



THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

Osteopathic Center San Diego
3706 Ruffin Road, San Diego CA 92123

OPTIONS FOR REFERRING TO OPT-IN STUDY

Osteopathic Plagiocephaly Treatment for Infants and
Neonates (OPT-IN) Study [WIRB #20233263]

OPTIONS FOR REFERRING

- ☑ Post our flyer in your offices/share via your listserv or on your social media
 - ♥ Interested families should email OPT-IN@the-promise.org, call **619-693-6303**, or visit our website (osteopathiccenter.org) for more information or to receive the link to complete our pre-screening survey
- ☑ Mention our study directly to your families who have an infant with a plagiocephaly diagnosis
 - ♥ Share the patient recruitment flyer and ask them to contact us for more information about joining
- ☑ Share our study with other pediatricians and healthcare providers that you know. We are currently planning to enroll patients with a plagiocephaly diagnosis from DOs/MDs, nurse practitioners, physician assistants, lactation consultants, and midwives. If there are other healthcare providers that you feel may be appropriate to refer patients, please reach out to our study team to review and approve
 - ♥ Send us their contact information (using the OPT-IN@the-promise.org email address) and we will reach out to them
 - ♥ Share our flyer and ask them to contact us
- ☑ Email us with questions about families who you think may qualify
 - ♥ Please do not share any personal information about the families when sending your inquiry. Families who are interested will complete a secure pre-screening survey when they are ready

KEY INFORMATION TO SHARE WITH FAMILIES

1. Participation in the intervention will last a minimum of 16 weeks after enrollment
 - A. Child will be randomly assigned into the OMT treatment group or standard of care repositioning group and after 8 weeks will switch over into the other group
 - B. Child will receive 8 weeks of treatment and 8 weeks of standard of care repositioning (not necessarily in that order)
 - C. Families will be contacted when child is 12 months to complete a follow-up survey
 - D. The family may choose to pursue helmets, physical therapy, additional OMT, or any other interventions they deem necessary for their child after the 16 weeks of intervention
2. Treatment is a non-invasive, hands-on, manual treatment aimed at restoring cranial symmetry
3. The standard of care repositioning group will receive a handout focused on repositioning exercises at home
4. Families can earn up to \$550 for participating in the study: \$40 per in-person treatment visit with an additional \$150 for completing the 8 treatment series, \$30 per measurement visit, and \$20 for completing the follow-up survey when the child is 12 months

For questions or further information on the study please contact Principal Investigator, Kimberly Wolf, DO or the Research Coordinator at **619-693-6303** or OPT-IN@the-promise.org. You can also find more information on our website: osteopathiccenter.org as well as the link to receive our pre-screening survey.