

# SUBJECT OUTLINE



Subject Name:

**Chinese Clinical Medicine 1**

Subject Code:

**CMAC222**

## 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>	Dr David Schievenin (Adelaide campus)				
<b>Subject is:</b>	Core	<b>Subject Credit Points:</b>	2		

### Student Workload:

<b>No. timetabled hours per week:</b>	<b>No. personal study hours per week:</b>	<b>Total hours per week:</b>
<b>3</b>	<b>2</b>	<b>5</b>

#### Delivery Mode:

Face to Face      1 x 2 hour lecture                      1 x 1 hour practical  
(On campus)

Full Time

Part Time

**Pre-requisites:**      BIOH111, CMAC211, CMAC212

**Co-requisites:**      CMAC221

#### 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

In this subject the clinical concepts, skills and judgements associated with Chinese medicine traumatology and orthopaedics are presented. Western Medical perspectives of these conditions will also be highlighted in order to equip students with the necessary knowledge to interpret Western Medical investigative reports and diagnosis of these conditions. Symptoms, signs, clinical assessments, investigations, and levels of practice evidence lead discussion around treatment prescription, prognosis and the practical acupuncture sessions where techniques are applied. By subject conclusion, a holistic understanding of traumatology and orthopaedics from a Chinese medicine perspective has developed from students' ability to analyse, diagnose and treat musculoskeletal disorders using acupuncture and allied techniques.

## Learning Outcomes

1. Define and interpret key data necessary to make an accurate Chinese medicine diagnosis.
2. Contrast and discuss the Traditional Chinese Medicine (TCM) approaches employed in the diagnosis and management of musculoskeletal disorders and sports injuries.
3. Differentiate symptom patterns and develop a Chinese medicine diagnosis, treatment principle, treatment prescription and prognosis for determined musculoskeletal disorders and conditions.
4. Apply treatment prescription using acupuncture and allied techniques.
5. Effectively demonstrate diagnostic palpation techniques and commonly used orthopaedic assessments for musculoskeletal disorders and sports injuries.
6. Adhere to work, health and safety guidelines and infection, prevention and control guidelines for acupuncture practice as defined by CMBA.
7. Evaluate patient individual needs and modify practices showing due respect for privacy, cultural and other differences in line with CMBA Code of Conduct.

## Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Continuous Skill Development</b> (80% attendance and active participation required)	1-7	1-13	Sessions 1-13	Pass/Fail
<b>Written Assignment</b> (1500-2000 words)	1-3	1-6	Week 6	30%
<b>Practical Exam</b>	1, 5-7	1-13	Practical Examination Period	20%
<b>Final Written Exam</b> (2 hours)	1-3	9-14	Final Examination Period	50%
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. (2013). *Infection prevention and control guidelines for acupuncture practice*. Retrieved from <http://www.chinesemedicineboard.gov.au/Codes-Guidelines.aspx>
2. Legge, D. (2011). *Close to the bone: The treatment of musculoskeletal disorder with acupuncture and other traditional Chinese medicine* (3rd ed.). Woy Woy, NSW: Sydney College Press.

### Recommended Readings:

1. 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]
2. Marcus, A. (2004). *Foundations for integrative musculoskeletal medicine: An east-west approach*. Berkeley, CA: North Atlantic Books.
3. Mayor, D. (2007). *Electroacupuncture: A practical manual and resource*. Edinburgh, Scotland: Elsevier Churchill Livingstone.
4. Myers, T. (2014). *Anatomy trains: Myofascial meridians for manual and movement therapists*. Edinburgh, Scotland: Churchill Livingstone, Elsevier. [ebook available]

5. Norris, C. M. (2001). *Acupuncture: Treatment of musculoskeletal conditions*. Oxford, England: Butterworth Heinemann. [ebook available]
6. Reaves, W. (2009). *The acupuncture handbook of sports injuries and pain: A four step approach to treatment*. Boulder, CO: Hidden Needle Press.

Subject Content		
Week	Lectures	Practicals
1.	<b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources) <ul style="list-style-type: none"> <li>• Definition of Western Medicine terms</li> <li>• Discussion of TCM orthopaedic terms</li> <li>• Introduction to traumatology classification, features and main components of both TCM and Western Medical perspectives</li> <li>• Precautions and contraindications</li> </ul>	Key TCM traumatology and orthopaedic methods and techniques <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Moxibustion</li> <li>• Cupping</li> <li>• Gua sha</li> <li>• Tui na</li> <li>• Electro acupuncture</li> <li>• Laser acupuncture</li> </ul>
2.	<ul style="list-style-type: none"> <li>• Overview of aetiology, pathogenesis, assessment, diagnosis and treatment methods of musculoskeletal disorders and sports injuries</li> </ul>	Examination using palpation techniques
3.	<ul style="list-style-type: none"> <li>• Overview of the human body from a TCM perspective</li> <li>• Investigation of factors that affect human posture</li> <li>• Postural analysis overview</li> </ul>	Postural analysis assessment <ul style="list-style-type: none"> <li>• Identify key postural disorders (static)</li> <li>• Identify key human gait abnormalities (moving)</li> </ul>
4.	<b>Disorders of the Ankle and Foot</b> <ul style="list-style-type: none"> <li>• Anatomy &amp; associated channels/collaterals</li> <li>• Chinese medicine aetiologies</li> <li>• Chinese medicine pathogenesis</li> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special testing</li> <li>• Imaging and investigations</li> <li>• Chinese medicine diagnosis</li> <li>• Biomedical diagnosis</li> <li>• Chinese medicine prescription</li> <li>• Cautions and contraindications</li> <li>• Level of evidence</li> <li>• Prognosis</li> </ul>	Assessment of the ankle and foot <ul style="list-style-type: none"> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special tests</li> <li>• Imaging and investigations</li> </ul> Management of the ankle and foot <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Allied techniques</li> </ul>

<b>5.</b>	<b>Disorders of the Knee</b> <ul style="list-style-type: none"> <li>• Anatomy &amp; associated channels/collaterals</li> <li>• Chinese medicine aetiologies</li> <li>• Chinese medicine pathogenesis</li> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special testing</li> <li>• Imaging and investigations</li> <li>• Chinese medicine diagnosis</li> <li>• Biomedical diagnosis</li> <li>• Chinese medicine prescription</li> <li>• Cautions and contraindications</li> <li>• Level of evidence</li> <li>• Prognosis</li> </ul>	Assessment of the knee <ul style="list-style-type: none"> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special tests</li> <li>• Imaging and investigations</li> </ul> Management of the knee <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Allied techniques</li> </ul>
<b>6.</b>	<b>Disorders of the Thigh and Calf</b> <ul style="list-style-type: none"> <li>• Anatomy &amp; associated channels/collaterals</li> <li>• Chinese medicine aetiologies</li> <li>• Chinese medicine pathogenesis</li> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special testing</li> <li>• Imaging and investigations</li> <li>• Chinese medicine diagnosis</li> <li>• Biomedical diagnosis</li> <li>• Chinese medicine prescription</li> <li>• Cautions and contraindications</li> <li>• Level of evidence</li> <li>• Prognosis</li> </ul>	Assessment of the thigh and calf <ul style="list-style-type: none"> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special tests</li> <li>• Imaging and investigations</li> </ul> Management of the thigh and calf <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Allied techniques</li> </ul>
<b>7.</b>	<b>Disorders of the Hip, Buttock and Groin</b> <ul style="list-style-type: none"> <li>• Anatomy &amp; associated channels/collaterals</li> <li>• Chinese medicine aetiologies</li> <li>• Chinese medicine pathogenesis</li> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special testing</li> <li>• Imaging and investigations</li> <li>• Chinese medicine diagnosis</li> <li>• Biomedical diagnosis</li> <li>• Chinese medicine prescription</li> <li>• Cautions and contraindications</li> <li>• Level of evidence</li> <li>• Prognosis</li> </ul>	Assessment of the hip, buttock and groin <ul style="list-style-type: none"> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special tests</li> <li>• Imaging and investigations</li> </ul> Management of the hip, buttock and groin <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Allied techniques</li> </ul>
<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</b> - The non-teaching week falls between Weeks 7 and 8		

<p><b>8.</b></p>	<p><b>Disorders of the Back (Thoracic and Lumbar Region)</b></p> <ul style="list-style-type: none"> <li>• Anatomy &amp; associated channels/collaterals</li> <li>• Chinese medicine aetiologies</li> <li>• Chinese medicine pathogenesis</li> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special testing</li> <li>• Imaging and investigations</li> <li>• Chinese medicine diagnosis</li> <li>• Biomedical diagnosis</li> <li>• Chinese medicine prescription</li> <li>• Cautions and contraindications</li> <li>• Level of evidence</li> <li>• Prognosis</li> </ul>	<p>Assessment of the back (thoracic and lumbar region)</p> <ul style="list-style-type: none"> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special tests</li> <li>• Imaging and investigations</li> </ul> <p>Management of the back (thoracic and lumbar region)</p> <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Allied techniques</li> </ul>
<p><b>9.</b></p>	<p><b>Disorders of the Shoulder</b></p> <ul style="list-style-type: none"> <li>• Anatomy &amp; associated channels/collaterals</li> <li>• Chinese medicine aetiologies</li> <li>• Chinese medicine pathogenesis</li> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special testing</li> <li>• Imaging and investigations</li> <li>• Chinese medicine diagnosis</li> <li>• Biomedical diagnosis</li> <li>• Chinese medicine prescription</li> <li>• Cautions and contraindications</li> <li>• Level of evidence</li> <li>• Prognosis</li> </ul>	<p>Assessment of the shoulder</p> <ul style="list-style-type: none"> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special tests</li> <li>• Imaging and investigations</li> </ul> <p>Management of the shoulder</p> <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Allied techniques</li> </ul>
<p><b>10.</b></p>	<p><b>Disorders of the Neck</b></p> <ul style="list-style-type: none"> <li>• Anatomy &amp; associated channels/collaterals</li> <li>• Chinese medicine aetiologies</li> <li>• Chinese medicine pathogenesis</li> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special testing</li> <li>• Imaging and investigations</li> <li>• Chinese medicine diagnosis</li> <li>• Biomedical diagnosis</li> <li>• Chinese medicine prescription</li> <li>• Cautions and contraindications</li> <li>• Level of evidence</li> <li>• Prognosis</li> </ul>	<p>Assessment of the neck</p> <ul style="list-style-type: none"> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special tests</li> <li>• Imaging and investigations</li> </ul> <p>Management of the neck</p> <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Allied techniques</li> </ul>

<b>11.</b>	<b>Disorders of the Head and Thorax</b> <ul style="list-style-type: none"> <li>• Anatomy &amp; associated channels/collaterals</li> <li>• Chinese medicine aetiologies</li> <li>• Chinese medicine pathogenesis</li> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special testing</li> <li>• Imaging and investigations</li> <li>• Chinese medicine diagnosis</li> <li>• Biomedical diagnosis</li> <li>• Chinese medicine prescription</li> <li>• Cautions and contraindications</li> <li>• Level of evidence</li> <li>• Prognosis</li> </ul>	Assessment of the head and thorax <ul style="list-style-type: none"> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special tests</li> <li>• Imaging and investigations</li> </ul> Management of the head and thorax <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Allied techniques</li> </ul>
<b>12.</b>	<b>Disorders of the Elbow</b> <ul style="list-style-type: none"> <li>• Anatomy &amp; associated channels/collaterals</li> <li>• Chinese medicine aetiologies</li> <li>• Chinese medicine pathogenesis</li> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special testing</li> <li>• Imaging and investigations</li> <li>• Chinese medicine diagnosis</li> <li>• Biomedical diagnosis</li> <li>• Chinese medicine prescription</li> <li>• Cautions and contraindications</li> <li>• Level of evidence</li> <li>• Prognosis</li> </ul>	Assessment of the elbow <ul style="list-style-type: none"> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special tests</li> <li>• Imaging and investigations</li> </ul> Management of the elbow <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Allied techniques</li> </ul>
<b>13.</b>	<b>Disorders of the Hand and Wrist</b> <ul style="list-style-type: none"> <li>• Anatomy &amp; associated channels/collaterals</li> <li>• Chinese medicine aetiologies</li> <li>• Chinese medicine pathogenesis</li> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special testing</li> <li>• Imaging and investigations</li> <li>• Chinese medicine diagnosis</li> <li>• Biomedical diagnosis</li> <li>• Chinese medicine prescription</li> <li>• Cautions and contraindications</li> <li>• Level of evidence</li> <li>• Prognosis</li> </ul>	Assessment of the hand and wrist <ul style="list-style-type: none"> <li>• Clinical signs</li> <li>• Range of movement</li> <li>• Special tests</li> <li>• Imaging and investigations</li> </ul> Management of the hand and wrist <ul style="list-style-type: none"> <li>• Acupuncture</li> <li>• Allied techniques</li> </ul>
<b>14.</b>	<b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week	
<b>15.</b>	<b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week	
<b>16.</b>	<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. Final Examination Week 2**

Please refer to the Examination Timetable for your local campus for the exact day and time of exam