

Personal Statement (DO)

A patient once told the physician I was shadowing, “This is the first time someone asked how my job affects my pain.” That physician was a DO. In that interaction, I had seen the spirit of osteopathic medicine, which is not merely the treatment of the symptom, but the realization that how one works, moves, stresses, and lives affects their well-being. This experience changed the way I perceived patient care and ensured my commitment to becoming an osteopathic doctor.

My choice to enter into the field of DO is based on the idea that health is a product of structural, environmental, and lived experience integration. During a volunteer, I was able to witness osteopathic doctors assess posture, gait, and muscle tension in addition to medical history and imaging. Patients were advised to consider their routine practices, emotional stressors, and physical demands that led to their conditions. Such a holistic method appealed to my value that proper healthcare should be individualized, preventive and empowering.

I possess a high level of observational and interpersonal skills that I have gained in the clinical setting, academics, and the community. I am sensitive to tendencies- physical and behavioral- and I appreciate the act of listening as a method of diagnosis. I found it to be equally important since patients easily expressed their most relevant knowledge as they were given the space to share their experiences, which confirmed to me the idea of trust and communication as the basis of healing. Osteopathic medicine codifies them through holistic assessment incorporated in evidence-based practice.

Working as a medical student, I am able to envision playing an active role in the learning community of the university via collaboration, service, and reflective practice. I would also

pursue the possibility of working in student-run clinics, wellness, and interdisciplinary forums that enhance the idea of preventive care and patient education. Theoretically, I would prefer to participate in musculoskeletal condition research or community initiatives that look at lifestyle-related conditions to support the ideas of osteopathic medicine and long-term wellness.

I would be an excellent practice fit in osteopathic medicine since I inherently think in systemic health terms. Instead of singly isolating the symptoms, I should learn to see the interaction of physical, emotional and social. Osteopathic medicine provides the model where scientific rigor is coupled with humanistic attention as it will equip me to be a physician whose care models patients as equals in their health. It will help me to comply with my values, my strengths, my lifelong learning and service.