

DES MOINES
UNIVERSITY
MEDICINE & HEALTH SCIENCES



DOCTOR OF
OSTEOPATHIC MEDICINE

OUR REPUTATION MEANS YOUR SUCCESS

Des Moines University's Doctor of Osteopathic Medicine (D.O.) Program offers students the top advantages in medical education. Our expert, experienced faculty welcome student interaction with their open-door policy. The rigorous curriculum and state-of-the-art facilities give students a solid foundation and preparation for success. DMU's diverse research enterprise stimulates collaboration and discovery. Students also enjoy a collegial, supportive community of students and faculty who are engaged in learning and service.

The four years of study are divided into pre-clinical and clinical phases. The first year focuses on fundamental scientific principles that form the foundation of medicine. The second year builds on that with an integrated organ system approach encompassing basic and clinical sciences. In the third and fourth years, students are fully immersed in clinical training in rotations in diverse practice settings.



AN OSTEOPATHIC APPROACH

Osteopathic physicians offer patients the most comprehensive care available. In addition to being trained to practice in all medical specialties and settings, they emphasize whole-body health and training in osteopathic manual medicine, which is the ability to use one's hands to diagnose, treat and prevent various conditions, illness and injury. This noninvasive set of skills adds a proven, effective dimension to standard patient care.

GRADUATE AMONG THE BEST

High student outcomes in board exam scores, pass rates and residency placement are among the advantages of DMU's D.O. program. All DMU programs are in medicine and the health sciences, which creates opportunities for collaboration and interprofessional learning.

INNOVATIVE TEACHING

- Students develop clinical, communication and interprofessional teamwork skills in **DMU's Simulation Center**. It combines real-world clinical scenarios with lifelike, high-fidelity mannequins and equipment, allowing students to perform hands-on assessments and procedures.
- The **Standardized Performance Assessment Lab (SPAL)** enables students to interact with and examine people who are trained to portray a variety of medical conditions. Students review videos of their patient encounters and learn from evaluations by faculty and "patients."
- The **Surgery Skills Center** includes simulation model labs, a computer lab, an operating room lab and laparoscopic and other special equipment. Students train in suturing, surgical instrumentation, dissection, intravenous insertions and other clinical and surgical procedures.
- In the **anatomy lab**, students dissect and analyze cadavers at 43 stations, each equipped with a 40-inch flat screen monitor, connected to an iPad that offers instructions linked to anatomical images online.



99.6%

COMLEX Level 1 pass rate
(Class of 2019)

99.5%

Residency match rate
(2018)

Number of states
where alumni reside

50

- Clinical students begin learning how to use **ultrasound technology** in their first year of study.

STRETCH YOUR HORIZONS

DMU offers students many ways to maximize their time in medical school. The University offers a **one-year fellowship** in osteopathic manual medicine in addition to the four-year curriculum. Students in the program become highly skilled in this powerful form of hands-on care.

The **Global Health Program** offers short-term service trips, research internships and rotations at sites around the world. These experiences allow students to see patients in underserved areas and learn firsthand about the social determinants of health.

On campus, students and faculty conduct **research** on a variety of topics and frequently present their findings at state, regional and national conferences. These



experiences add depth and breadth to classroom knowledge and give students a clear picture of how research affects the roles and practice of health care professionals. Students also have opportunities to present their research at the annual DMU Research Symposium.

A WORLD OF DIFFERENCE

DMU is committed to fostering students' cultural competency, equipping them to serve patients in our increasingly diverse society. The Office of Multicultural Affairs offers many opportunities to learn, interact and share open, frank and insightful dialogue on topics relating to diversity. They include the Kaiser Permanente Diversity Health Series, the Seeking Justice Series, the SafeZone Program and numerous campus speakers and events.

DIVERSIFY YOUR DEGREE

Osteopathic medical students at DMU can **pursue a master's degree** in health care administration, public health, anatomy or biomedical sciences. This option expands students' knowledge, skills and leadership abilities, enhancing their patient care and career opportunities.

A GREAT PLACE TO LIVE AND LEARN

Among the qualities that make DMU unique to other graduate medical institutions is its **supportive and engaging environment**

focused on student success. The Center for Teaching and Learning helps students improve learning, studying and time management skills. The Student Counseling Center is a free service for students seeking coping skills and mental health resources.

More than 40 clubs and professional organizations on campus offer something for everyone, including opportunities to learn, network and explore career paths. DMU students and faculty are highly involved in **community service**, from staffing the annual Senior Health Fair and Girls Exploring Medicine and Science (GEMS) on campus to volunteering at local hospitals, shelters, schools and more.

The University lives its commitment to holistic health every day. DMU is the only college or university in the nation to earn platinum status from the Wellness Councils of America for its wellness program. The on-campus two-level **Wellness Center** is open daily and offers fitness classes, intramural sports, a full gym, running track, a wide variety of fitness equipment and regular classes in its wellness kitchen. Greater Des Moines also offers a wealth of outdoor options, including walking and bicycle trails, parks, lakes and much more.

HANDS-ON, RELEVANT AND REAL-WORLD: DMU'S D.O. PROGRAM WILL PREPARE YOU FOR A REWARDING CAREER.

HOW TO APPLY:

Apply through the American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS). Applications become available each year in May for the class that begins the following fall term. The application deadline is March 1; however, due to rolling admission, it is recommended to apply early.

D.O. PROGRAM ADMISSION REQUIREMENTS:

- ✓ **Bachelor's degree** from a regionally accredited college or university
- ✓ **Cumulative and science GPAs of 2.8** and higher are highly recommended
- ✓ Completion of the following courses prior to matriculation:
 - **Biology/Zoology** – 8 semester hours, preferably with lab
 - **General Chemistry** – 8 semester hours, preferably with lab
 - **Organic Chemistry** – 4 semester hours, preferably with lab
 - **Biochemistry** – 3 semester hours
 - **Physics** – 8 semester hours, preferably with lab (may also substitute 3 semester hours of Statistics)
 - **English, English Composition, Speech or Literature** – 6 semester hours
- ✓ **MCAT score submitted through AACOMAS**
- ✓ **Three letters of recommendation** – one from a D.O. or M.D. and two academic/science letters or one committee letter
- ✓ **U.S. citizenship or permanent resident status**

BECAUSE OF WHERE YOU WANT TO GO AFTERWARD

Your ultimate goal is to become an exceptionally well-prepared health care professional. At DMU, you will learn with faculty and students who all share a common focus on medicine and the health sciences. You will become ready for both autonomous and interprofessional practice in providing the highest quality of care.

As a student, you will enjoy the amenities and affordability of Iowa's capital, Des Moines. Learn more at www.catchdesmoines.com.



DES MOINES UNIVERSITY

MEDICINE & HEALTH SCIENCES

3200 Grand Avenue
Des Moines, Iowa
50312-4198

dmuadmit@dmu.edu

515-271-1499

www.dmu.edu/admission

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ACCREDITATION: MU's College of Osteopathic Medicine (COM) is accredited by the Commission on Osteopathic College Accreditation (COCA) of the American Osteopathic Association (AOA). As an accredited college, COM is a member of the American Association of Colleges of Osteopathic Medicine (AACOM). Des Moines University is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools, 30 North LaSalle St., Suite 2400, Chicago, IL 60602-2504; 312-263-0456; 800-621-7440; fax, 312-263-7462; www.ncahlc.org; 10/18-1500

