

# SUBJECT OUTLINE



Subject Name:

## Tui Na Therapeutics 2

Subject Code:

**CMTN311**

### SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Acupuncture)

Total course credit points:

128

Level:

2<sup>nd</sup> Year

Duration:

1 Semester

Subject Coordinator: Dr Ao Yu (Adelaide 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:
<b>3</b>	<b>2</b>	<b>5</b>

Delivery Mode:

Face to face                      3 hour practical

Full Time

Part Time

Pre-requisites: CMTN211, BIOC211

Co-requisites: Nil

Special resource requirements: Two bath-sheet sized towels per student (Clinic towels must not be used)

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

Through the course of this subject the student increases their knowledge and skill in applying the twenty four key Tui na techniques by developing a range of practical prescriptions to manage a range of Chinese medicine conditions. Conditions covered in this subject include Musculoskeletal, Internal Medicine and Gynaecological disorders. By subject conclusion the student will be capable of developing an informed argument for the utilisation of key Tui na techniques as part of an acupuncture treatment.

#### Learning Outcomes

1. Integrate and explain how Chinese medicine theory and principles intersect with Tui na specific theories and principles in the management of defined conditions.
2. Discuss and explain all cautions and contraindications associated with the practice of specific Tui na techniques when applied within the management of specific conditions.
3. Identify, define and consistently apply the twenty-four core Tui Na techniques as appropriate within the management of each condition.
4. Define, interpret and continuously demonstrate appropriate occupational health and safety within all practical sessions.
5. Define, interpret and continuously demonstrate cultural sensitivity and ethical considerations within all theoretical and practical sessions.

Assessment Tasks				
Type	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
<b>Continuous Skill Development</b> (80% attendance and active participation required)	2-6	1-13	1-13	Pass/Fail
<b>Mid-Semester Review</b> (Based on weekly observations)	2-6	1-6	7	20%
<b>Practical Examination</b> (1 hour)	2-6	1-13	Practical Exam Period	50%
<b>Final Written Examination</b> (1 hour)	1-6	1-13	Final Exam Period	30%
<p>The overall pass rate for this subject is 50%.            Additionally students must pass the final assessment with a mark not less than 50%.</p>				

**Prescribed readings:**

- Chengnan, S. (2000). *Chinese bodywork: A complete manual of Chinese therapeutic massage*. Berkeley, CA: Pacific View Press.

**Recommended readings:**

- Hongzhu, H. (2007). *Science of tuina = tui na xue* (2nd ed.). Beijing, China: People's Medical Publishing House.
- Pritchard, S. (2010). *Tui na: A manual of Chinese massage therapy*. Edinburgh, Scotland: Churchill Livingstone. [ebook available]
- Zhang, Y. S. (2002). *Tuinaology*. Beijing, China: People's Medical Publishing House.

Subject Content	
Week	Practical
1.	Review and introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to the use of Tui Na therapy as an adjunctive practice to musculoskeletal, internal and gynaecological disorders.  Review of the twenty four Tui na techniques: <ul style="list-style-type: none"> <li>Demonstration and supervised practice of techniques to a variety of different Jing Luo channels.</li> </ul>
2.	Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders of the facial and jaw disorders: <ul style="list-style-type: none"> <li>Techniques of benefit</li> <li>Rationale for each application</li> <li>Clinical usage and outcomes</li> <li>Mechanics of techniques</li> <li>Cautions and contraindications</li> <li>Specific occupational, health and safety considerations and</li> <li>Demonstration and supervised practice of techniques to a variety of different Jing Luo channels.</li> </ul>
3.	Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders of the cervical and thoracic region:

	<ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels.</li> </ul>
4.	<p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders of the upper extremities:</p> <p>Tui na treatment of:</p> <ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels.</li> </ul>
5.	<p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders of the lumbar, and sacrum and pelvis region:</p> <ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels.</li> </ul>
6.	<p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders of the lower extremities:</p> <ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels.</li> </ul>
7.	<p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common musculoskeletal disorders of the chest, hypochondrium, and abdomen:</p> <ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing Luo channels.</li> </ul>
<p><b>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</b></p> <p><b>Semester 1</b> - This aligns with the week after Easter so it may fall between weeks 6 to 8.</p> <p><b>Semester 2</b> - The break week falls between Weeks 7 and 8.</p>	

8.	<p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common internal medicine disorders (headache, insomnia, common cold, and asthma):</p> <ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels.</li> </ul>
9.	<p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common internal medicine disorders (epigastric pain, constipation and diarrhoea):</p> <ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels.</li> </ul>
10.	<p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common gynaecological disorders (menstruation):</p> <ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels.</li> </ul>
11.	<p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common gynaecological disorders (pregnancy and post partum disorders):</p> <ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels.</li> </ul>
12.	<p>Introduce clinical manifestations, treatment, precautions, contraindications and referral issues with regard to common gynaecological disorders (endometriosis and polycystic ovary syndrome):</p> <ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing lu channels.</li> </ul>
13.	<p>Review of clinical manifestations, treatment, precautions, contraindications and referral issues of musculoskeletal, internal and gynaecological disorders:</p>

	<ul style="list-style-type: none"> <li>• Techniques of benefit</li> <li>• Rationale for each application</li> <li>• Clinical usage and outcomes</li> <li>• Mechanics of technique</li> <li>• Cautions and contraindications</li> <li>• Specific occupational, health and safety considerations and</li> <li>• Demonstration and supervised practice of techniques to a variety of different Jing luo channels.</li> </ul>
14.	<b>Non-Teaching Week / Practical Exam Week 1. Note that make-up classes may be scheduled in this week.</b>
15.	<b>Non-Teaching Week / Practical Exam Week 2. Note that make-up classes may be scheduled in this week.</b>
16.	<b>Final Exam Week 1</b> Please refer to the Exam Timetable for your local campus for the exact day and time of exam.
17.	<b>Final Exam Week 2</b> Please refer to the Exam Timetable for your local campus for the exact day and time of exam.