

SUBJECT OUTLINE



Subject Name:

Acupuncture Therapeutics 1

Subject Code:

CMAC211

SECTION 1 – GENERAL INFORMATION

Award/s:	Bachelor of Health Science (Acupuncture)	Total course credit points:	128	Level:	2 nd Year
Duration:	1 Semester				
Subject Coordinator:	Dr Beau Mannix (Gold Coast Campus)				
Subject is:	Core	Subject Credit Points:	2		

Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

Delivery Mode:

Face to face 1 hour lecture 2 hours practical
Full Time
Part Time

Pre-requisites: CMAC121, CMPR121, BIOH111

Co-requisites: Nil

Special resource requirements: Two bath-sheet sized towels per student (Clinic towels must not be used)
Endeavour College approved Acupuncture Kit
WH&S compliant footwear must be worn in this class when practicing acupuncture

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

Acupuncture Therapeutics 1 introduces the clinical skills required to practice Chinese medicine. 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. This subject builds on Point Location (CMAC121) and therefore further develops the professional skills and judgments required of a Chinese medicine practitioner.

Learning Outcomes

1. 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.
2. 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.
3. 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
4. Describe and apply precautions and contraindications in acupuncture practice, risk management strategies, and recognition and management of accidents (including emergency response) and adverse reactions.
5. Understand the application rationale for auxiliary techniques of cupping and moxibustion as well as their cautions and contraindications.

Assessment Tasks				
Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Continuous Skill Development (80% attendance and active participation required)	1-4	1-13	1-13	Pass/Fail
Practical Examination 1 (30 minutes)	1-4	1-7	8	30%
Practical Examination 2 (30 minutes)	1-4	1-13	Practical Exam Period	35%
Final Theory Exam (1.5 hours)	1,4,5	1-13	Final Exam Period	35%
The overall pass rate for this subject is 50%. Additionally, students must pass the final practical exam with a mark not less than 50%.				

Prescribed readings:

1. Chang, X. (2011). *Needling techniques for acupuncturists: Basic principles and techniques*. London, England: Singing Dragon.
2. 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>
3. 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]

Recommended readings:

1. Argosy Publishing. (2017). Visible body: Human anatomy atlas (Version 2017.1) [Computer Software]. Retrieved from <http://www.visiblebody.com>
2. Argosy Publishing. (2017). Visible body: Muscle premium (Version 6.1) [Computer Software]. Retrieved from <http://www.visiblebody.com>
3. Chang, X. (2012). *Illustrated Chinese moxibustion techniques and methods*. London, England: Singing Dragon. [ebook available]
4. Chirali, I. (2014). *Traditional Chinese medicine cupping therapy* (3rd ed.). Edinburgh, Scotland: Churchill Livingstone Elsevier. [ebook available]
5. Ogal, H., & Yu-Lin, L. (2011). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. Stuttgart, Germany: h.f. Ullmann.
6. Quirico, P. (2008). *Teaching atlas of acupuncture channels and points: Channels and points. (Vol 1.)*. Stuttgart, Germany: Thieme.
7. Robinson, N. (2016). *Interactive medical acupuncture anatomy*. Jackson, WY: Teton NewMedia. [ebook available]
8. Wang, J. Y., & Robertson, J. (2008). *Applied channel theory in Chinese medicine*. Seattle, WA: Eastland Press.
9. Wilcox, L. (2008). *Moxibustion: the power of mugwort fire*. Boulder, CO: Blue Poppy Press.
10. Wilcox, L. (2009). *Moxibustion: a modern clinical handbook*. Boulder, CO: Blue Poppy Press.
11. World Health Organisation. (2008). *WHO standard acupuncture point locations in the Western Pacific Region*. Manila: World Health Organization.

12. 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]
13. Yan, Z. (2003). *Anatomical atlas of acupuncture points*. St Louis, MO: Donica Publishing.

Subject Content		
Week	Lecture	Practical
1.	Introduction to moxibustion therapy: <ul style="list-style-type: none"> • General history and development of moxibustion usage • Rationale for techniques • Clinical usage • Mechanics of technique • Cautions and contraindications • Specific occupational, health and safety considerations • Review of techniques necessary to reduce risk. 	Practical stick moxibustion therapy, cone moxibustion, rice grain moxibustion, and moxibustion box therapy: <ul style="list-style-type: none"> • Professional demonstration of technique/s • Supervised practice of techniques. • Moxibustion ventilation
2.	Introduction to cupping therapy: <ul style="list-style-type: none"> • Rationale for techniques • Different materials used in cupping therapy • Clinical usage • Mechanics of technique • Cautions and contraindications • Specific occupational, health and safety considerations. • Review of techniques necessary to reduce risk. 	Practical cupping therapy: <ul style="list-style-type: none"> • Professional demonstration of technique/s • Supervised practice of techniques.
3.	Cupping therapy: <ul style="list-style-type: none"> • Rationale for techniques • Clinical usage and strategies for different conditions • Mechanics of technique • Cautions and contraindications • Specific occupational health and safety considerations. 	Practical cupping therapy: <ul style="list-style-type: none"> • Professional demonstration of technique/s • Supervised practice of techniques.
4.	Safety standards with acupuncture: <ul style="list-style-type: none"> • Review of anatomy about needling safely • Management of accidents and adverse reactions • Review of processes necessary to reduce risk • Clean needle technique and clean fields • Management of sharps and biohazard material • Specific occupational health and safety concerns • Needle sizes, and different types of needles • Review of techniques necessary to reduce risk 	Practical acupuncture therapy: <ul style="list-style-type: none"> • Professional demonstration of technique/s • Supervised practice of techniques • Needling considerations
5.	The essential concept of deqi: <ul style="list-style-type: none"> • The concept and rationale for the acquisition of deqi • The sensations of deqi • The techniques for the acquisition of deqi 	Practical guide tube needling: <ul style="list-style-type: none"> • Professional demonstration of technique/s • Supervised practice of techniques to a variety of different Jing Luo channels. • Practical moxibustion and cupping therapy:

	<ul style="list-style-type: none"> • Guide tube insertion needling techniques • Clinical usage • Mechanics of technique • Cautions and contraindications • Specific occupational, health and safety considerations. 	<ul style="list-style-type: none"> • Supervised practice of techniques in combination with needling.
6.	<p>Continuing guide tube insertion techniques:</p> <ul style="list-style-type: none"> • Angles and depths of needle insertion • Rationale for techniques • Clinical usage • Mechanics of technique • Cautions and contraindications 	<p>Practical guide tube insertions:</p> <ul style="list-style-type: none"> • Professional demonstration of technique/s • Supervised practice of techniques to a variety of different Jing Luo channels. • Practical moxibustion and cupping therapy: • Supervised practice of techniques.
7.	<p>Free hand needle techniques:</p> <ul style="list-style-type: none"> • Rationale for techniques • Clinical usage • Mechanics of technique • Cautions and contraindications • Specific occupational health and safety considerations. 	<p>Practical free hand needle insertion techniques:</p> <ul style="list-style-type: none"> • Professional demonstration of technique/s • Supervised practice of techniques to a variety of different Jing Luo channels • Supervised acquisition of deqi sensations. • Practical moxibustion and cupping therapy: • Supervised practice of techniques in combination with needling.
<p>NON-TEACHING WEEK</p> <p>Semester 1 - This aligns with the week after Easter so it may fall between weeks 6 to 8.</p> <p>Semester 2 - The break week falls between Weeks 7 and 8.</p>		
8.	<p>Practical Examination 1</p>	
9.	<p>Needle manipulation techniques: lift, thrust, rotation, and twirling</p> <ul style="list-style-type: none"> • Rationale for techniques • Clinical usage • Mechanics of technique • Cautions and contraindications • Specific occupational health and safety considerations. 	<p>Practical needle manipulation techniques: lift, thrust, rotation, and twirling</p> <ul style="list-style-type: none"> • Professional demonstration of technique/s • Supervised practice of techniques to a variety of different Jing Luo channels • Supervised acquisition of deqi sensation. • Practical moxibustion and cupping therapy: • Supervised practice of techniques in combination with needling.
10.	<p>Needle manipulation techniques: rapid and slow method</p> <ul style="list-style-type: none"> • Rationale for techniques • Clinical usage • Mechanics of technique • Cautions and contraindications • Specific occupational health and safety considerations. 	<p>Practical needle manipulation techniques: rapid and slow method</p> <ul style="list-style-type: none"> • Professional demonstration of technique/s • Supervised practice of techniques to a variety of different Jing Luo channels • Supervised acquisition of deqi sensation. • Practical moxibustion and cupping therapy: • Supervised practice of techniques in combination with needling.
11.	<p>Non retaining needle techniques:</p> <ul style="list-style-type: none"> • Rationale for techniques • Clinical usage • Mechanics of technique • Cautions and contraindications • Specific occupational health and safety 	<p>Practical non-retaining needle techniques:</p> <ul style="list-style-type: none"> • Professional demonstration of technique/s • Supervised practice of techniques to a variety of different Jing Luo channels • Supervised acquisition of deqi sensation. • Practical moxibustion and cupping therapy:

	considerations.	<ul style="list-style-type: none"> Supervised practice of techniques in combination with needling.
12.	<p>Ming Dynasty needling techniques: Shao Shan Huo (volcanic fire) and Tou Tian Liang (cool sky) Fei Jing Zou Qi methods [Green Dragon wags its tail; white tiger shakes its head; dark green turtle seeks its burrow, and red phoenix flies to the heavens]:</p> <ul style="list-style-type: none"> Rationale for techniques Clinical usage Mechanics of technique Cautions and contraindications Specific occupational health and safety considerations. 	<p>Practical demonstration of the Ming Dynasty needling techniques:</p> <ul style="list-style-type: none"> Professional demonstration of technique/s Supervised practice of techniques to a variety of different Jing Luo channels Supervised acquisition of deqi sensation. Practical moxibustion and cupping therapy: Supervised practice of techniques in combination with needling.
13.	Revision of moxibustion, cupping and various acupuncture techniques, usages, and clinical application and needling depths and angles	<ul style="list-style-type: none"> Reviewing acupuncture, moxibustion and cupping techniques ready for the practical exam
14.	Non-Teaching Week / Practical Examination Week 1. Note that make-up classes may be scheduled in this week.	
15.	Non-Teaching Week / Practical Examination Week 2. Note that make-up classes may be scheduled in this week.	
16.	Final Exam Week 1 Please refer to your Campus Timetable for the exact time and day of the final exam.	
17.	Final Exam Week 2 Please refer to your Campus Timetable for the exact time and day of the final exam.	