

## BS/DO and BA/DO Program

### What is a Doctor of Osteopathic (DO) medicine and what is the difference between MD and DO?

- + Just like a medical doctor (MD), a doctor of osteopathic medicine (DO) is a physician licensed to practice medicine.
- + MDs typically look to treat patients with medicine. DOs, on the other hand, look beyond a patient's symptoms to identify any other factors that may be impacting a patient's well-being.
- + DOs are trained to view the patient as a whole person, taking into account not only the physical symptoms but also the emotional, mental, and spiritual aspects of health. This holistic approach is known as the osteopathic philosophy. MDs, on the other hand, primarily focus on the diagnosis and treatment of diseases using evidence-based medicine.
- + Osteopathic doctors receive the same training as allopathic doctors. However, there are additional lessons and subjects offered at osteopathic medical schools.
- + Allopathic medical schools offer students a traditional medical curriculum whereas osteopathic medical schools offer lessons on areas like touch-based diagnoses.
- + **Another difference between DO and MD programs is the use of osteopathic manipulative treatment (OMT). OMT is a hands-on technique used by DOs to diagnose and treat musculoskeletal conditions. It involves gentle manual manipulation of the joints, muscles, and tissues to restore balance and promote healing. MDs do not receive training in OMT.**
- + Despite these differences, both DOs and MDs can practice in any specialty, and both are eligible for the same residencies and board certifications.
- + **DOs practice in all medical specialties, including as listed below (but not limited to):**
  - ✓ Primary care
  - ✓ Pediatrics
  - ✓ Ob/gyn
  - ✓ Emergency medicine
  - ✓ Psychiatry
  - ✓ Surgery

## What are the BS/DO and BA/DO Program requirements?

- ✚ BS/DO and BA/DO programs are
  - ✓ Highly Competitive (However less competitive than BS/MD and BA/MD)
  - ✓ Acceptance rate is very low
  - ✓ Take only 5-10 students per year
- ✚ Applicants must have
  - ✓ High GPA and Rigorous high school courses
  - ✓ Strong SAT or ACT scores (includes Super-score)
  - ✓ Evidence of interest in STEM (Research/Internships)
  - ✓ Clinical exposure/Volunteering/Dr. Shadowing
  - ✓ Stellar extracurricular activities/awards
  - ✓ Solid letters of recommendation to matriculate

## Key Takeaways

- ✚ BS/DO and BA/DO programs are a great way to bypass the medical school application process, get away with one application
- ✚ Students in BS/DO and BA/DO programs can build long and fruitful relationships with professors, staff, and peers
- ✚ BS/DO and BA/DO programs are a huge commitment that typically lasts seven or eight years
- ✚ Only a limited number of schools offer BS/DO and BA/DO programs

## Why You Should Consider DO Schools

- ✚ While most future physicians gravitate towards a traditional MD school for their education, the best DO schools have a lot to offer as well. Obtaining your Doctors of Osteopathic Medicine provides an alternative path to becoming a licensed physician.
- ✚ The end-goal remains the same, but DO medical schools take a different approach to get there. It also has the benefit of requiring a lower MCAT score and a lower GPA than most MD programs.
- ✚ Osteopathic medicine focuses on the entire body to treat ailments. It's about taking a "whole-person approach" to healing. Rather than focusing on specific health conditions or symptoms, osteopathic physicians work on helping patients achieve good overall health.
- ✚ When you earn a DO, you're still learning all of the core skills that you need to become a physician. You'll also have the same opportunities to specialize in the future. The primary difference is that DO programs center on providing long-term care.

## When do you apply to BS/DO Programs?

- ✚ Students can apply during their senior year of high school, along with the rest of their college applications.
- ✚ You will be required to apply to the undergraduate university that is part of the BS/DO program, along with a sort of secondary application to the actual dual-degree program itself. This special application can be found on the school's website, along with the deadline to submit.

## Planning ahead is going to be critical for success

- ✚ Try to take 6-8 AP classes to be a competitive applicant
- ✚ Make sure you take all three science courses: Biology, Chemistry, and Physics
- ✚ Get Research experiences, a few examples as below (not limited to)
  - ✓ [INSPIRE at Cedars-Sinai | Cedars-Sinai](#)
  - ✓ [BUGS Jr. Program - USC Bridge Institute](#)
  - ✓ [For High School Students | City of Hope](#)
  - ✓ [Research under University Professors \(CSUN, Pierce State/Community college...\)](#)
- ✚ Get Internships, a few examples as below (not limited to)
  - ✓ <https://westminsterclinic.org/home/volunteers/teen-healthcare-internship-application/>

✓ <http://explorerpost911.com/wp/home/>

✓ [Girls Who Code | Summer Immersion Program](#)

+ Apply for few Scholarships and Awards (not limited to)

✓ **PVSA (Presidential Volunteering Service Award)**

✓ **NCWIT AiC Collegiate Award**

✓ **Congressional Award**

+ Giving back to the Community (Committed Volunteering), a few examples as below (not limited to)

✓ Book Drive/Literacy Program thru African Library Project

✓ Internation Sewa – Food /School Supplies/Cloth Drives

✓ Fundraising for non-profit Organizations

**Few BS/DO and BA/DO programs:** <https://www.premedexperts.com/best-do-schools/>

	DO College	Undergrad School	Link	No of Students	No of Years	Grade in College	MCAT
1	MSUCOM	MSU (OMSP) Michigan State University	<a href="#">Osteopathic Medical Scholars   MSU Osteopathic Medicine</a>	~50 - 75	4+4 3+4	3.5	Waiver if undergrad maintained 3.5 GPA
2	UNECOM	UNE University of New England	<a href="https://www.une.edu/cas/biology/undergraduate/bs-medical-biology-medical-sciences-track">https://www.une.edu/cas/biology/undergraduate/bs-medical-biology-medical-sciences-track</a>		4+4 3+4	3.5	Yes MCAT
3	KCUCOM	MSSU (Yours to Lose) - Missouri Southern State University	<a href="https://yourstolose.mssu.edu/requirements/">https://yourstolose.mssu.edu/requirements/</a>	~40	3+4	3.5	No MCAT
4	NSU	Nova Southern University Florida	<a href="https://www.nova.edu/undergraduate/academics/dual-admission/osteopathic-medicine.html">https://www.nova.edu/undergraduate/academics/dual-admission/osteopathic-medicine.html</a>		4+4 3+4	3.5	Yes MCAT
5	NYITCOM	SUNY Genesio NewYork	<a href="#">3+4 Osteopathic Medicine Program   SUNY Genesee</a>	No limit	3+4	3.5	Yes MCAT

## List of BS/DO and BA/DO Programs by State

[Top Combined BS/MD and BS/DO Programs #1 | PREPARING TO BECOME](#)

State	DO School	Length of Study/Undergraduate College
Arizona	<a href="#">A.T. Still University of Health Sciences Kirksville College of Osteopathic Medicine (KCOM)</a>	8 year program affiliated with Massachusetts College of Pharmacy and Health Sciences – Boston Campus
California	<a href="#">Western University of Health Sciences College of Osteopathic Medicine of the Pacific (Western U / COMP)</a>	– 8 year program affiliated with California State University – 7 year program affiliated with Pitzer College
Florida	<a href="#">Nova Southeastern University Dr. Kiran C. Patel College of Osteopathic Medicine (NSU-KPCOM)</a>	7 or 8 year program affiliated with Nova Southeastern University
Illinois	<a href="#">Chicago College of Osteopathic Medicine of Midwestern University (CCOM)</a>	8 year program affiliated with Illinois Institute of Technology
Maine	<a href="#">University of New England College of Osteopathic Medicine (UNE-COM)</a>	Affiliated with University of Hartford, Utica College, and more
Michigan	<a href="#">Michigan State University College of Osteopathic Medicine (MSU-COM)</a>	Affiliated with Michigan State University, 7 year program with Lyman Briggs College
Missouri	<a href="#">Kansas City University College of Osteopathic Medicine (KCU-COM)</a>	8 year program affiliated with many universities, including Wayne State College, University of Missouri – St. Louis, and Rockhurst University

<b>New Jersey</b>	<a href="#"><u>Rowan University College of Osteopathic Medicine</u></a>	7 year program affiliated with Rutgers University – Camden	
<b>New York</b>	<a href="#"><u>New York Institute of Technology College of Osteopathic Medicine (NYIT-COM)</u></a>	8 year program Affiliated with Adelphi University	
<b>Pennsylvania</b>	<a href="#"><u>Lake Erie College of Osteopathic Medicine (LECOM)</u></a>	7 or 8 year program affiliated with Seton Hill University, and more	
<b>Pennsylvania</b>	<a href="#"><u>Philadelphia College of Osteopathic Medicine (PCOM)</u></a>	8 year program affiliated with Adelphi University, Gannon University, or the University of the Sciences in Philadelphia	
<b>Texas</b>	<a href="#"><u>Texas College of Osteopathic Medicine (TCOM)</u></a>	Part of the Texas Joint Admission Medical Program (JAMP)	