Session 1

- Subject Introduction
- Tutorial: Academic Writing & Literature Search Skills

Chinese Medicine Department
Session 1 Contents

○ 2-hour subject introduction
  - Introduction to the subject TCM Internal Medicine
    • Definition & TCM classification of internal medicine conditions
    • TCM diagnosis system, procedures, Bio-meds diagnosis VS TCM diagnosis
    • Brief relevant TCM theory revision for CMAC223
  - Introduction to SO
    • Resources, teaching mode, learning outcomes, and assessments

○ 1-hour: academic writing & research skills tutorial
  • Campus lecturer guides students to prepare the written assignment
  • Local librarian in-class tutorial--Optional: focusing on literature search & referencing skills. If lecturer plans to have library tutorial in your class, please contact your local librarian in advance to ensure no conflicting timetable with other cohorts classes.
Introduction
Subject Rationale

- This subject covers Chinese medicine (CM) internal medicine.
- In this subject study, CM assessment, diagnosis and differentiation, acupuncture and auxiliary treatment plan, and prognosis of internal Zang-fu pathologies are mainly covered.
- This subject is a bridging subject related with connection between fundamental TCM theories and clinical practice, is the first clinical subject as well in our course, which prepares students for clinical practice and further clinical subjects studies.
Subject Learning Outcomes

By the end of this semester the students are expected to be able to

- **Describe or define** TCM internal medicine conditions, and **compare** with the biomedicine classification of internal diseases.
- **Identify and interpret** key data necessary to **make** an accurate Chinese internal medicine **diagnosis**.
- Compare and contrast **pattern differentiations**, treatment principles, aetiology, and pathogenesis of various internal diseases.
- **Apply** pattern differentiation to a variety of case studies.
- **Develop** and accurately **apply a treatment plan** appropriate to the Chinese medicine diagnosis.
- **Demonstrate** appropriate **work health and safety skills** during practical application of acupuncture and auxiliary technical skills.
- **Evaluate** patient needs and modify practices, showing due **respect** for privacy, cultural sensitivity, and ethical practice in line with the **CMBA Code of Conduct**.
The learning outcomes can be summarized as follows:

- Be able to assess and interpret the key clinical signs, and then make a complete and accurate CM diagnosis (condition & pattern diagnosis) correctly;

- Be able to give the appropriate treatment principles, and prescribe the acupuncture and auxiliary treatment for the patient according to CM diagnosis;

- Apply the acupuncture and auxiliary treatment properly onto the patient (paired student partner) by following all of the practical procedures, protocols, policies and CMBA code of conduct.
Main Subject Study Sources

○ Prescribed Readings:


○ Recommended Readings


Relevant Endeavour Library Links

**Endeavour library link:**

**CM related links:**
- [http://endeavour.libguides.com/home/tcm](http://endeavour.libguides.com/home/tcm)
  - [https://ecnh.ent.sirsidynix.net.au/client/en_GB/ecnh/?rm=OPEN+ACCESS+EJ0||1||0||true](https://ecnh.ent.sirsidynix.net.au/client/en_GB/ecnh/?rm=OPEN+ACCESS+EJ0||1||0||true) (open excess journals)
- **Body systems videos**
- **RealTime Health Videos (via Endeavour library website)**

**Evidence-based medicine link:**
[https://endeavour.libguides.com/ebm](https://endeavour.libguides.com/ebm)
Additional Useful Resources

Links:
- Evidence-Based Complementary and Alternative Medicine
  http://www.hindawi.com/journals/ecam/
- http://www.worldscientific.com/worldscinet/ajcm
- http://aim.bmj.com/
Teaching structure and Hours

- **2 X** 3hrs face-to-face teaching sessions per week (6 contact hours in total)
- **Each session content:**
  - Lecture – 2 hours
  - Practical / tutorial – 1 hour.

**Notes:**
- Students are requested to bring your own towels and your Endeavour Approved Acupuncture Therapeutics Kit for all lecture practical sessions (session2-session26).
- In practical session, students are expected to actively participate in practice, and work in pair. Every student should aim to be a practitioner and a patient in weekly practical sections.
- Attendance policy is applied in CMAC223: minimum 80% class attendance
Student’s academic preparation for CMAC223

- **Pre-requisites:** CMAC212, CMAC211 & BIOC211
  Every student check your own progress and be aware whether you are academic ready to do CMAC223.

- **Other relevant CM subjects knowledge and skills:**
  Students are suggested to review and consolidate relevant knowledge and skills in the following subjects:
  CMPR113, CMAC111, CMPR121, CMAC211 & CMAC212…
CMAC223 Assessments

- Assessments are designed to facilitate and assess students’ achievement of learning outcomes.
- Every lecturer please explain and clarify any confusion in regard to the three (3) assignment tasks according to subject outline and Assessment Guides.
- Subject Pass rate: 50% (the overall pass rate of this subject)

* All Chinese herbal formulae added in the lecture slides are additional study resource, and they will not be tested in the final written exam. However, the Chinese herbal knowledge benefits your clinic study especially when Chinese herbal patent is combined with acupuncture in the prescription for your patient.
# Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Session Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous Skill Development (rubric-based, 80% attendance applied)</td>
<td>1-7</td>
<td>1-26</td>
<td>1-26</td>
<td>Pass/Fail</td>
</tr>
<tr>
<td>Written Assignment (2000 words)</td>
<td>1-5</td>
<td>1-12</td>
<td>Sunday following Session 14</td>
<td>40%</td>
</tr>
<tr>
<td>Final Written Exam (2 hours)</td>
<td>1-5</td>
<td>1-26</td>
<td>Final Exam Period</td>
<td>60%</td>
</tr>
</tbody>
</table>
Assessment Guides

- Continuous Skill Development
- Written Assignment
- Final written exam: exam preparation guide is usually available on LMS about 5 wks before the final exam time)

*Note:

- All assessment guides are available on the LMS. Please read them carefully to plan your study and prepare subject assessments at the beginning of semester.
- A de-identified written assignment example from previous cohort student is provided for your reference.
- 3 revision quizzes (wk4, wk8 & wk13) are provided for the final exam preparation since S1-2019.
- 15% or above of the score of similarity of written assignment in Turnititinreport, will be detected for a compulsory Plagiarism review process. Any block copy and paste will be identified as Plagiarism.
Introduction to TCM
Internal Medicine
TCM internal medicine
Introduction

• Definition
• TCM conditions diagnostic system
• **Classification** of TCM internal diseases /conditions
• TCM Diagnostic tools & procedures
• TCM Diagnosis & differentiation (condition & pattern)
• Brief review: relevant fundamental TCM theory, knowledge and skills (student-self guided revision).
What is Chinese medicine internal medicine?

Chinese medicine internal medicine is a clinical subject dealing with the law of syndrome differentiation and treatment of internal Zang-fu pathological conditions under the guidance of TCM theory.
Topics covered in CMAC223

- Lung Pathologies
- Heart Pathologies
- Spleen, Stomach and Intestinal Pathologies
- Liver and Gallbladder Pathologies
- Kidney and Bladder Pathologies
- Qi, Xue, Jinye Pathologies
TCM disease/Condition Diagnostic system

• (The name of) TCM diagnosed disease/condition is *usually* based on its aetiology, pathogenesis, pathological product, disease location, symptoms and signs of a condition; but *mostly* the diagnostic disease/condition is named after the patient’s main complaint (clinical symptoms).

• **Example:**

  *Pt’s main complaint:* dry cough for 2 weeks after a Cold, worse during night

  **TCM diagnosed disease/condition (Name):** Cough
Classification of Chinese medicine internal diseases /conditions

The exogenous diseases / Conditions

- The exogenous diseases / Conditions refer to those conditions mainly caused by the invasion of exogenous pathogens (6 evils);
- Dx & Tx are mainly Guided by the theory of six meridians, the theory of Four Levels or the theory of triple energizer.

The endogenous diseases / conditions

- The endogenous diseases / conditions refer to those conditions mainly caused by endogenous pathogenic factors (five endogenous pathogenic factors due to dysfunction of the viscera).
- *Refer to those conditions mainly caused by endogenous pathogenic factors (five endogenous pathogenic factors due to dysfunction of the viscera).
- *the theory of Zang-fu organs, the theory of qi, blood and Jinye, or the eight principles differentiation, and TCM meridian theory are mainly applied in the practice.
Diagnostic (Syndrome) differentiation of Internal Medicine

- **Six-meridian/Channel/division (Liu Jing) syndrome differentiation** (六经辨证)
- **Triple-energizer (San Jiao) syndrome differentiation** （三焦辨证）
- **Four Phases (Wei, Qi, Ying and Xue) syndrome differentiation** （卫气营血辨证）
- **Eight-Principle (Ba Gang) syndrome differentiation** （八钢辨证）
- **Visceral Organs (Zang-Fu) syndrome differentiation** （脏腑辨证）
- **Qi, Xue, Jinye syndrome differentiation** （气血津液辨证）
TCM internal medicine diagnosis

A complete TCM Diagnosis

Condition Diagnosis

Pattern diagnosis

辨病

辨证
Notes: TCM diagnosis

- A complete TCM diagnosis includes: disease/condition diagnosis + pattern diagnosis.
  - i.e. Headache / Tou Tong (TCM condition diagnosis)
    --Liver Yang rising up (TCM pattern diagnosis)

- TCM condition diagnosis is usually based on the patient’s main complaint (see slide 22 explanation & example).

- Pattern, or “zheng 证,” diagnosis is the essential guide to treatment with traditional Chinese medicine (TCM). It requires pattern differentiation diagnosis process, during which key S&S will be analysed, compared and contrasted. A TCM condition can be diagnosed into a few different patterns.
CMBA & AHPRA Relevant Policy and Resources
Re: advertising and Terminology

- Guidelines for advertising regulated health services
- The latest self-assessment tool for practitioners, healthcare providers and other advertisers of regulated health services to use to help them stay in line with the law
- Advertising compliance and enforcement strategy for the National Scheme
- Summary of advertising obligations, frequently asked questions, words to be wary about compliant and non-compliant advertising.
Notes about CM practitioner
According to AHPRA/CMBA Advertising Guidelines

- The contemporary English translation of TCM terminology of a condition in literature does not really reflect exactly the scope of TCM clinical practice.

  i.e., Common Cold (modern bio-med diagnosed illness) VS Gan Mao 感冒（TCM diagnosed condition)

  Gan Mao is a broader term than common cold and then indicate a broader scope of TCM practice. Gan Mao includes Common cold & flu.

- Therefore, TCM diagnosed condition is not exactly equivalent to the bio-meds diagnosed condition. In the practice, it is advised that formal appropriate TCM diagnosed condition (name) in clinical documentation and TCM practice advertisement should be used properly by following the relevant policies.
“TCM claims”-TCM diagnosed condition

- Therefore, in practice promotion, advertisement or articles for publication, if TCM practitioners state that Chinese Medicine can treat some “bio-meds based conditions”, the “modern scientific studies” that support those claims must be referenced, otherwise, “Traditional Evidence” can be used to support “Traditional Claims” only.

- A table format summary of TCM diagnosed conditions covered in CMAC223 has been compiled. Please access it under LMS week1 hand-out materials.
TCM diagnostic tools & procedures

All S&S for making TCM diagnosis can be gathered through applying the 4 diagnostic methods/4 examinations in the patient consultation.

- TCM diagnostic methods include four **(4) basic methods / 4 examinations / 4 diagnostic methods** (四诊 sì zhěn):
  - Inspection (wàng, 望)
  - auscultation & olfaction (wén, 闻)
  - inquiry (wèn, 问)
  - Palpation (qiè, 切)
CM treatment

- is a holistic CM treatment approach
- Treatment Principles
  - Treatment in accordance with three factors (individual patient, geography circumstance/environment and time/season) *San Yin Zhi Yi* 三因制宜:
    - 因人，因地，因时制宜
  - Treatment prescribed according to the differential pattern (zheng) diagnosis--“*Bian Zheng Lun Zhi* 辨证论治”
- Evidence-based-practice (Traditional CM & contemporary evidence)
- Acu-treatment frequency, other CM therapies combination, cautions, prognosis of illness, and patient education on diet or/and lifestyle.
CM treatment （cont.）

What are the general TCM treatment principles?

• Treatment in accordance with three categories of factors (individual patient, geography circumstance/environment, and time/seasonal situation, San Yin Zhi Yi 三因制宜: 因人，因地，因时制宜)

• Treatment prescribed according to the differential pattern (zheng) diagnosis—“Bian Zheng Lun Zhi 辨证论治”

• Early treatment to prevent progression of illness

• In treatment address the root/ ben of illness (chronic)

• In treatment address the branch/ biao of the illness (acute)

• In treatment address the root and branch simultaneously ( root deficiency and branch excess / Ben xu biao shi)
CM treatment （cont.）

How is a CM treatment decision being made?

✔ Clinical assessment, diagnosis, and treatment principles are based on the theoretical framework of TCM which seeks to identify underlying patterns that indicate how the body is or has become dysfunctional. Treatment is focused on the underlying condition as well as treating the presenting symptoms.(traditional)

✔ Nowadays, clinical decision-making and patient management strategy are also influenced by contemporary Western approaches to healthcare, including infection control practice and known interactions of herbal medicines with pharmaceuticals and other therapeutic substances.
Brief Revision for CMAC223

- **Lecturer:** facilitates a very brief relevant TCM theory and Knowledge revision, Q-A based model seems reasonable due to the class time limitation.

- **Students:** self-guided study & reviewing before class (SSG helps). In this class you may only have time to clarify some confusion you have with your lecturer. During CMAC223 study, your knowledge and skills will be recalled mainly from:
  - CMPR113 “the Foundation of Chinese Medicine”
  - CMAC111 “Acupuncture Channel theory”
  - CMPR121 “TCM Assessment and Differentiation”
  - CMAC211 “Acupuncture Therapeutics 1”
  - CMAC212 “Point Classification and Prescription”
Brief Revision content

- **Philosophical basis of TCM**
  - Unity of Qi
  - Theory of Yin-Yang
  - Theory of Five Elements

- **Review: CM physiology, concepts & methodology**
  - TCM perspective: what is life?
  - Conception of health, illness in CM
  - Holism in CM
  - Inquiry methodology in CM
  - Symptoms & signs analysis in CM
  - Health preservation (yang sheng) in CM
  - Illness prevention in CM
Brief Revision (cont.)

- **Zang Fu theory in TCM:**
  1) What are the Five Zangs and Six Fus? Relationship between Zang and Fu (paired relationship & Sheng Ke relationship)?
  2) Functions, clinical manifestations and main indications of each Zang & Fu?

- **Jing Luo theory:**
  1) What are the 12 primary channels and how are the internal-external channels in pair?
  2) Main indications of 12 primary channels and 8 extra Vessels?
  3) What are the six divisions? What’s the sequence of Six Division differentiation?
Revision (cont.)

**Aetiology in Chinese Medicine:**

- **What are the two (2) general types of** external **cause of illness in CM?** (external pathogenic six evils & Pestilential / epidemic pathogenic evils)

- **What are the three (3) general types of** internal **cause of illness in CM?** (Passions as cause of illness & diet 七情 和饮食, constitution 素体, & maladjustment of work and rest 劳倦)

- **What other causes of illness in CM?** (Traumatic Injuries & Pathological Product that leads to illness, i.e., 水湿痰饮 dampness-phlegm, 瘀血 blood stagnation or stasis)

- List the six exogenous pathogenic evils.

- **What are the seven Passions in TCM?** Describe relationship between Passions and Qi-Blood of Zang–Fu Viscera.
Brief Revision (Cont.)

Pathology in Chinese Medicine:

- **Pathogenesis**
  - Relationship between the Righteous Qi/Upright Qi (Zheng Qi, 正气) and the Evil Qi (Xie Qi, 邪气) Pathogenesis
  - Internal & External Environment and Pathogenesis,
  - Transmission of illnesses

- **Mechanisms of Pathological Change**
  - Rise and Fall of Evil Qi and Righteous Qi
  - Imbalance of Yin–Yang
  - Disturbance of Qi and Blood
  - Abnormal Metabolism of Body Fluids
Revision (Cont.)

Four (4) basic TCM diagnostic methods (4 examination):

1) What are they?
2) What are the main scopes of inspection in TCM diagnostic procedure?
3) What are the 10 basic questions covered in TCM inquiry diagnostic procedure / consultation?
4) What are the main scopes of body palpation in TCM diagnostic procedure?
5) What are the main contents in TCM auscultation (listening) & olfaction (smelling) diagnostic procedure?
Brief Review (Cont.)

TCM diagnosis

• A complete TCM diagnosis = TCM condition diagnosis + TCM pattern diagnosis;
• Meridian/channel identification is very important for acupuncture clinical practice.

1) How to formulate a TCM diagnosis (disease and Pattern)?
• Key symptom & signs analysis and interpretation, and differential diagnosis

2) Differential syndrome diagnosis:
• Diagnosis by Eight Principles (Ba gang)
• Diagnosis by Qi, Blood, Jin and Ye
• Diagnosis by Visceral Organs (Zang-Fu)
• Diagnosis by Six Meridians (Liu Jing)
• Diagnosis by Four Phases (wei qi ying xue)
• Diagnosis by Sanjiao (warm diseases)

3) Be aware of the **difference of condition** between TCM diagnosis and bio-meds diagnosis.
**Brief Review (Cont.)**

**TCM treatment:**

- Also See slides 28-30
- What are the common CM therapeutic methods and the basic precautions in the treatment of acupuncture, moxa, Cupping and Gua sha (Scraping)?
- How can you manage properly stuck needles or/and broken needles in acupuncture practice? What are the precautions for avoid the above incidents in acupuncture clinic treatment?
Brief Review (Cont.)

Point selection in acupuncture prescription for a condition:
The appropriate selection of acu-points is fundamental to obtain a therapeutic effect from clinical acupuncture.

1) Before acupuncture prescription a accurate TCM diagnosis and appropriate treatment principles should have been established.

2) Some general acu-point selection rules:
   • Local area point selection or Ashi points
   • Distal point selection & Adjacent point selection;
   • Acupuncture point selection based on Symptomology;
   • Acupuncture point selection based on TCM Diagnosis;
   • Acupuncture point selection based on meridian identification and 6 divisions;
   • Specific points: experienced acu-points, Shu points, Front-Mu & Back Shu points, Yuan and Luo points, etc.
   • Contemporary Evidence-based practice in points selection
Evidence-based methods of point selection


- What is “zheng” in traditional Chinese medicine? 
  [https://doi.org/10.1016/j.jtcms.2017.08.005](https://doi.org/10.1016/j.jtcms.2017.08.005)
An Article for Critical Reading and Thinking

Break
(15 Mins)
Note

- No in-class face-to-face library tutorial is scheduled since S2-2019.
- **Therefore**, Lecturer please use the materials provided by the subject co-ordinator to prepare your students early for their CMAC223 written assignment.

- **Students** please watch the video guide of referencing and literature searching. However, you can book a local librarian tutor via Endeavour library website, and use the online resources.

https://www.youtube.com/playlist?list=PLmwxbi-R4j_qA2Y2YBYbkUzsN-v7aU_wm
Academic Writing & Research Skills

- **Subject lecturer navigates discussion in this section** — prepare your students for the CMAC223 written assignment:
  - **CMAC223 Written assignment guide (LMS)**
    - Task & the assessment guide & marking rubric and submission.
    - Common problems or weak part in previous cohort students’ academic writing — helpful tips for students
  - **Other available LMS resource regarding academic writing:**
    - Assignment **writing Refresher** (under wk1 handout tab)
    - Written assignment videos:
      - Cheats Guide to Academic Writing Video
        [https://www.youtube.com/watch?v=aVckGxQvGeA&feature=youtu.be](https://www.youtube.com/watch?v=aVckGxQvGeA&feature=youtu.be)
      - CMAC223 written assignment video
        [https://www.youtube.com/watch?v=qgO1xhSbD4Q&feature=youtu.be](https://www.youtube.com/watch?v=qgO1xhSbD4Q&feature=youtu.be)
Academic Writing & Plagiarism

• *Communications Skills Handbook* required for all First Year Students
  • How to write an essay, referencing and other topics

• Current approved Endeavour referencing style (Guide)

• Endeavour library available resource/service helps your preparation for academic writing.
Extra Resources for Academic Writing

- help students with formatting and basic writing skills: https://owl.english.purdue.edu/owl/resource/606/1/
Main References


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