How TCM can complement your practice

Teaching and Learning
Claudia Sandoval and Tamara Hall
At the end of this presentation, a better understanding of Chinese medicine, conditions treated, and what education is required for an Integrative Practitioner.
What exactly is Chinese Medicine?

A medicine used to bring the body into balance in order to achieve optimum function.

Modalities Include:

- Acupuncture
- Acupressure
- Auricular Acupuncture
- Gua Sha / Scraping
- Cupping
- Tui Na (Chinese manipulative therapy)
- Nutrition Therapy
- Herbal Medicine
Integrating Chinese medicine and Bio-medicine can be beneficial to both the medical personnel and the patients.

- Patients want options
  - Patients will feel heard

- Frees up conventional practitioners to focus on emergency cases

- Clinic expertise says focused and not spread thin
Integrative Medicine:

Approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person’s health. (Duke University)
The healthcare system is overwhelmed with chronic disease that can benefit from Integrative modalities.

With an open dialogue between practitioners we can help patients take an active role in their own wellness.

Empowering them to make better choices about their health.

Integrative medicine is found in almost every country in the world and the demand for its services is increasing.

Proven quality, safety, and efficacy, contributes to the goal of ensuring that all people have access to care.
Results as of August 31, 2017

2,189 positive recommendations for acupuncture from 1,311 different publications

1,486 recommendations for the use of acupuncture for 107 pain indications from around the world
Modern research.
Ancient medicine.
Evidence Based Results.

703 recommendations for the use of acupuncture for 97 non-pain indications from around the world (Birch, Lee, Alraek, & Kim, 2018)
<table>
<thead>
<tr>
<th>Complementing your practice</th>
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<tbody>
<tr>
<td>Adverse reactions to radiotherapy and/or chemotherapy</td>
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<td>Allergic rhinitis (including hay fever)</td>
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<td>Biliary colic</td>
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<td>Depression (including depressive neurosis and depression following stroke)</td>
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<td>Dysentery, acute bacillary</td>
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<td>Dysmenorrhoea, primary</td>
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<td>Epigastralgia, acute (in peptic ulcer, acute and chronic gastritis, and gastropasm)</td>
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<td>Facial pain (including craniomandibular disorders)</td>
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<td>Headache</td>
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<td>Hypertension, essential</td>
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<td>Hypotension, primary</td>
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<td>Induction of labour</td>
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<td>Knee pain</td>
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<td>Leukopenia</td>
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Disease and disorders that can be treated with acupuncture

Abdominal pain (in acute gastroenteritis or due to gastrointestinal spasm)
Acne vulgaris
Alcohol dependence and detoxification
Bell’s palsy
Bronchial asthma
Cancer pain
Cardiac neurosis
Cholecystitis, chronic, with acute exacerbation
Cholelithiasis
Competition stress syndrome
Craniocerebral injury, closed
Diabetes mellitus, non-insulin-dependent
Earache
Epistaxis, simple (without generalized or local disease)
Eye pain due to subconjunctival injection
Female infertility
Facial spasm
Female urethral syndrome
Fibromyalgia and fasciitis
Gastrokinetic disturbance
Gouty arthritis
Hepatitis B virus carrier status
Herpes zoster (human (alpha) herpesvirus 3)
Hyperlipaemia
Hypo-ovarianism
Insomnia
Labor pain
Lactation, deficiency
Male sexual dysfunction, non-organic
Disease and disorders that can be treated with acupuncture

Ménière disease
Neuralgia, post-herpetic
Neurodermatitis
Obesity
Opium, cocaine and heroin dependence
Osteoarthritis
Pain due to endoscopic examination
Pain in thromboangiitis obliterans
Polycystic ovary syndrome (Stein–Leventhal syndrome)
Postextubation in children
Postoperative convalescence
Premenstrual syndrome
Prostatitis, chronic
Pruritus
Radicular and pseudoradicular pain syndrome
Raynaud syndrome, primary

Recurrent lower urinary-tract infection
Reflex sympathetic dystrophy
Retention of urine, traumatic
Schizophrenia
Sialism, drug-induced
Sjögren syndrome
Sore throat (including tonsillitis)
Spine pain, acute
Stiff neck
Temporomandibular joint dysfunction
Tietze syndrome
Tobacco dependence
Tourette syndrome
Ulcerative colitis, chronic
Urolithiasis
Vascular dementia
Whooping cough (pertussis)
Disease and disorders that can be treated with acupuncture

Chloasma
Choroidopathy, central serous
Color blindness
Deafness
Hypophrenia
Irritable colon syndrome
Neuropathic bladder in spinal cord injury
Pulmonary heart disease, chronic
Breathlessness in chronic obstructive pulmonary disease
Coma
Convulsions in infants
Coronary heart disease (angina pectoris)
Diarrhea in infants and young children
Encephalitis, viral, in children, late stage
Paralysis, progressive bulbar and pseudobulbar
● Comprehensive Standards and Criteria

● Recognized by the United States Department of Education (USDE) Comprehensive Standards and Criteria for Accreditation
Know Your Practitioner

**Master’s-level degree or diploma program**: a graduate-level program that provides knowledge and skills necessary for professional recognition, credentialing, or licensure required to practice professionally in the fields of acupuncture and/or Oriental medicine (AOM)

**Professional doctorate degree program (DAcOM)**: a graduate-level program, leading to a doctoral-level degree, that provides additional and expanded knowledge and skills necessary for professional recognition, credentialing, or licensure required to practice in the fields of acupuncture and/or Oriental medicine. These programs may have academic tracks that enable master’s-level graduates to earn the DAcOM degree
<table>
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<tr>
<th>Contact hours in Acupuncture education</th>
<th>Practitioner Title</th>
<th>Application</th>
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<tr>
<td><strong>Minimum</strong> of 2,565 hours for acupuncture; 3-4 years</td>
<td><strong>Typically, a Licensed Acupuncturist (LAc)</strong> who has obtained a Master’s level degree from an ACAOM-accredited college and has passed the national exam.</td>
<td>A broad range of health issues, including chronic disease, pain, internal medicine, rehabilitation, and prevention.</td>
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<td>Post-graduate Doctoral</td>
<td>Postgraduate doctorate - minimum of 1200 hours of advanced training at the doctoral level (including 650 hours of advanced clinical training)</td>
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<td>300 hours or less in acupuncture</td>
<td><strong>Typically, a medical doctor, osteopath, naturopath, or chiropractor</strong> who uses acupuncture as an adjunctive technique. The World Health Organization recommends that medical doctors have a minimum of 200 hours of training to know when to refer to a more full-trained Acupuncturist or Oriental medicine practitioner.</td>
<td>Pain, basic ailments</td>
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<td>100 hours or less in acupuncture</td>
<td><strong>Typically, a detox/auricular acupuncture technician or chiropractor</strong> (detox techs are generally limited to 5 points on the ear)</td>
<td>Pain and addiction</td>
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How to find and contact a local practitioner

The NCCAOM lists all certified diplomates of Acupuncture and Oriental medicine

http://www.nccaom.org/find-a-practitioner-directory/

University, D. Retrieved from https://www.dukeintegrativemedicine.org/about/what-is-integrative-medicine/#fnref-410-1


