

OMED Conference 2024

Friday, September 20th - Sunday, September 22nd
San Antonio, Texas

Introduction

For our final conference of the 2024 year, we had the pleasure of having nine students travel to San Antonio, Texas to represent MSUCOM's SOMA chapter, among other roles. OMED offered many opportunities to engage with leaders in osteopathic medicine and listen to exciting lectures on a variety of topics. We were honored to have the opportunity to attend OMED and look forward to using the lessons we learned to better serve our COMMunity - both at MSUCOM and beyond.



Before we discuss the details of our weekend in Texas, I am happy to highlight all the **MSUCOM SOMA student leadership** who attended these conferences and their respective roles:

<u>Leadership Role(s)</u>	<u>MSUCOM Student</u>
MSUCOM SOMA Chapter President	Kyra Powers , OMS-II (EL)
MSUCOM SOMA Chapter National Liaison Officer	Riley Warlick , OMS-II (EL)
National SOMA Board of Trustees Region III Trustee	Maria Rollinger , OMS-III (MUC, UMHW)
National SOMA Senior Resolution Committee Member & OBI National Director	Syed Rizvi , OMS-IV (EL, DMC Sinai Grace Hospital)
SOMA Foundation Director of Public Relations	Jen Zora , OMS-II (MUC)
MSUCOM SOMA, East Lansing Vice President	Tiffany Zheng , OMS-II (EL)
MSUCOM SOMA, Professional Development Chair	Joshua Moyal , OMS-II (EL)
MSUCOM SOMA, Director of Research	Terrance Duncan , OMS-II (MUC)
MSUCOM SOMA, Secretary	Ibby Mounzer , OMS-II (MUC)

SOMA Fall House of Delegates

This fall, the SOMA House of delegates brought forth 30 resolutions including one authored by multiple MSUCOM OMS-IIIs: *Advocating for Free and Easily Accessible Menstrual Hygiene Products at osteopathic medical college pre-clerkship sites (F-24-30)*.

Student Doctors Riley Warlick and Kyra Powers delivered compelling testimony in support of this resolution, pioneered by Student Doctor Lauren Jernstadt, advocating for free and easily accessible menstrual hygiene products at osteopathic medical college pre-clerkship sites.



Their efforts highlighted the importance of menstrual equity in ensuring the well-being and academic success of students. The testimony helped garner significant support, ultimately **leading to the successful passage of the resolution**, which represents a vital step towards addressing essential healthcare needs within medical education environments.

This house of delegates was attended by multiple SOMA executive board members allowing them the experience of parliamentary procedure and resolution reading. As leaders, it is important for our chapter to continue educating fellow medical students about health care and student advocacy while in medical school. We look forward to hosting our mock house of delegates this upcoming spring, and our semesterly Resolution Reading and Writing Workshop, hosted by

our own Chapter Leaders, Student Doctors Warlick and Powers.

On the other side of a house of delegates, as a Senior Resolution Committee Member, Student Doctor Rizvi worked behind the scenes before and on the day of the house. From organizing the “open meeting” for everyone to participate to sitting in the “closed meeting” for days to craft formal recommendations, Syed was very helpful with working with our authors to navigate the process and ensure the resolution's success at the house. He assured that all the feedback was implemented as recommended by the committee and has been thrilled to work with our class to build their policy foundation.

OMED Conference

There were certainly many highlights from the OMED conference!

This year's OMED was packed with OMM workshops led by our own Dr. J'amiee Lippert, DO, as well as new skills shared by faculty from other COMs—even impromptu OMM lessons in the hallway! Dr. Lippert's presentation on spasticity in the gait cycle was especially rewarding, highlighting how the concepts we learn in class directly relate to the cases physicians handle daily. During the SOMA student track, Student Doctors Warlick and Rollinger learned the 'lazy sacrum' technique from LMU-DCOM faculty. Several SOMA executive board members met an MSUCOM graduate during an MSUCOM alumni reception who demonstrated the vomer rocking technique for treating headaches. He even shared stories of how OMM has helped him throughout his career in emergency medicine. The chance to travel across the country, learning osteopathic treatment techniques from national leaders and specialists, not only enhances our skills but also deepens our pride in becoming osteopathic physicians.

Additionally, Student Doctor Rizvi was excited to be presenting at OMED's Resident Track, where he presented "Flipping the Switch - Using Advocacy as an Antidote for Burnout." As this is his last OMED as a medical student, he was proud to use it as a platform for translating his work now toward his future resident career. His talk was received with enthusiasm by many current residents, students, and staff, as many were inclined to join him next year at DO Day on the Hill!

During the American Osteopathic Foundation Gala, Student Doctors Rizvi, Powers, and Warlick had the incredible opportunity to meet Dr. Kevin C. O'Connor, DO, the Physician to the President of the United States. The meeting allowed them to engage in meaningful conversations about the role of osteopathic medicine in public health and leadership. Dr. O'Connor shared insights from his prestigious career, inspiring the students to continue advocating for patient-centered care and medical policy, while reinforcing their dedication to making impactful changes in the healthcare landscape.

On behalf of the SOMA Foundation, Jennifer Zora, OMS-II and Director of Public Relations for SOMAF, led a successful honors and awards reception at the OMED conference. The event raised over \$7,000 for scholarships benefiting DO students nationwide. Collaborating with the American Osteopathic Foundation, Student Doctor Zora organized a silent auction that further contributed to the fundraising efforts.

During the reception, the SOMA Foundation honored Kyle Henderson, PhD, as the Northrup Educator of the Year and celebrated scholarship winners, including MSU students Jake DeMeulemeester, Elizabeth Montgomery, and Ayesha Noman. The event showcased the power of collective action and the rewarding experience of giving back to the osteopathic community



Awards and Leadership Recognition

At the SOMA Fall house of delegates, the 2025-2026 elected Board of Trustee members were voted on by 102 student delegates. We are happy to announce **Student Doctor Rollinger was elected by the SOMA delegation for Speaker of House and Vice President of SOMA.** Student Doctor Rollinger is honored to be elected to this position and she looks forward to educating the incoming SOMA leaders on house of delegate practices and procedures, and supporting the president of the association. She is extremely thankful for the support MSUCOM has provided to her since she entered her role as president of the MSUCOM SOMA chapter and for the school's continued support as the current Region III Trustee for National SOMA. Student Doctor Rollinger hopes to inspire other MSUCOM students to achieve national leadership roles in other osteopathic societies.



Similarly, Student Doctors Warlick and Powers were inducted into Omega Beta Iota (OBI), the prestigious national osteopathic political advocacy honor society. OBI offers a place for medical students and professional mentors who participate and excel in healthcare politics. Members of this society distinguish themselves through leadership roles, grassroots activism, participation in political events, and by showcasing their expertise at the American Osteopathic Association's "DO Day" on Capitol Hill each year.

It was a special honor to be inducted by our own Syed Rizvi, OMS-IV, the national director of OBI! Notably, AOA President Dr. Hubka gave him an honorable mention during the keynote address for all of the achievements he has been able to accomplish with OBI. Prior to the conference, Syed had worked with the rest of his team, combing through a record number of applications, and he is excited about the energy our new inductees bring to our profession. We were honored to have notable AOA leadership in attendance during the ceremony, including our very own AOA President-Elect, Dr. Piccinini.

Outside of the ceremony, Syed was busy representing OBI at their various events, including the OBI Networking Reception, facilitating an OBI presentation at the SOMA HOD, Osteopathic Political Action Committee (OPAC) table and reception, and attendance as a recognized leader alongside Student Doctor Rollinger at The Bureau of Emerging Leaders Meeting. Through all of his work, Syed is extremely proud to be representing the Spartan Helmet and is very thankful for all the support he has received in order to help contribute to the success of the future of osteopathic medicine.

Final thoughts from MSUCOM SOMA Chapter President, Kyra Powers

As we conclude our 2024 year of SOMA conferences, I find myself reflecting on everything we've achieved together. This year, we've successfully advocated at both the state and federal levels, attended our first American Osteopathic Association House of Delegates, collaborated with other SOMA chapters to strengthen our own, and even passed national policy! It's been a busy year, yet none of it felt like work because of the incredible milestones we've reached.



Riley and I have been deeply honored to represent MSUCOM in advocacy and policy.

From Washington, D.C., to Chicago, to San Antonio, we proudly carried the voices of our fellow students, ensuring you were heard at every conference. Each trip was not just an opportunity to advocate but also a chance to build stronger bonds with our peers and allies in the field.

Serving as President of MSUCOM's SOMA has been a privilege and a role that has profoundly shaped me. I couldn't have done it without the unwavering support of my dedicated executive board, the invaluable guidance of Dr. Wolf, the encouragement of the MOA, the foundation of excellence laid by Maria and Syed, and the patience and partnership of my National Liaison Officer and travel companion, Riley. Each of these individuals played a vital role in helping MSUCOM SOMA thrive and accomplish all that we have this past year.

As I look ahead, I am filled with optimism about the future of our chapter and the potential we have to continue making meaningful changes. I look forward to seeing the next SOMA executive board step into these roles in a few short months, and I can't wait to see what they do in the next year.

Thank you for trusting me to represent you all—it has been an honor and a privilege to serve in this role. As always, go green!

With gratitude,

A handwritten signature in cursive script that reads "Kyra Powers". The signature is written in black ink and is positioned above the printed name.

Kyra Powers, OMS-II