



American Osteopathic College of Occupational & Preventive Medicine

AOCOPM News, October 2026



A Mug, A Memory, A Full-Circle Moment

In 2007, during Dr. Tim Eckstein's term as AOCOPM Secretary, the College commissioned a set of commemorative mugs. Sold at cost to members and given as speaker gifts, they circulated for a couple of years before fading into memory.

A couple of years later, Dr. Eckstein became AOCOPM President-Elect and invited Colonel Roger Donlon — the first U.S. service member awarded the Medal of Honor for actions in the Vietnam conflict — to deliver the keynote address at that year's OMED convention.

Colonel Donlon passed away in 2024. Afterward, his widow donated his AOCOPM mug to a local restaurant near Fort Leavenworth, Kansas.

Very recently, Dr. Eckstein — still active in veterans' causes — by happenstance, stopped into that same restaurant for a cup of coffee. It arrived in one of the very mugs he'd helped commission nearly two decades earlier.

We Hope to See You There!

We have three spots left for the Occupational Medicine Grand Rounds at the Las Vegas Circus Center, so sign up now if you want to experience a great facility tour with Dr. Nathan Hollister as your guide!

- Participants are responsible for arranging their own transportation to and from the Circus Center. **Ride sharing is recommended.** The attendance roster will be shared with registrants to help facilitate optional group ride-share coordination.
- There is **no cost** to attend this event other than personal transportation.
- The Circus Center requires a signed security waiver (sent via email when it becomes available)
- Please register for OMED26 before registering for the Grand Rounds (You must be attending OMED26 to participate).
- Register for Grand Rounds here: [OMED26 Occ Med Grand Rounds](#)

[Register Now for OMED26.](#)

The 2026 OMED conference will take place **Oct. 22-25, 2026**, in the entertainment capital of the world: **Las Vegas, Nevada!** Join AOCOPM at its Annual Educational Conference held in conjunction with OMED26 at Caesars Palace for three days full of education and networking.

For Member Exclusive Pricing, you may login to the AOCOPM member center to retrieve a [\\$100 Member discount code](#) for OMED registration.

While you are there, you can obtain DOT Certification training at the [OPAM Workshop: Department of Transportation, Federal Motor Carrier Safety Administration, National Registry](#)



Be sure to check out AOCOPM's Agenda!

[AOCOPM 2026 Annual Educational Conference](#)



Updating Operating Limitations for LSRI

By EAA Staff

EAA | Experimental Aircraft Association

The end of summer has seen a flurry of updates from the FAA's Office of Aerospace Medicine, addressing several pain points in the aeromedical certification process and releasing several new improvements and changes.

Diabetes saw several major updates and planned updates. **For insulin-treated diabetes with continuous glucose monitoring**, some airmen will now be able to extend their time between recertification from six months to one year, on a case-by-case basis depending on risk factors. Annual eye evaluations for many uncomplicated cases may now be performed by an optometrist rather than an ophthalmologist as well. Applicants should review their special issuance authorization letters or contact their aerospace medical examiners (AMEs) for information on their specific cases.

For non-insulin-treated diabetes, the FAA is considering removing the requirement for a special issuance entirely in certain well-treated cases. However, 14 CFR Part 67 is written in such a way that a rule change is necessary to accomplish this change (unlike other conditions not specifically listed in the regulatory language). In August, the FAA issued a notice of proposed rulemaking (NPRM) to clear the way for this policy change, and EAA contributed to [aviation association joint comments](#) in support of the measure. The policy for those with non-insulin-dependent diabetes will change when and if the rulemaking becomes final.

The lengthy wait after a "severe brain injury" (including any blood on the brain) has been an issue for many airmen, who generally needed to wait five years after an injury to reapply. This could keep a pilot out of the air years after a successful recovery. The FAA has cited the chance of severe complications, including seizures, as the reasoning behind this wait time. In September, the FAA lowered this wait time from five years to four years, a change that hopefully portends a further reduction in the future. This is an incremental shift, but one that will buy many airmen an extra year of flying. The window of increased scrutiny following more mild injuries such as concussions has also been changed to four years, meaning injuries that occurred longer than four years ago are eligible for a [simplified clearance](#) that an AME can conduct.

Pilots have long been asking for an official **list of acceptable medications** from the FAA. The FAA partially delivered on this several years ago with the publication of the ["Do Not Issue – Do Not Fly"](#) list of medications deemed particularly incompatible with flight safety. Now, the FAA has taken an additional step forward with the publication of the [MedGuide](#), a comprehensive, interactive list of medications and their dispositions.

- <https://www.eaa.org/ea/news-and-publications/ea-news-and-aviation-news/2026-10-08-faa-making-progress-on-medical-certification>



OSHA Releases Workplace Opioid Overdose Response Guidance

On September 24, 2026, OSHA released a new fact sheet providing employers and workers with guidance on preparing for and responding to opioid overdoses in the workplace. The guidance covers recognition of overdose symptoms (slow or stopped breathing, blue lips, pinpoint pupils, unresponsiveness), two naloxone reversal medications (naloxone and nalmefene), proper placement of reversal medications (near first-aid kits or AEDs), employee training, medication storage and expiration, and positioning an overdose victim while awaiting first responders. OSHA emphasizes calling 911 even after naloxone is administered, as the medication's effects can wear off.

- OSHA. *US Department of Labor Releases New Workplace Guidance to Prepare Employers, Workers for Opioid Emergencies*. September 24, 2026. <https://www.dol.gov/newsroom/releases/osharelease20260924>



OSHA Silica Enforcement: \$496K Citation for Pennsylvania Brick Manufacturer — Medical Monitoring Failure Cited

On August 26, 2026, OSHA proposed \$496,528 in penalties against General Shale Brick Inc. (operating as Watson Town Brick Company) following a February 2026 inspection under OSHA's Site-Specific Targeting program and Silica National Emphasis Program. Violations included three willful, four serious, one repeat, and one other-than-serious citation.

OSHA specifically cited the company for failing to provide required medical examinations for workers exposed to silica for more than 30 days annually. The company also failed to conduct annual respirator fit testing, establish regulated areas, or assess silica exposure for all relevant jobs.

- OSHA. *US Department of Labor Cites Pennsylvania Brick Manufacturer for Willfully Exposing Workers to Silica Hazards*. August 26, 2026. <https://www.osha.gov/news/newsreleases/philadelphia/20260826>
- Occupational Health & Safety Magazine. *OSHA Cites Pennsylvania Brick Manufacturer for Silica Hazards*. August 28, 2026. <https://ohsonline.com/articles/2026/08/28/osharelease20260826>
- Mitchell Williams Law. *Silica/OSHA Enforcement: Pennsylvania Brick Manufacturer Cited*. September 30, 2026. <https://www.mitchellwilliamsllaw.com/silica/osharelease20260826>



U.S. Supreme Court Clears Way for Receivership of Arizona Prison Healthcare — October 19 Takeover

In one of the most significant correctional healthcare legal developments in years, the U.S. Supreme Court on October 1, 2026 rejected Arizona's last-ditch bid to delay a court-ordered takeover of healthcare operations in its nine state-run prisons, covering approximately 25,000 incarcerated people. The receivership, led by former Ohio Corrections Director Annette Chambers-Smith, is set to begin October 19, 2026.

The legal action dates to a 2012 lawsuit and a 2022 court ruling that Arizona had violated prisoners' Eighth Amendment rights through inadequate medical care leading to suffering and preventable

deaths. Over more than 14 years, Arizona accumulated more than \$2 million in contempt-of-court fines and failed to meet a 2014 settlement agreement to overhaul medical and mental health services. The takeover covers the state's nine state-run prisons but not the nearly 10,000 Arizona inmates held in private facilities.

- Arizona Mirror. *Supreme Court Clears the Way for Receiver to Run Arizona Prison Healthcare*. October 1, 2026. <https://azmirror.com/2026/10/01/supreme-court-clears-the-way-for-receiver-to-run-arizona-prison-healthcare/>



NCCHC Foundation Launches Free Reentry Toolkit — “A Call for Persistence”

On October 1, 2026, the NCCHC Foundation released a free digital reentry toolkit — *A Call for Persistence: The NCCHC Reentry Toolkit* — designed to help jails and their community partners strengthen reentry programs and continuity of care. The toolkit covers continuity of health and behavioral health care, discharge and reentry planning, medication access and continuity, benefits and health care navigation, and collaboration between correctional and community providers. It is freely available to all at ncchcfoundation.org.

NCCHC's October 9 post — “Reentry Is More Than a Handoff” — emphasizes the theme of health literacy and patient understanding as essential components of successful reentry, timed to align with National Case Management Week (October 11–17).

- NCCHC. *Reentry Is More Than a Handoff*. October 9, 2026. <https://ncchc.org/reentry-is-more-than-a-handoff/>



Register Now for the 2027 Midyear Educational Conference in OKC!

Registration is open for the AOCOPM [2027 Midyear Educational Conference](#) and OPAM Workshop, March 4-6, 2027, at the [Omni in Oklahoma City](#), across the street from lovely [Scissortail Park](#).

Our CME Committee has built a three-day [program](#) covering firefighter cardiac testing, FAA medical certification, TBI and CTE, mental health parity, the Jackson water crisis, PFAS, vaccines, nutrition, and more. Thursday includes [Occupational Medicine Grand Rounds](#) with David M. O'Brien, MD, MPH, FAsMA, FACOEM, at the Civil Aerospace Medical Institute, followed by an evening reception back at the Omni.

Planning to build your foundation in the specialty? The [Basic Course in Occupational Medicine](#) runs March 6-7.

Job Postings

As a member benefit, AOCOPM maintains a message board for job postings. All members may view and post job openings in the [forums](#) section of the website. Logging in is required, since this is for members only.

Nonmembers may [submit job postings](#) through the AOCOPM office for a fee of \$195. A job listing will remain on the message board for six months or until the office is notified that it has been filled.





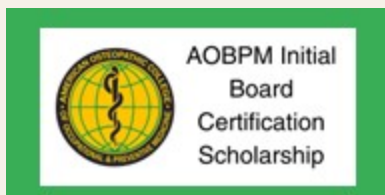
Make Mentorship Connections

The Emerging DO Platform is a digital hub designed to connect, support, and empower osteopathic medical students, residents, and early-career physicians. this platform offers:

- **Residency Program Insights** – Access key details about programs, read alumni experiences, and participate in discussions with current and former residents.
- **Mentorship Network** – Connect with experienced DOs for guidance and career support through our mentorship program. As part of your participation, join the Digital Health Innovation (DHI) Special Interest Group that we lead.

Sign up today: <https://app.mentorloop.com/signup/7MC6fbrgpX4z9iLLR>

AOCOPM also maintains a list of members who have volunteered to be mentors. You may [sign up](#) to be a mentor or mentee. You may also search the [mentor directory](#).



Board Scholarships Available

AOCOPM now offers full scholarships for first-time takers of the initial AOBPM board certification exams.

Learn more: <https://www.aocopm.org/aobpm-scholarship>



Did You Know?

Did you know that members who login to the AOCOPM website can:

- Access the member directory
- Obtain discount codes for OMED and AOCOPM courses at elearning.osteopathic.org
- Review or post job openings in the member [forum](#)
- Search our [speaker](#) bureau
- Review and edit their profiles
- See their paid or open invoices
- Print a membership card
- Access their committees

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

Send your information to ronda@aocopm.org
(You can also post on AOCOPM's social media)

Connect with Us:

