

EDITOR'S MESSAGE

May Your Fall & Winter be Colorful

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This month we lead with a nuts and bolts “how to article” article on downloading glucose meters. This is typically done in the endocrinology’s office, why not in the osteopathic family physician office?

Insurance companies dictate the glucose meter they will cover on specific insurance plans and each meter uses a special cable. The computer download produces visual graphs that provide helpful information to use when talking with the patient. For example, OFP’s can look at the same time on different days and see when their patient’s sugars are spiking. Clearly, diabetics being treated with insulin manage their own disease outside the office on a daily basis. We are just the coaches, but without good blood sugar measurements, it is difficult to make suggestions. Having a download glucose meter in our office is another way OFP’s can assist patients in managing their insulin dosing.

The Parkinson’s Disease, Restless Leg Syndrome, and Essential Tremor article discusses the unique, non-pharmacologic osteopathic treatments OFP’s can offer this group of patients. The article focuses on osteopathic manual medicine and describes various techniques to consider for various issues for patients with this condition.

In the research article, *Improving Team-based Care in Family Medicine: Lessons Learned from a Practice Transformation Study*, the authors address training six primary care practices on the tenets of team-based care using the Agency Health Care Research and Quality (AHRQ) Primary Care Version of TeamSTEPPS framework. Research results focus on sharing common challenges in improving team-based care as well as lessons learned from participating in a practice transformation process.

Not to be a spoiler, the clinical images are a skin condition.

Hope your fall and winter are colorful.