



American Osteopathic College  
of Occupational & Preventive Medicine

## AOCOPM News, November 2023



### Fellow and Distinguished Fellow Application

AOCOPM is accepting applications for Fellows and Distinguished Fellows:

- Fellow status is an honor bestowed upon an active member who has fulfilled established requirements and has served the AOCOPM in a dutiful and unselfish manner.
- Distinguished Fellow is an honor bestowed on College Fellows who have exhibited exemplary and long years of service to AOCOPM by attendance at College Conferences, plus academic service and contributions, continued AOCOPM service at the national level, service and support of governance and various committee structures, and/or research and professional leadership.

<https://www.aocopm.org/fellow-faculty-requirements>



### Save the Date!

[2024 Midyear Educational Conference and OPAM Workshop](#)

HYBRID: Online via Zoom and in Person

Sam Houston State University College of Osteopathic Medicine, Conroe, TX

- Midyear Conference, Thursday-Sunday, March 21-24, 2024
- OPAM Workshop: Basic Course in Occupational Medicine, Part I, Wednesday, March 20, 2024

[Registration Form](#)



## Submit a Nomination for an AOA Advocacy Award

The American Osteopathic Association is currently [accepting nominations](#) for several awards designed to recognize excellence in public policy and professional advocacy on behalf of the osteopathic profession. Awards will be presented during the AOA's DO Day 2024. The AOA's success in advocacy couldn't have been accomplished without the dedicated support from our members and our affiliates. Below are the award categories:

- Individual Excellence in Advocacy Award
- Organizational Excellence in Advocacy Award
- Excellence in Media Award
- Excellence in Journalism Award
- Congressional Champion of Osteopathic Medicine Award

To learn more about the award categories and to nominate yourself or an individual or organization for one of the awards listed above, [please complete the online submission form](#). All nominations need to be submitted by 5:00 p.m. CST on Wednesday, Jan. 17, 2024.



## DO Day on Capitol Hill 2024 – Call for Speakers and Presentations

The AOA is currently looking for seasoned osteopathic physician and student advocates to speak and present at DO Day on Capitol Hill 2024! If you have a topic that you would like to present at DO Day, [let us know by applying today!](#) DO Day attendees will have the option to participate in person or join the virtual conference to earn CME, build leadership skills and represent the voice of your profession. Be sure to save the date for DO Day 2024:

- April 13-14, 2024 | Virtual Conference
- April 17-18, 2024 | In-Person Congressional Meetings

We hope that you will join us for the osteopathic profession's largest public policy and advocacy events of the year. Be the catalyst for change that makes a difference in health policy.



## Scientists Find the 'On' Switch for Energy-Burning Brown Fat

via Medscape, by Courtney Southwick

A process your body uses to stay warm in cool weather could one day lead to new therapies for obesity.

Scientists have, for the first time, mapped the precise nerve pathways that activate brown fat, or brown adipose tissue (BAT), a specialized fat that generates heat. Low temperatures kick brown fat into gear, helping the body keep its temperature and burning calories in the process.

[https://www.medscape.com/s/viewarticle/997453?ecd=WNL\\_mdpls\\_231020\\_mscpedit\\_wir\\_etid5973219&uac=436105AR&spon=17&implID=5973219](https://www.medscape.com/s/viewarticle/997453?ecd=WNL_mdpls_231020_mscpedit_wir_etid5973219&uac=436105AR&spon=17&implID=5973219)



## 21 Specialties Saw Increase in Physician Pay

via Becker's ASC Review, by Patsy Newitt

*Medscape* surveyed 10,011 physicians across more than 29 specialties in its "[Physician Compensation Report 2023](#)" and found pay increases in 21 specialties, including public health and preventive medicine.

[https://www.beckersasc.com/leadership/physician-pay-is-increasing-in-these-21-specialties.html?utm\\_campaign=asc&utm\\_source=website&utm\\_content=most-read&origin=PhysicianE&utm\\_medium=email&oly\\_enc\\_id=7921D1644990B9L](https://www.beckersasc.com/leadership/physician-pay-is-increasing-in-these-21-specialties.html?utm_campaign=asc&utm_source=website&utm_content=most-read&origin=PhysicianE&utm_medium=email&oly_enc_id=7921D1644990B9L)



## Health Worker–Perceived Working Conditions and Symptoms of Poor Mental Health

via CDC Website:

### **What is already known about this topic?**

The longstanding health worker burnout crisis preceded the COVID-19 pandemic, which began in 2020.

### **What is added by this report?**

Health worker respondents to the General Social Survey Quality of Worklife Module reported more days of poor mental health and were more likely to report burnout in 2022 than in 2018. Positive working conditions, such as trust in management and supervisor help, were associated with lower odds of poor mental health symptoms and burnout.

### **What are the implications for public health practice?**

Health workers continued to face a mental health crisis in 2022. The National Institute for Occupational Safety and Health has developed a campaign, Impact Wellbeing, to provide employers of health workers with resources to modify working conditions and improve worker mental health, thereby supporting the nation's health system.

Nigam JA, Barker RM, Cunningham TR, Swanson NG, Chosewood LC. Vital Signs: Health Worker–Perceived Working Conditions and Symptoms of Poor Mental Health – Quality of Worklife Survey, United States, 2018–2022. *MMWR Morb Mortal Wkly Rep.* ePub: 24 October 2023. DOI: <http://dx.doi.org/10.15585/mmwr.mm7244e1>.



## Heart Rate Variability: Are We Ignoring a Harbinger of Health?

via Medscape, commentary by [George D. Lundberg, MD](#)

[https://www.medscape.com/viewarticle/997508?ecd=WNL\\_trdalrt\\_pos1\\_231026\\_etid5995457&uac=349327MR&impID=5995457#vp\\_1](https://www.medscape.com/viewarticle/997508?ecd=WNL_trdalrt_pos1_231026_etid5995457&uac=349327MR&impID=5995457#vp_1)



## 20 Top Part-Time Jobs for Retired Physicians

via Medscape, by Alicia Gallegos

Information based on a 2022 Paychex survey:

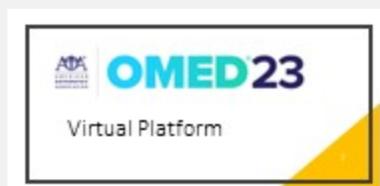
[https://www.medscape.com/slideshow/2023-best-jobs-when-retired-6016735?ecd=WNL\\_physrep\\_231025\\_retired\\_jobs\\_etid5989497&uac=349327MR&impID=5989497#1](https://www.medscape.com/slideshow/2023-best-jobs-when-retired-6016735?ecd=WNL_physrep_231025_retired_jobs_etid5989497&uac=349327MR&impID=5989497#1)



## Tobacco cessation program in primary care cost-effective, increased cessation rates

via Healio

<https://www.healio.com/news/primary-care/20231026/tobacco-cessation-program-in-primary-care-costeffective-increased-cessation-rates>



## OMED23 Available Virtually

If you missed out on the live version of OMED23, you can still access [AOCOPM's content](#) via the virtual platform until December 31st. Registration will stay open until December 15th.

Register for OMED23: <https://registration.experientevent.com/ShowAOA231>



## Video Challenge!

Get creative and enter our first ever video competition!

The AOCOPM is inviting you to produce an informative video on something related to occupational and preventive medicine:

- Be informative
- 6-10 minutes in length
- Open to all! Don't have to be an AOCOPM member to participate
- Winner will receive a cash reward!
- Deadline December 31, 2023

For more information and to enter the contest, go to <https://www.aocopm.org/video-challenge>

### Contact Info:

AOCOPM

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### Did We Miss Something? Do You Have News to Share?

Send your information to [ronda@aocopm.org](mailto:ronda@aocopm.org)  
(You can post on AOCOPM's social media, too)

### Connect with Us:

