AI Detector

Personal Statement My initial interest in osteopathic medicine emerged when I was watching a patient who had been in persistent pain in the lower back and on and off with the medications that were only short-lived. On the day I visited a community clinic, I witnessed how a DO physician approached the case- he did not start with a prescription pad but asked questions about what the patient was going through on a daily basis, how he felt because of stress, his posture and his physical activity. The above interaction was my first serious encounter with osteopathic medicine and ended up redefining my comprehension of effective patient care. The physician combined osteopathic manipulative treatment, patient education and lifestyle counseling in the care plan as a substitute to defaulting to medication. The patient was empowered to be proactive during his or her recovery process by learning on how movement, ergonomic and habits contributed to pain. During the following visits, the improvement of the patient was not merely based on the suppression of the symptoms but was also reflected in enhancing the confidence to ensure self-care. This cooperation strategy revealed the power of the preventive and functional structure of osteopathic medicine. The part that appealed to me the most was the osteopathic focus on restoring the equilibrium, as opposed to only treating isolated symptoms. The philosophy was consistent with my personal philosophy in the context of my view that sustainable health outcomes were based on patient engagement, education, and trust. The patient empowerment demonstrated by the physician further cemented my urge to be involved in a medical course that advocates wellness over time and personalized care. This experience helped me build up effective communication and teaching skills by the way physicians know how to convert very complicated medical terms into useful advice which patients can use in their everyday life. Osteopathic medicine accepts patient education as an

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