

# A.T. Still Research Institute

*"Advancing patient care and wellness through development and support of premier osteopathic research"*

October 2008

*ATSU researcher presents  
Multicenter  
Osteopathic Pneumonia  
Study in the Elderly  
(MOPSE)  
at ICAAC<sup>®</sup>/IDSA Meeting in  
Washington, DC*

Brian Degenhardt, D.O., C-NMM/OMM, C-OFM, director of the A.T. Still Research Institute, along with fellow investigators Donald Noll, D.O., and Francis Blais, D.O., from the Multicenter Osteopathic Pneumonia Study in the Elderly (MOPSE) gave a presentation, "Adjunctive Manual Treatment for Older Adults Hospitalized with Community-Acquired Pneumonia," during the 48th Annual Interscience Conference on Antimicrobial Agents and Chemotherapy (ICAAC<sup>®</sup>) and the Infectious Diseases Society of America (IDSA) 46th Annual Meeting on October 26, 2008, in Washington, DC. Other coauthors for the abstract were Jane Johnson, M.A., Thomas Morley, D.O., Kendi Hensel, D.O., and Kari Hortos, D.O.



To be accepted to give a presentation at this prestigious meeting is quite an honor. From over 2,800 accepted abstract submissions, 350 were selected for oral presentation.

MOPSE was a registered, double-blinded, randomized controlled, clinical trial that assessed the impact of an osteopathic manipulative treatment (OMT) standardized protocol in the treatment of subjects over the age of 50 who were hospitalized with pneumonia. The study, conducted between March 2004 and April 2007, involved 20 osteopathic neuromusculoskeletal

medicine/OMT specialists and 64 residents (representing 12 different specialties) as treatment providers at seven hospitals in five states: Michigan, Missouri, New Jersey, Ohio, and Texas.

The therapeutic goals of the OMT protocol were to improve rib cage and diaphragm dynamics, relieve tissue tension around nerve structures, and improve circulation in the pneumonia subjects. The eight osteopathic manual medicine techniques utilized were soft tissue, rib raising, doming the diaphragm, cervical soft tissue, suboccipital inhibition, myofascial release to thoracic inlet, thoracic lymphatic pump with activation, and pedal lymphatic pump.



The subgroup analysis of 306 subjects with community-acquired pneumonia presented at the ICAAC<sup>®</sup>/IDSA meeting indicated that, when subjects received twice-a-day OMT, a therapeutic effect was achieved. In subjects aged 50-74, OMT reduced length of hospitalization, while in older subjects ( $\geq 75$  years) there was a reduction in mortality.

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**An article published in the  
September 2008 issue of the *Journal of  
the American Osteopathic Association  
(JAOA)* outlines the protocol used in  
MOPSE.**