CMTN211

Session 02

WHS and introduction to 25 Tui Na techniques

Chinese Medicine Department
CMTN211: Session 2

- Workplace Health & Safety
  - Safety
  - Hygiene
- Client Management
  - Privacy
  - Cultural & other differences
- The 25 techniques applied to the six major branches of Tui Na
Workplace Health & Safety
Tui Na Safety Issues

- Check equipment
- Equipment replacement policy
- Invite client self disclosure
- Work within yourself
- Follow WHS guidelines
- Avoid working alone
- Self care
Infection control: hand hygiene

World Health Organization (2009)
Infection control: hand hygiene

- Clean hands
  - Washing hands:
    - http://www.who.int/gpsc/5may/How_To_HandWashPoster.pdf?ua=1
  - Hand rub:
    - http://www.who.int/gpsc/5may/How_To_HandRubPoster.pdf?ua=1
Infection control: equipment

What is best practice for infection control when using these items:

- Cups
- Spoons
- Table
- Towels
- Oils, liniments, balms

Refer to:

- CMBA Infection Prevention & Control Guidelines pp. 3
- AACMA Infection Control Management Plan pp. 26-28
What about self care?

Tui Na therapists also need to protect themselves from:

- Injury
- Burn out
- Financial strain (or rather make a plan to prosper)

What can you do to protect yourself?

Here are some ideas to discuss:

http://eds.b.ebscohost.com.ezproxy.endeavour.edu.au/eds/detail/detail?vid=4&sid=17841983-e59c-4a0f-8f73-2b5bd68bc063%40sessionmgr111&hid=103&bdata=JnNpdGU9ZWRzLWxpdmUmc2NvcGU9c2l0ZQ%3d%3d#db=awh&AN=96970075
Adverse effects

Occasionally during *Tui Na* treatments clients may feel unwell. Adverse effects may include:

- Dizziness
- Vertigo
- Disorientated
- Nausea
- Fainting (rarely)
Possible causes of adverse effects

- Patient apprehension
- Treatment that is too strong
- Treatment that is too prolonged
- Debilitating illness
- Dehydration
- Lack of food
- Pregnancy
Client management
Morals & Ethics

**Morals**
- Concern for human behavior
- Reflect personal values
- Distinguish between right & wrong
- Accord with your own conscience
- Influenced by society’s conventionally accepted standards of conduct

**Ethics**
- Code of behavior based on moral values usually applied in a professional setting
- Autonomy: Clients right to make up their own mind
- Beneficence: Aim to enhance client’s wellbeing
- Non-Maleficence: Do no harm
- Justice: What’s right and fair clinically

Refer to hand out: “Accepted standards of client management”
A Zen story for realization to truth

Once upon a time, two monk brothers were planning to cross a torrent brook. While at the same time, a young beautiful girl was also going to do the same thing. Apparently, the young girl couldn’t make it without others help. At that time, the elder monk brother carried the girl, crossed the stream and then put her down. After that, the two monk brothers and the girl kept on with their journey separately. After quite a while, the younger monk brother was unable to bear to ask his elder monk brother finally, “brother, we monk are not supposed to touch any female, especially young beautiful girl, why did you carry that girl on your back?” The elder monk brother laughed and replied, “I have already put her down, but you are still carrying her (in your mind)”…

April, 2012 Zen---a form of Mahayana Buddhism, emphasizing the value of meditation and intuition. A tradition of Buddhism now practised esp. in China and Japan, etc.
Codes of practice

Professional Associations enforce Codes of Practice for Complementary Therapists:

- These are based on moral and ethical standards
- Vary from modality to modality
- Vary from Association to Association
- Vary in different States and Territories
- But have many similarities as the aims and outcomes of doing what is best for the client and are therefore often similar

Examples:

Scope of practice

What is safe and ethical to offer your clients:

- Determined by statutory limits
- Determined by education level achieved
- Set and regulated by AHPRA or professional associations (Industry self regulation)

Breaching your scope of practice could have two ramifications including:

- Disciplinary action taken against you by AHPRA/association
- Legal action either criminal or civil, or both, taken against you
Scope of practice

**Tui Na therapists risk breaching their scope of practice by:**

| Diagnosis: can infer a primary medical practitioner |
| Manipulating: mobilizations that are taught in class as part of the course content are okay. |
| Offer dietary advice beyond their training |
| Suggest clients modify/reduce/stop drug regimes prescribed |
| Hold out to be a counselor or psychotherapist or other practitioner that they are not trained as. |
Informed Consent

*Tui Na* therapists must obtain clear informed consent from the client before treatment based on the client being fully informed about:

- Treatment to be given (and why/how)
- Possible side effects
- Precautions to be taken
- Treatment protocol
- On-going treatments and follow-ups
Informed Consent & Safety

Warn clients of any possible side effects or adverse reactions to your proposed treatment.

Ask that they contact you should any reaction or negative effect be experienced.

Do not assume any implied consent for any advice/procedure/treatment.
Consent in Decision Making

Unless informed consent is established before advice or a treatment is given, you may be liable to the client taking civil or criminal action against you.

Patients generally desire more information than they are currently receiving to enable them to fully participate in informed decision making.

Consent may be obtained orally, in writing or be applied.
Steps of Informed Consent

Explain, discuss, negotiate:

Consider cultural background, age, gender, maturity, intellect and language.

Every aspect of your proposed assessment and treatment strategy with the client and gain their consent before proceeding.

Taking history may involve using personal questions of a sensitive nature. You may need to explain to client that you wish to ask such questions and how they are relevant to the effective treatment of the client.

From the start explain the nature of your practice and modality of treatment.
Components of informed consent

- Health assessment
- Physical treatment
- Physical examination
- Using lubricants
Draping

*Tui Na* is mostly a dry massage performed over clothing.

If exposing any part of the body draping should be used.

Draping is the art of covering a client’s body with fabric:

- Provides warmth
- Provides the feeling of security for the client
- Non-verbal communication
- Demonstrates professionalism
Preparing your client

The *Tui Na* consultation has four aspects:

1. Before the consultation (at time of booking)
2. Before the *Tui Na* treatment
3. When the client is on the table
4. When the *Tui Na* treatment is over
The 25 Techniques

“The successful warrior is the average man, with laser-like focus”

- Bruce Lee
The 25 techniques – or are there?

24 Basic & 1 compound techniques – what do these terms mean?

We’re actually learning about 25 techniques in this course.
Five Essence to perform Tui Na techniques

- Evenness
- Thoroughness/deepness
- Persistence
- Forcefulness
- Gentleness/softness

Tui Na practice
Stances

There are two important stances that should be used when performing *Tui Na* – Horse Stance & Bow Stance.

**Horse Stance:** Feet roughly two shoulder widths apart, knees bent just to where you can no longer see your toes.

**Bow Stance:** Left or right foot in front and the other at the back, knees slightly bent and toes facing off on an angle.

**Benefits** – Ensures that you do not get lower back pain or joint pain when performing *Tui Na* allowing for a life time of practice.
Six major branches of Tui Na techniques

- **Swaying methods**
- **Rubbing methods**
- **Joint movement**
- **Percussion methods**
- **Pressing methods**
- **Vibrating methods**
Branch 1: Swaying

- Kneading (rou fa)
- Rolling (gun fa)
- One finger meditation (yi zi chan tui fa)
Branch 2: Rubbing

- Round rubbing (mo fa)
- Scrubbing (ca fa)
- Pushing (tui fa)
- Rub rolling (cuo fa)
- Wiping (ma fa)
Branch 3: Pressing

Pressing (an fa)

Supressing (ya fa)

Finger pressing (dian fa)

Grasping (na fa)

Plucking (tan bo fa)

Flicking (tan fa)

Holding twisting (nian fa)

Squeezing & tweaking (che fa)

Many schools of Tui Na group Pressing and Finger Pressing into a single technique.
Compound

- Revolving Method (an rou fa)
  - Holding-Grasping / Pinching and Grasping (nie na)
  - Pressing and Rubbing (an mo)
  - Grasping-Kneading (rou na)
  - Pushing-Pressing (tui an)
Branch 4: Vibrating

- Shaking (dou fa)
- Vibrating (zhen fa)
Branch 5: Percussion

- Chopping (*ji fa*)
- Patting (*pai fa*)
- Dotting (*kou fa*)
- Hammer (*chui fa*)
Branch 6: Joint movement (mobilisation)

Joint movement

- Rotating (*yao fa*)
- Stretching (*ba shen fa*)
References


I.C., 2007, *Bruce Lee on the avenue*, viewed 09/12/15 https://www.flickr.com/photos/leevin/1581710163/in/photolist-3pLFjT-awQwxF-74s8Sk-6z2G6y-4wRp6T-inonh-4DpMnW-fhAuc3-fhAvbf-axUH1v-bATmRf-jEXCcJ-5C8CH-jF3t4d-9WLRhM-4FaJuL-2aJumP-7W1vPa-9a7pdB-61YmtX-faReFB-ej2y8G-7VbzRA-6Tv71d-bATmWb-aPFhXr-dytTvF-dYqaQT-7E3L5S-iCWscK-v9gpp9-4zGU4D-4CUbHz-hnmCs9-ePtteH-eMQsH8-ePGUpq-eMFGFx-ePs9Vi-ePDmkC-eMwkVZ-ePJMnq-ePAnTb-eMG86o-eMPaar-ePBYYvL-eMvJ9K-eMvaba-ePoxY6-ePErXJ


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