

Checklist of Procedures and Skills - Level 1

Name: _____

All items must be witnessed and evaluated by the supervisor or resident who is signing off. These are to be done on patients during regular clinic treatment sessions. Sign-off only if item was demonstrated safely and competently without assistance. CNT must be demonstrated for competency. CNT, clean hands, clean fields, skin prep, needling, and proper disposal of contaminated items of expected every treatment session.

Competency – Demonstrated in Clinic	Date	Supervisor or Resident Intern (print name)	Supervisor or Resident Intern Signature	Comments
Palpation of points or along channels or abdomen for tenderness				
Tongue and Pulse; All Vitals Measurements				
Perform and record Range of Motion Measurements, muscle strength				
Perform and record peripheral neurologic system exam (PNS) (peripheral pulses, reflexes, dermatomes, myotomes)				
Needle insertion and obtaining arrival of Qi; needle withdrawal				
Accurate point location, angle, depth of insertions				
Safe technique (insertion, angle, manipulation, withdrawal) of front and back thoracic points.				
Safe technique (insertion, angle, manipulation, withdrawal) of neck points.				
Safe technique (insertion, angle, manipulation, withdrawal) of points near/around eyes (ST1, taiyang, yintang, etc.)				
Perform cupping effectively and safely				
Perform gua sha effectively and safely				

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Safe and appropriate use of moxa				
Safe therapeutic use of heat lamp				
Dispense herbal remedies with resident.				
Review patient special needs/requests and discuss with resident/supervisor.				