



# Texas OPTI

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## *Our Mission*

*Texas OPTI is an educational consortium committed to assuring the advancement of osteopathic postdoctoral training.*

*In fulfillment of that commitment we enhance osteopathic graduate medical education through quality program development and advocacy on behalf of our interns, residents, fellows and member institutions.*

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## *Welcome new interns, residents & fellows!*

*Eryn Loney, M.L.A., Director of Program Development*

It's a new academic year! On behalf of the Texas OPTI, its Board of Trustees and member institutions I am delighted to welcome back our residents and congratulate our new interns, residents and fellows for choosing to be part of the Texas OPTI program.

We believe you will be pleased with the quality of your educational experience and hope you will become an active participant in your training and in your institution. Your program directors and faculty have worked with your Director of Medical Education to create an excellent curriculum for you. The Texas OPTI is here to provide them with any additional resources they may need to give you the best training available.

For those of you who are new to graduate medical education (and for those who have been working too hard to take notice!) the Texas OPTI is a consortium of hospitals that provide osteopathic postdoctoral training. The Texas College of Osteopathic Medicine (TCOM) is part of the consortium and provides the support of the University of North Texas Health Science Center. The Texas OPTI is uniquely fortunate to have members that are also affiliates of the health science centers at Texas Tech University, Texas A&M University and the University of Texas Medical Branch-Galveston. Together we believe we are able to provide one of the strongest such academic organizations in the country.

The Texas OPTI is more than just an educational resource. The OPTI is responsible for making sure that your program operates within the standards established by the American Osteopathic Association for all postdoctoral training. This means that by participating in a member program, you can be assured that your work hours, the quality of your faculty, the facilities available to you and the program of instruction are all being carefully scrutinized for compliance. If you find that you are having any difficulties please contact your program director or your Director of Medical Education. They will be pleased to discuss your concerns and help find a resolution. If you can't find the help you need, we encourage you to contact us at the Texas OPTI office at any time: 817.735.2149.

Do you have an interesting story to share? We're interested to hear about your experiences as residents, interns and fellows. Are you working on an exciting research project? Perhaps you would like to recognize one of your mentors or colleagues? If so, please send your stories and kudos to Eryn Loney at: [eloney@hsc.unt.edu](mailto:eloney@hsc.unt.edu).

Visit the 'Resident Resources' page on the Texas OPTI website for information about upcoming OMM Resident Training, plus a variety of tools to help you including research publications, osteopathic articles, and much more!

One final note and a bit of practical advice...pay close attention when the chief resident or attending is speaking; your job right now is to *learn*. Don't be afraid to ask questions. Be open to suggestions for improvement. Document what you do and keep pristine notes. Take time for yourself. Eat healthy foods and stay away from too much caffeine and sugar (easier said than done...I know!) Keep in touch with family and friends. Do your best to maintain a regular exercise program. Best wishes for a productive and successful year!

## ***Commitments of Residents***

1. We acknowledge our fundamental obligation as physicians—to place our patients' welfare uppermost; quality health care and patient safety will always be our prime objectives.
2. We pledge our utmost effort to acquire the knowledge, clinical skills, attitudes, and behaviors required to fulfill all objectives of the educational program and to achieve the competencies deemed appropriate for our chosen discipline.
3. We embrace the professional values of honesty, compassion, integrity, and dependability.
4. We will adhere to the highest standards of the medical profession and pledge to conduct ourselves accordingly in all of our interactions. We will demonstrate respect for all patients and members of the health care team without regard to gender, race, national origin, religion, economic status, disability or sexual orientation.
5. As physicians in training, we learn most from being involved in the direct care of patients and from the guidance of faculty and other members of the healthcare team. We understand the need for faculty to supervise all of our interactions with patients.
6. We accept our obligation to secure direct assistance from faculty or appropriately experienced residents whenever we are confronted with high-risk situations or with clinical decisions that exceed our confidence or skill to handle alone.
7. We welcome candid and constructive feedback from faculty and all others who observe our performance, recognizing that objective assessments are indispensable guides to improving our skills as physicians.
8. We will also provide candid and constructive feedback on the performance of our fellow residents, of students, and of faculty, recognizing our life-long obligation as physicians to participate in peer evaluation and quality improvement.
9. We recognize the rapid pace of change in medical knowledge and the consequent need to prepare ourselves to maintain our expertise and competency throughout our professional lifetimes.
10. In fulfilling our own obligations as professionals, we pledge to assist both medical students and fellow residents in meeting their professional obligations by serving as their teachers and role models.

For more information about the compact visit: [www.aamc.org/residentcompact](http://www.aamc.org/residentcompact).



### **Texas OPTI Contacts**

#### **Texas OPTI Office**

Phone: 817.735.2149

Fax: 817.735.2330

#### **AOA Program Violation Hotline**

Phone: 312.202.8351

### **Work Hours & Policies**

The Texas OPTI complies with and supports the guidelines set forth for intern and resident work hours as established by the American Osteopathic Association. The AOA recognizes that excessive hours worked by interns and residents may have a negative impact on their performance and most importantly, patient safety, which is paramount.

To maintain compliance with the AOA standards, the DME at each training site will be responsible for monitoring adherence to national work hours and on-call standards; and report intern and resident performance in this regard to his or her OGME committee at least annually. Interns and residents are asked to notify the Texas OPTI office if a violation of these standards occurs and is not satisfactorily remedied by the DME. If you have questions or concerns, please feel free to contact the Texas OPTI. We will be happy to speak with you, and will maintain the confidentiality of your inquiry: 817.735.2149 or [dpeska@hsc.unt.edu](mailto:dpeska@hsc.unt.edu).

**\*Visit the Texas OPTI Website!\***

Go to: <http://texasopti.hsc.unt.edu/> for a variety of helpful resources!

### ***Texas OPTI Members***

Bay Area Medical Center \* Driscoll Children's Hospital \* JPS Health Network  
Methodist Charlton Medical Center \* Plaza Medical Center of Fort Worth  
San Jacinto Methodist Hospital \* Texas A&M HSC College of Medicine  
Texas Osteopathic Medical Association \* Texas Tech University Health Sciences Center  
University of North Texas Health Science Center \* University of Texas Medical Branch-Galveston