CMTN311

Session 01

Introduction, Policy &
Technique Revision

Chinese Medicine

Department
Session 01 Content

✓ Subject Outline & Assessment Overview.
✓ Exam Overview.
✓ Clinical Manifestations & Treatments.
✓ Precautions, Contraindications, Infection control, Draping, Adverse Effects.
✓ Self Care.
✓ When to refer?
✓ Revision of the 24 Tui Na techniques.
✓ From Technique to Routine
Subject Outline

- Subject rationale
- Learning outcomes
- Prescribed readings:
- Recommended readings:
- Special resource requirements:
  - Endeavour College Approved Acupuncture Kit
    - Particularly towels, pillow cases
Subject Outline: Assessment

<table>
<thead>
<tr>
<th>Assessment Tasks</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Session Due</th>
<th>Weighting</th>
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<td>Continuous Skill Development</td>
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<td>Mid-semester Review</td>
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<td>Final Exam Period</td>
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The overall pass rate for this subject is 50%.
Additionally students must pass the final assessment with a mark not less than 50%.
Continuous skill development

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**ROUTINE**

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**Health & Safety**
- WHS & Hygiene
- Draping & Warm
- Positioning & Pillow
- Comfort

**Patient Management**
- Professionalism
- Informed Consent
- Communication & Ethics: pain/pressure/sensitivity
- Posture

**Assessment Skills**
- Observation
- Palpation

**Diagnosis Skills**
- TCM diagnosis of conditions

**Treatment Skills**
- Tui Na Routine(s) Selection
- Tui Na Techniques Selection
- Acupoints Selection
- Centre Focus
- Techniques: Location, Duration, Pressure, Variety, Accuracy, Speed, Rhythm and Flow
- Time Management

**Comments:**
*Active participation required in each class. Mark each box with a tick as appropriate to indicate active participation in this activity. This is a pass/fail assessment. Sessions 1-6 were assessed on the mid-semester review.*
## Mid-Semester Review (Session 1-6)

### STUDENT NAME:

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### ROUTINE

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<th>Revision of 24 basic Tui Na Techniques</th>
<th>Facial &amp; Jaw Disorders</th>
<th>Disorders of Cervical &amp; Thoracic region</th>
<th>Disorders of Upper Extremities</th>
<th>Disorders of Lumbar, Sacrum and Pelvis region</th>
<th>Disorders of Lower Extremities</th>
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### Comments:

Each box: Pass=1, Fail=0

Total rubric out of 60, 10 marks per routine and content.

Average marks will be given to the missed session if no more than two sessions were missed.
Mid-Semester Review Information

- **There is no physical assessment conducted in Week 7**

- Lecturer will observe your performance and participation *weekly* and grade you on a week to week basis.
- Criteria is outlined in the previous slide.
- Observation/assessment will be conducted for Week 1 – 6.
Exams

- **Practical Exam**
  - 1 hour (per student) – 50%
  - Work in pairs
  - Practical Examination Week
  - Perform a routine based on a provided case study, disorder can be anything covered from Session 2 – 13.

- **Written Final Exam**
  - 1 hour – 30%
  - Final Examination Week
  - Theory from sessions 1-13
  - Strong case study focus
# Practical Exam - Marking Guide

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Clinical Manifestations

Tui Na is versatile enough to treat a large range of disorders, you will learn foundation routines with useful additional techniques for:

- Facial & Jaw disorders
- Insomnia, common cold & asthma
- Epigastric disorders: Diarrhoea & Constipation
- Gynaecological Disorders
- Lower Limb Disorders
- Upper Limb Disorders
- Back Disorders
- Neck Disorders
Treatment Effect

A few therapeutic effects...

- Subdue Liver Yang
- Stimulates actions of points
- Invigorates & regulates Qi & Blood flow
- Reduces swelling
- Relaxes muscles & relieves spasm, stops pain
- Dredges the channels
- Expels Wind & Cold
- Opens the chest
- Strengthens the Stomach & Spleen, harmonises Middle Jiao
- Calms the Mind

Can you list the rest?
Precautions

- E.g., herpes, tinea, possible eczema and dermatitis

Skin conditions

Osteoporosis

Advise patients to sit up slowly afterwards

Elderly, frail and weak patients
Consideration for pregnant patients

Points to avoid:
LI4, GB21, sacral points, SP6, BL60, BL67 (Betts, 2006, pp.2)

Body areas to be mindful of:
Sacrum, abdomen

Positioning of the pregnant patient
- Lying – side
- Bolsters & pillows
Contraindications

Malignant tumours

Do not perform Tui Na over the site of a malignant tumour. Strong vigorous Yang style techniques are contraindicated.

Fractures & open wounds

Acute infectious diseases

Haemorrhaging present/possible

Abdomen/lower back of pregnant woman

Intoxicated or altered mental state
Infection control: hand hygiene

1. Before touching a patient
2. Before clean/aseptic procedure
3. After body fluid exposure
4. After touching a patient
5. After touching patient surroundings

World Health Organization (2009)
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
Draping is the art of covering a client’s body with fabric:

- Provides warmth
- Demonstrates professionalism
- Provides the feeling of security for the client
- Non-verbal communication
Adverse effects

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

- Dizziness
- Vertigo
- Disorientated
- Nausea
- Fainting (rarely)

Bisson 2009
Possible causes of adverse effects

- Patient apprehension
- Treatment that is too strong
- Treatment that is too prolonged
- Debilitating illness
- Dehydration
- Lack of food
- Pregnancy
What about self care?

Massage 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/pdfviewer/pdfviewer?vid=7&sid=f2ccf0a1-06ba-4bd2-b8cd-9d9a7243e9a1%40pdc-v-sessmgr02](http://eds.b.ebscohost.com.ezproxy.endeavour.edu.au/eds/pdfviewer/pdfviewer?vid=7&sid=f2ccf0a1-06ba-4bd2-b8cd-9d9a7243e9a1%40pdc-v-sessmgr02)
When to Refer?

- Malignant tumours
- Fractures & open wounds
- Acute infectious diseases
- Haemorrhaging present/possible
- Abdomen/lower back of pregnant woman
- Intoxicated or altered mental state
Six major branches of Tui Na

- Swaying methods
- Rubbing methods
- Pressing methods
- Vibrating methods
- Percussion methods
- Joint movement

Swaying methods

- Kneading (rou fa)
- Revolving (an rou fa)
- Rolling (gun fa)
- One finger meditation (yi zi chan tui fa)
Rubbing methods

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

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)
Vibrating methods

- Shaking (dou fa)
- Vibrating (zhen fa)
Percussion methods

- Chopping (ji fa)
- Patting (pai fa)
- Dotting (kou fa)
- Hammer (chui fa)
Joint movement (mobilisation) methods

Joint movement

- Rotating (yao fa)
- Stretching/traction (ba shen fa)
From Technique to Routine

Tui Na routines are composed of all the techniques you have learned broken into the three stages:

- **Adaptive (Warming Up):** Works on Wei Level.
- **Analgesic (Stronger Vigorous Techniques):** Works between Ying to Blood Level.
- **Dissipative (Climax & Meditative):** Return to Wei Level.
The Right Tools for the Job

Every Foundation routine you will learn in this unit has the function of the first two stages of a Tui Na Routine (Adaptive & Analgesic); some even have Dissipative Techniques.

Additionally, there are extra techniques you can apply at the appropriate stage of the treatment specific to the disorder you are treating.

Often you will find yourself combining several Foundation Routines for the best therapeutic effect; as with Acupuncture prescriptions – remove techniques that are inappropriate to the presentation as needed even if they are listed on the routine. Every patient is different so nothing should be set in stone.
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References


Frederic Bisson, 07/07/2009, Danger de mort, viewed 09/06/2015 https://www.flickr.com/photos/zigazou76/3702501888/in/photolist-6DbhPs-j2ALJ6-fhRcdy-4TUtsd-5dqnCK-fErvc4-iwZ2L-4GWJc9-6ifxLq-e7apVH-4Jaxib-6bLmcJ-4tFQYA-68Kc5-8qqY2E-qBY7ye-7NzjYk-hcJmR-iuTdwx-oUtsdi-nac2Mw-83dbg6-62DmHg-omK8X-t7Kmn9-pc8Jpk-37kq6q-ruX6LV-nVQkX-ogqVR-bzvHaA-6i85PB-a9mhJF-65Nths-5ofCvQ-bkcH1D-iZ9D5-oQ5mze-56RpGw-9PyRKH-7aVb8R-56nEXr-5kw3-b8t6x-5zsyxh-n55Zk-qTnde7-5jRSTU-od7jq6-qJLspk


World Health Organisation 2009, My 5 moments for Hand Hygiene, viewed 06/01/15 http://www.who.int/gpsc/5may/background/5moments/en/index.html

Zhang, YS 2002, Tuinaology, People’s Medical Publishing House, Beijing