

## SUBJECT OUTLINE



Subject Name:

### Acupuncture Prescriptions and Therapeutics 1

Subject Code:

CMAC213

## SECTION 1 - GENERAL INFORMATION

<b>Award/s:</b>	Bachelor of Health Science (Acupuncture)	<b>Total Course Credit Points:</b>	128	<b>Level:</b>	2 <sup>nd</sup> Year
<b>Duration:</b>	1 Semester				
<b>Subject Coordinator:</b>	Beau Mannix (Gold Coast campus)				
<b>Subject is:</b>	Core	<b>Subject Credit Points:</b>	4		

### Student Workload:

<b>No. timetabled hours per week:</b>	<b>No. personal study hours per week:</b>	<b>Total hours per week:</b>
6	4	10

#### Delivery Mode:

Face to Face 2 x 3 hour sessions, including lecture and practical application  
(On campus)

Full Time

Part Time

**Pre-requisites:** CMAC121, CMPR121, BIOH122

**Co-requisites:** Nil

#### Special Resource Requirements:

Closed-toe leather footwear

Endeavour College approved Acupuncture Kit

Two bath-sheet sized towels per student (Clinic towels must not be used)

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

Acupuncture Prescriptions and Therapeutics 1 introduces the Traditional Chinese Medicine (TCM) rationale for the selection and usage of key acupuncture points, and the clinical skills required to practice Chinese medicine (CM). Students investigate and needle points following differentiation via point categories, therapeutic indications and the application of various practical approaches. Infection control, hygiene, safety and management of adverse effects are highlighted and practically applied in combination with developing practical skills in needle insertion and manipulation, cupping techniques and application of moxibustion. By subject conclusion students will be capable of determining and making a case for acupuncture point prescriptions in preparation for Clinical Practicum.

### Learning Outcomes

1. Discuss and demonstrate point selection in reference to Chinese medicine diagnostic methods, point categories and therapeutic indications.
2. Formulate, discuss and demonstrate the processes, practices and theories relevant to the construction of a valuable final point prescription.
3. Understand the application rationale for auxiliary techniques of cupping and moxibustion as well as their cautions and contraindications.

4. Describe and apply hygiene, asepsis practices, infection control and management of sharps and biohazards in line with the CMBA guidelines as they relate to each Chinese medicine therapeutic technique.
5. Demonstrate safe needling insertion and manipulation technique on a range of body shapes and sizes, showing due respect for privacy, cultural and other differences in line with CMBA Code of Conduct.
6. Demonstrate safe moxibustion and cupping practice on a range of body shapes and sizes, showing due respect for privacy, cultural and other differences in line with CMBA Code of Conduct.
7. Describe and apply precautions and contraindications in acupuncture practice, risk management strategies, and recognition and management of accidents (including emergency response) and adverse reactions.

### Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Continuous Skill Development</b> (80% attendance and active participation required)	4-7	1-26	Sessions 1-26	Pass/Fail
<b>Written Assignment</b> (1500 words)	1-3	1-12	Week 6	20%
<b>Practical Exam 1</b> (30 minutes)	4-7	1-14	Session 15	20%
<b>Practical Exam 2</b> (45 minutes)	1-7	1-26	Practical Examination Period	25%
<b>Final Written Exam</b> (2 hours)	1-7	1-26	Final Examination Period	35%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				

#### Prescribed Readings:

1. Chinese Medicine Board of Australia. (2016). *Infection prevention and control guidelines for acupuncture practice*. Retrieved from <http://www.chinesemedicineboard.gov.au/Codes-Guidelines/Infection-prevention.aspx>
2. Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A manual of acupuncture* (2nd ed.). Hove, England: Journal of Chinese Medicine Publications. [Available as mobile app 2009 - or text 2007]
3. Phillips, J. (2018). *The Living Needle: Modern Acupuncture Technique*. London, UK: Jessica Kingsley Publishers [ebook available]

#### Recommended Readings:

1. Chace, C., & Shima, M. (2010). *An exposition of the eight extraordinary vessels*. Seattle, WA: Eastland Press.
2. Chang, X. (2011). *Needling techniques for acupuncturists: Basic principles and techniques*. London, England: Singing Dragon.
3. Chirali, I. (2014). *Traditional Chinese medicine cupping therapy* (3rd ed.). Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]
4. Filshie, J. (2016). *Medical acupuncture: A western scientific approach* (2nd ed.). Oxford, England: Elsevier Health Sciences.
5. Hicks, A., Hicks, J., & Mole, P. (2011). *Five element constitutional acupuncture*. London, England: Churchill Livingstone Elsevier.

6. Macioca, G. (2015). *The foundations of Chinese medicine* (3rd ed.). Edinburgh, Scotland: Churchill Livingstone Elsevier.
7. Ogal, H., & Yu-Lin, L. (2011). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. Stuttgart, Germany: h.f. Ullmann.
8. Quirico, P. (2008). *Teaching atlas of acupuncture channels and points: Channels and points*. (Vol 1.). Stuttgart, Germany: Thieme.
9. Robinson, N. (2016). *Interactive medical acupuncture anatomy*. Jackson, WY: Teton NewMedia. [ebook available]
10. Ross, J. (1998). *Acupuncture point combinations: the key to clinical success*. Philadelphia, PA: Churchill Livingstone Elsevier.
11. Wang, J. Y., & Robertson, J. (2008). *Applied channel theory in Chinese medicine*. Seattle, WA: Eastland Press.
12. Wilcox, L. (2008). *Moxibustion: The power of mugwort fire*. Boulder, CO: Blue Poppy Press.
13. Wilcox, L. (2009). *Moxibustion: A modern clinical handbook*. Boulder, CO: Blue Poppy Press.
14. World Health Organisation. (2008). *WHO standard acupuncture point locations in the Western Pacific Region*. Manilla: World Health Organization.
15. Unschuld, P. (2016). *Huang Di nei jing ling shu: The ancient classic on needle therapy, the complete Chinese text with annotated English translation*. Berkeley, CA: University of California Press. [ebook available]
16. Yan, Z. (2003). *Anatomical atlas of acupuncture points*. St Louis, MO: Donica Publishing.

Subject Content		
Week	Lectures	Practicals
1.	Session 1 Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources) <b>Differentiation of Point Selection and Prescription</b> <ul style="list-style-type: none"> <li>• Introduction to point classification and prescription</li> <li>• Review TCM therapeutic principles</li> <li>• Point selection Methods</li> <li>• Ethical considerations/contraindications/cautions</li> </ul>	Academic writing skills
	Session 2 <b>Introduction to Moxibustion Therapy</b> <ul style="list-style-type: none"> <li>• General history and development of moxibustion usage</li> <li>• Rationale for techniques</li> <li>• Clinical usage</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific work, health and safety considerations</li> <li>• Review of techniques necessary to reduce risk</li> </ul>	Practical stick moxibustion therapy, cone moxibustion, rice grain moxibustion, and moxibustion box therapy <ul style="list-style-type: none"> <li>• Professional demonstration of technique/s</li> <li>• Supervised practice of techniques</li> <li>• Moxibustion ventilation</li> </ul>

<b>2.</b>	Session 3 <b>Introduction to cupping therapy</b> <ul style="list-style-type: none"> <li>• Rationale for techniques</li> <li>• Different materials used in cupping therapy</li> <li>• Clinical usage</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific work, health and safety considerations</li> <li>• Review of techniques necessary to reduce risk</li> </ul>	Practical cupping therapy <ul style="list-style-type: none"> <li>• Professional demonstration of technique/s</li> <li>• Supervised practice of techniques</li> </ul>
	Session 4 <b>Cupping Therapy</b> <ul style="list-style-type: none"> <li>• Rationale for techniques</li> <li>• Clinical usage and strategies for different conditions</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific work, health and safety considerations</li> </ul>	Practical cupping therapy <ul style="list-style-type: none"> <li>• Professional demonstration of technique/s</li> <li>• Supervised practice of techniques</li> </ul>
<b>3.</b>	Session 5 <b>Safety Standards with Acupuncture</b> <ul style="list-style-type: none"> <li>• Review of anatomy about needling safely</li> <li>• Management of accidents and adverse reactions</li> <li>• Review of processes necessary to reduce risk</li> <li>• Clean needle technique and clean fields</li> <li>• Management of sharps and biohazard material</li> <li>• Specific work, health and safety concerns</li> <li>• Needle sizes, and different types of needles</li> <li>• Review of techniques necessary to reduce risk</li> </ul>	Practical acupuncture therapy <ul style="list-style-type: none"> <li>• Professional demonstration of technique/s</li> <li>• Supervised practice of techniques</li> <li>• Needling considerations</li> </ul>
	Session 6 <b>The Essential Concept of Deqi</b> <ul style="list-style-type: none"> <li>• The concept and rationale for the acquisition of Deqi</li> <li>• The sensations of Deqi</li> <li>• The techniques for the acquisition of Deqi</li> <li>• Guide tube insertion needling techniques</li> <li>• Clinical usage</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific work, health and safety considerations</li> </ul>	Practical guide tube needling <ul style="list-style-type: none"> <li>• Professional demonstration of technique/s</li> <li>• Supervised practice of techniques to a variety of different Jing Luo channels</li> <li>• Practical moxibustion and cupping therapy</li> <li>• Supervised practice of techniques in combination with needling</li> </ul>
<b>4.</b>	Session 7 <b>Continuing Guide Tube Insertion Techniques</b> <ul style="list-style-type: none"> <li>• Angles and depths of needle insertion</li> <li>• Rationale for techniques</li> <li>• Clinical usage</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> </ul>	Practical guide tube insertions <ul style="list-style-type: none"> <li>• Professional demonstration of technique/s</li> <li>• Supervised practice of techniques to a variety of different Jing Luo channels</li> <li>• Practical moxibustion and cupping therapy</li> <li>• Supervised practice of techniques</li> </ul>

	Session 8 <ul style="list-style-type: none"> <li>• Five Shu Points</li> <li>• Case studies focusing on Five Shu points</li> </ul>	Practical acupuncture therapy <ul style="list-style-type: none"> <li>• Demonstration and supervised practice of CM diagnostic methods</li> </ul>
5.	Session 9 <ul style="list-style-type: none"> <li>• Five Element Theory</li> <li>• Case studies focusing on Five Elements</li> </ul>	Practical acupuncture therapy <ul style="list-style-type: none"> <li>• Demonstration and supervised practice of CM diagnostic methods</li> <li>• The application of Five Element Theory</li> </ul>
	Session 10 <ul style="list-style-type: none"> <li>• Yuan source points</li> <li>• Luo connecting points</li> <li>• Xi-cleft points</li> <li>• Lower He Sea points</li> </ul>	Demonstration and supervised practice of CM diagnostic methods and acupuncture incorporating the following points <ul style="list-style-type: none"> <li>• Tonifying with Yuan source points</li> <li>• Application of Luo connecting and Yuan source combinations</li> <li>• Xi-cleft &amp; Lower He Sea points as applicable</li> </ul>
6.	Session 11 <ul style="list-style-type: none"> <li>• Front Mu</li> <li>• Hui meeting points</li> <li>• Case studies</li> </ul>	Demonstration and supervised practice of CM diagnostic methods and acupuncture at the following points <ul style="list-style-type: none"> <li>• Back Shu</li> <li>• Four command points</li> </ul>
	Session 12 <ul style="list-style-type: none"> <li>• Back Shu</li> <li>• Four command points</li> <li>• Case studies</li> </ul>	Demonstration and supervised practice of CM diagnostic methods and acupuncture at the following points: <ul style="list-style-type: none"> <li>• Back Shu</li> <li>• Four command points</li> </ul>
7.	Session 13 <ul style="list-style-type: none"> <li>• Confluent points of the Eight Extraordinary Channels</li> <li>• Case studies focusing on eight extra channel pathologies</li> </ul>	Demonstration and supervised practice of CM diagnostic methods and acupuncture applied to manage <ul style="list-style-type: none"> <li>• Jing Luo pathologies of the eight extra channels</li> <li>• Eight confluent points</li> </ul>
	Session 14 Practical Revision	
	<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Semester 1</b> - This aligns with the week after Easter so it may fall between Weeks 6 to 8 <b>Semester 2 &amp; Online students</b> - The non-teaching week falls between Weeks 7 and 8	
8.	Session 15 <b>Practical Exam 1</b>	
	Session 16 <b>Channel Palpation in Relation to Point Selection and Needling</b> <ul style="list-style-type: none"> <li>• Rationale for technique</li> <li>• Clinical usage</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> </ul>	Practical acupuncture therapy <ul style="list-style-type: none"> <li>• Demonstration and supervised practice of channel palpation, point selection and needling</li> </ul>

9.	<p>Session 17</p> <p><b>Free Hand Needle Techniques</b></p> <ul style="list-style-type: none"> <li>• Rationale for techniques</li> <li>• Clinical usage</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific work, health and safety considerations</li> </ul>	<p>Practical acupuncture therapy</p> <ul style="list-style-type: none"> <li>• Demonstration and supervised practice of free hand needling techniques</li> </ul>
	<p>Session 18</p> <ul style="list-style-type: none"> <li>• Points, pathologies and prescriptions of the lung, spleen and stomach</li> <li>• Selecting points and prescriptions according to Jing Luo theories and TCM patterns</li> <li>• Case studies</li> </ul>	<p>Demonstration and supervised practice of CM diagnostic methods and acupuncture applied to manage</p> <ul style="list-style-type: none"> <li>• Channel and organ pathologies of the lung, spleen and stomach</li> </ul>
10.	<p>Session 19</p> <p><b>Needle Manipulation Techniques: Lift, Thrust, Rotation, and Twirling</b></p> <ul style="list-style-type: none"> <li>• Rationale for techniques</li> <li>• Clinical usage</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific work, health and safety considerations</li> </ul>	<p>Practical needle manipulation techniques: lift, thrust, rotation, and twirling</p> <ul style="list-style-type: none"> <li>• Professional demonstration of technique/s</li> <li>• Supervised practice of techniques to a variety of different Jing Luo channels</li> <li>• Supervised acquisition of deqi sensation</li> <li>• Practical moxibustion and cupping therapy</li> <li>• Supervised practice of techniques in combination with needling</li> </ul>
	<p>Session 20</p> <ul style="list-style-type: none"> <li>• Points, pathologies and prescriptions of the small and large intestine</li> <li>• Selecting points and prescriptions according to Jing Luo theories and TCM patterns</li> <li>• Case studies</li> </ul>	<p>Demonstration and supervised practice of CM diagnostic methods and acupuncture applied to manage</p> <ul style="list-style-type: none"> <li>• Channel and organ pathologies of the small and large intestine</li> </ul>
11.	<p>Session 21</p> <p><b>Needle Manipulation Techniques: Rapid and Slow Method</b></p> <ul style="list-style-type: none"> <li>• Rationale for techniques</li> <li>• Clinical usage</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific work, health and safety considerations</li> </ul>	<p>Practical needle manipulation techniques: rapid and slow method</p> <ul style="list-style-type: none"> <li>• Professional demonstration of technique/s</li> <li>• Supervised practice of techniques to a variety of different Jing Luo channels</li> <li>• Supervised acquisition of deqi sensation</li> <li>• Practical moxibustion and cupping therapy</li> <li>• Supervised practice of techniques in combination with needling</li> </ul>
	<p>Session 22</p> <ul style="list-style-type: none"> <li>• Points, pathologies and prescriptions of the heart, pericardium and San Jiao</li> <li>• 13 Ghost points of Sun Si Mao</li> <li>• Window of Heaven points</li> <li>• Selecting points and prescriptions according to Jing Luo theories and TCM patterns</li> <li>• Case studies</li> </ul>	<p>Demonstration and supervised practice of CM diagnostic methods and acupuncture applied to manage</p> <ul style="list-style-type: none"> <li>• Channel and organ pathologies of the heart, pericardium and San Jiao</li> <li>• Incorporating the use of 13 Ghost and Window of Heaven points</li> </ul>

12.	Session 23 <b>Ling Shu Needling Techniques</b> <ul style="list-style-type: none"> <li>• Rationale for techniques</li> <li>• Clinical usage</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific work, health and safety considerations</li> </ul>	Practical application of the Ling Shu needling techniques <ul style="list-style-type: none"> <li>• Professional demonstration of technique/s</li> <li>• Supervised practice of techniques to a variety of different Jing Luo channels</li> <li>• Supervised acquisition of Deqi sensation</li> <li>• Practical moxibustion and cupping therapy</li> <li>• Supervised practice of techniques in combination with needling</li> </ul>
	Session 24 <ul style="list-style-type: none"> <li>• Points, pathologies and prescriptions of the liver and gallbladder</li> <li>• Selecting points and prescriptions according to Jing Luo theories and TCM patterns</li> <li>• Case studies</li> </ul>	Demonstration and supervised practice of CM diagnostic methods and acupuncture applied to manage <ul style="list-style-type: none"> <li>• Channel and organ pathologies of the liver and gallbladder</li> </ul>
13.	Session 25 <ul style="list-style-type: none"> <li>• Points, pathologies and prescriptions of the kidney and bladder</li> <li>• Selecting points and prescriptions according to Jing Luo theories and TCM patterns</li> <li>• Case studies</li> <li>• Heat lamp and safe usage</li> </ul>	Demonstration and supervised practice of CM diagnostic methods and acupuncture applied to manage <ul style="list-style-type: none"> <li>• Channel and organ pathologies of the kidney and bladder</li> </ul>
	Session 26 Practical Revision	
14.	<b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week	
15.	<b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week	
16.	<b>Final Examination Week 1</b> Please refer to the Examination Timetable for your local campus for the exact day and time of exam	
17.	<b>Final Examination Week 2</b> Please refer to the Examination Timetable for your local campus for the exact day and time of exam	