

EDITOR'S MESSAGE

Winter Wonderland

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The holidays are over and winter has dug in. Snow for some and colder temperatures for others throughout the United States. Respiratory illnesses abound.

So appropriately, our lead article this month is *Osteopathic Consideration in the Infections of the Respiratory Tract*. It emphasizes the use of osteopathic manual medicine but mentions risk analysis tools and references antibiotic articles. For additional consideration, it reviews the models of osteopathy including biomechanical considerations, the respiratory-circulatory model, and the metabolic-energy model. Neurological and behavioral considerations are also discussed as are other approaches to consider among the five osteopathic models when treating respiratory infection.

Another osteopathic focused article this issue is *Knee Pain in Adults with an Osteopathic Component*. The article reviews the structure, function, diagnosis, and treatment of knee pain in adults along with reviewing the anatomy, injury risk factors, and osteopathic structural exam management. Other topics highlighted are who needs imaging, immediate treatment, drugs for pain relief and osteopathic manual therapy and or physical therapy. It is well organized and worth a read.

With our growing geriatric population, *Not a Peep: Delirium in the Geriatric Patient* is a timely research paper. Most of the research takes place in the hospital but most of the delirium likely does not take place there. Delirium can be loud with the patient screaming or quiet or a combination of both. Drugs are the first suspects when seeking a cause but infection, environmental factors, cognitive impairment and lack of sleep are other factors. Finding the underlying cause is key.

Occipital nerve and trigger point injections are discussed in *Use of Occipital Nerve Blocks*. The article states that most of the patients were helped. While the article gives the reader a clear description of how to do the injections, the assessment tool was not clearly outlined. The reader is left to assume the physician asked the patient at various times after the injections if they were helped but this is not clear.

Underlying Appendicitis Leading to Chorioamnionitis in Preterm Rupture of Membranes is a brief report of a complex patient case that included acute appendicitis, chorioamnionitis and preterm premature rupture of membranes (PPROM.)

We continue our clinical image category with *Bilateral Painless Eye Lesions*, which includes images and an in depth discussion.

Keep warm.