evidence-based	
	from a clinical question	and clinical practice	care and information	
		guidelines	mastery into clinical	
	Evaluates evidence-		practice	
	based point-of-care	Critically evaluates		
	resources	information from		
		others, including		
		colleagues, experts,		
		and pharmaceutical		
		representatives, as		
		well as patient-		
		delivered information		
omments:				

	Level 1	Level 2	Level 3	Level 4	Level 5
culture, religion, age, gender, sexual orientation, and mental and physical disabilities Identifies the effect or principles and practice, including touch, on the patient-physician relationship Recognizes the patient-physician relationship Recognizes the osteopathic patient community for education about osteopathic patient osteopathic patient osteopathic patient osteopathic principles and wilnerable populations Demonstrates in managing difficult osteopathic principles and sprinciples and touch in all patient care of osteopathic medicine, even in the context of disagreement with patient beliefs Mentors others in managing difficult osteopathic patient-physician relationships while ensuring patient care Identifies the effect of osteopathic patient principles and procedures regarding the medicine, even in the context of disagreement with patient beliefs Mentors others in managing difficult osteopathic patient-physician relationships while ensuring patient care Identifies the risk of boundary violations in the osteopathic patient-physician relationship while ensuring patient care Identifies opportunities to participate in community education of the unique aspects of difficult osteopathic patient care while ensuring patient care needs are met Identifies the effect of osteopathic patient physician relationships while ensuring patient care of touch in all patient care settings Mentors others in managing difficult osteopathic patient-physician relationships while ensuring patient care of touch in all patient care settings Mentors others in managing difficult osteopathic patient-physician relationships while ensuring patient care of touch in all patient care settings Mentors others in managing difficult osteopathic patient-physician relationships while ensuring patient care of touch in all patient care settings Mentors others in managing difficult osteopathic patient-physician relationships while ensuring patient care of touch in all appropriate use of touch in all patient care settings Mentors others in m	Recognizes own	Demonstrates non-	Demonstrates	Mentors others in	Develops policies and
interactions, including with diverse and vulnerable populations of osteopathic medicine, even in the diverse and vulnerable populations of osteopathic medicine, even in the diverse and vulnerable populations of osteopathic patient-physician relationship Recognizes a patient's unique perception of touch and how this influences osteopathic patient-physician relationship Recognizes the need within the community for education about osteopathic patient osteopathic patient osteopathic patient osteopathic patient osteopathic patient care needs are met of osteopathic medicine, even in the context of disagreement with patient beliefs Mentors others in managing difficult osteopathic patient osteopathic patient care settings Mentors others in managing difficult osteopathic patient care needs are met Incorporates recognition of patients' mind, body, and spiritual characteristics into osteopathic patient care Identifies the risk of boundary violations in the osteopathic patient-physician relationship while ensuring patient care Mentors others in managing difficult osteopathic patient care needs are met Incorporates recognition of patients' managing difficult osteopathic patient care of osteopathic medicine. Mentors others in managing difficult osteopathic patient care needs are met Incorporates recognition of patients' managing difficult osteopathic patient care of osteopathic patient care needs are met Incorporates recognition of patients' managing difficult osteopathic patient care needs are met Incorporates recognition of patients' managing difficult osteopathic patient care needs are met Incorporates recognition of patients' managing difficult osteopathic patient care needs are met Incorporates recognition of patients' physician relationships while ensuring patient care Identifies opportunities to participate in community education of the unique aspects of osteopathic patient care Identifies opportunities to patient care Identifies opportunities of osteopathic patient care Identifies opportunities of	bias in issues of	discriminatory	compassionate	utilizing osteopathic	procedures regarding
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community for relationship physician relationships of osteopathic patient care patient care relationships while ensuring patient care relationships while ensuring patient care			•		_
education about while ensuring patient care relationships while ensuring patient care needs are met		1		· · ·	•
osteopathic patient care needs are met ensuring patient care		relationship		• •	
				care	
care needs are met	•		care needs are met		
	care				needs are met

Professionalism 2: Professional Conduct and Accountability				
Level 1	Level 2	Level 3	Level 4	Level 5
Presents him or herself in a respectful and professional manner Attends to responsibilities and completes duties as required Maintains patient confidentiality Documents and reports clinical and administrative information truthfully	Consistently recognizes limits of knowledge and asks for assistance	Consistently maintains professional behavior with minimal guidance Recognizes professionalism lapses in self and others Reports professionalism lapses using appropriate reporting procedures	Maintains appropriate professional behavior without external guidance Exhibits self-awareness, self-management, social awareness, and relationship management Negotiates professional lapses of the medical team through appropriate channels	Models professional conduct placing the needs of each patient above self-interest Helps implement organizational policies to sustain medicine as a profession Advocates nationally for the osteopathic profession
	Identifies appropriate channels to report unprofessional behavior			
Comments: Critical Deficiencies				cal Deficiencies

Professionalism 3: Maintains emotional, physical, and mental health; and pursues continual personal and professional growth				
Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates	Applies basic principles	Actively seeks feedback	, ,	Optimizes professional
awareness of the	of physician wellness	and provides	situations in which	responsibilities through
importance of	and balance in life to	constructive feedback to	3 1	the application of
maintenance of	adequately manage	others	emotional, physical, and	principles of physician
emotional, physical, and	personal emotional,	Decemine since of	mental health are	wellness to the practice
mental health	physical, and mental health	Recognizes signs of impairment in self and	challenged	of medicine
Recognizes fatigue,	Health	team members, and		Maintains competency
sleep deprivation, and	Balances physician well-	responds appropriately		appropriate to scope of
impairment	being with patient care			practice
	needs			•
Comments: Critical Deficiencies				

evel 1	Level 2	Level 3	Level 4	Level 5
ecognizes that	Creates a non-	Effectively builds	Connects with patients	Role models effective,
fective	judgmental, safe	rapport with a growing	and families in a	continuous, personal
lationships are	environment to actively	panel of continuity	continuous manner	relationships that
portant to quality	engage patients and	patients and families	that fosters trust,	optimize the well-being
are	families to share		respect, and	of the patient and
	information and their	Consistently	understanding,	family
consistently	perspectives	describes	including the ability to	-
escribes		osteopathic	manage conflict	Role models and
steopathic	Consistently	principles and		teaches patient
inciples and	describes	treatment to patients	Respects patients'	engagement in shared
eatment to patients	osteopathic	and families in all	autonomy in their	decision making in
nd families	principles and	settings	health care decisions	regards to osteopathic
	treatment to patients		and clarifies patients'	care plan
evelops a positive	and families in the	Utilizes appropriate	goals to provide care	
lationship with patients	outpatient setting	verbal and non-verbal	consistent with their	
		skills when	values	
emonstrates	Participates in shared	communicating with		
nowledge of cultural	decision making in	patients and families	Uses patient-centered	
empetency and its	regards to osteopathic		communication to	
npact on	care plan, utilizing	Engages patient in	manage conflict in	
mmunication	easy to understand	shared decision	complex situations	
	language	making in regards to		
		the osteopathic care		
	Incorporates cultural	plan		
	competency into			
	customized			
	communication			

Interpersonal and Communication Skills 2: Interprofessional Communications				
Level 1	Level 2	Level 3	Level 4	Level 5
Understands the importance of the health care team and shows respect for the skills and contributions of others Describes osteopathic principles to interprofessional collaborative team members	Demonstrates consultative exchange that includes clear expectations and timely, appropriate exchange of information Presents and documents patient data in a clear, concise, and organized manner Describes osteopathic principles and treatment to interprofessional collaborative team members	Effectively uses Electronic Health Record (EHR) to exchange information with the health care team Communicates collaboratively with the health care team by listening attentively, sharing information, and giving and receiving constructive feedback Utilizes appropriate verbal and non-verbal skills (including touch) when communicating with interprofessional collaborative team members Demonstrates osteopathic treatment to interprofessional collaborative team	Sustains collaborative working relationships during complex and challenging situations, including transitions of care Effectively negotiates and manages conflict among members of the health care team in the best interest of the patient Utilizes verbal, nonverbal and written communication and consistently acts to facilitate collaboration with team members to enhance patient care Utilizes patient-centered communication to manage conflict between specialties and systems of care	Role models effective collaboration with other providers that emphasizes efficient patient-centered care Role models and teaches patient engagement in shared decision making in regards to osteopathic care plan
		members		
Comments: Not Yet Achieved level 1				Achieved level 1