1) **Foundations (17 items):** Recognize syndromes by organizing, analyzing, synthesizing and integrating data in accordance with traditional Oriental Medicine theories of etiology, pathology, and disease mechanisms such as:
   a) Five phase/Element Theory (Wu Xin)
   b) Yin Yang Theory (YinYang Xue Shuo)
   c) General meridian and collateral system
   d) Zang Fu Theory (Organ/Functions/Officials/tissues and their interrelationships)
   e) Basic Constituents/Essential substances (Blood, Qi, Body Fluid, Spirit, Essence)
   f) Internal, external and miscellaneous cause of disease, including: Six Pernicious Factors (Six Evils); Seven Emotions and their pathogenic effects

2) **OM Diagnosis Methods (15 items)**
   a) **Questioning**
      1) Chief complaint/Current problem: identifying information (e.g., address, phone, age, gender, marital status, and occupation), chief / secondary complaints (e.g., frequency, severity, symptoms, onset, duration, and functional changes), history, assessment, and treatment of the current condition, patient’s treatment goals.
      2) Medical and family history: medical history (e.g., previous diagnosis, illnesses, surgeries, hospitalizations, allergies, accidents), family medical history, medications (e.g., prescription, over-the-counter, herbs, dose, term of use), social and personal relationships and life goals, domestic violence, factors that interfere with data gathering (e.g., drugs, food, drink)
      3) Traditional questions and information gathering: sleep patterns, breathing and respirations, skin, bowel movements, digestion, appetite, and thirst, secretions and excretions (e.g., vomit, sputum), bleeding and bruising, tastes (bitter, sour, etc.), nutritional levels and patterns (e.g., quantity of food consumed, food supplementation, regularity of eating), temperature (e.g., sensations of hot or cold, chills or fever), perspiration / sweating, pain, emotions, stressors, use of alcohol, tobacco, caffeine, and non-prescription drugs, exercise and physical activity, sexual activity, libido, birth-control methods, menstrual, gynecologic and obstetric history, male reproductive health, dizziness and tinnitus, palpitation or chest constriction, vision, hearing and speech, edema.
   b) **Other Information Gathering Methods:** Collect information form patient by using the “Four Examinations” and other methods to be able to make an Oriental Medicine evaluation.
      1) Inspection: include general physical appearance, face, skin and complexion, nails and hands, spirit (expression and general behavior); color (of face, skin and excretions); body structure (center of gravity, gait, left-right imbalances, posture, etc.); tongue (color, coating, size, shape, moisture, movement and other conditions); posture (e.g., gait, fluidity, range of motion), Symptom site / local
area of complaint (color, swelling, alignment, shape, location and so on); Secrecions and excretions , eye examination, nails, hands, ears, hair, superficial veins, spine, joints, umbilicus , factors that interfere with data gathering (e.g., make-up, perfume, lighting).

2) Smelling and listening: general odor of body (e.g., five odors, strong and weak); special odor related to disease, secretions and discharges, mouth/breath odor; sound / tone of voice, including volume and tonal qualities; abdominal sounds (e.g., physiological, sounds in response to the examination); respiratory sounds (breathing and coughing, quantity and quality); sounds of vomiting, belching, and hiccup; sounds of other diseases, such as epilepsy, wind-stroke, etc.; manner pattern, theme, and content of speech; bowel sounds. Vomiting, hiccup, belching, and joint sounds.

3) Palpating and touching: Abdomen examination; qualities and positions of radial pulse, comparison of regional pulse sites (e.g., carotid, radial, umbilical), Channels and points (including Ashi points), Shu / Mu points, changes in temperature; moisture, texture, tissue structures; tenderness, percussion; edema, ears, changes in nature of pain and numbness, with palpation, passive range of motion, nodules and tumors, etc.

4) Tongue and pulse diagnostic methods: The conditions of tongue body and coating; tongue movements; Description, indication of the basic pulses

5) Constitutional theory

6) Patterns and syndromes identification; establish a basic pattern diagnosis or energetic evaluation by recognizing signs and symptoms, analyzing and classifying of information based on the TCM Fundamentals.

3) Meridian Theory & Point Location (25 items)
   a) The name and category of meridians and collaterals
   b) The functions of meridians and collateral
   c) The general distribution, direction and flow of meridians
   d) The classification and nomenclature of acu-points
   e) The methods of locating acu–points
   f) The location and relationship of points on 12 regular meridians, Ren and Du meridians
   g) The location of extra points
   h) The needling method of each point

4) Point Energetics (15 items)
   a) The function and indication of points on 14 meridians
   b) The function and indication of extra points
   c) Application of special points:
      1) Five phase / Element Points (control points)
      2) Antique Points (Jing, Well, Ying, Spring, etc.)
      3) Mu (Alarm) and Shu (Associated) points
      4) Confluent Points of the Eight Extra Channels (Meridians)
      5) Sheng (generation) and Ke (control) Cycles
      6) Meeting Points
      7) Entry and /Exit points
      8) Window of the Sky points
9) Four Needle Techniques
10) Xi-Cleft Points
11) Yuan (Source) and Luo (Connecting) Points
12) Extra Points
13) Ashi Points
d) Basic principles for prescription and selection of points
c) Commonly used point association / point prescriptions, such as Four Gates; Four flower points, etc.
f) Some classic point association: for example, Four General/Command Points

5) Acupuncture Techniques (15 items)
a) Identify correct point location (e.g., anatomical, proportional)
b) Positioning of patient
c) Considering anatomy to determine depth, precaution, and contraindications
d) Consider precautions related to treatment
e) Insertion techniques
f) Angle and depth of insertion
g) Manipulations and arrive of Qi (needling reaction)
h) Training and withdrawing the needle
i) Reinforcing and reducing methods
j) Cupping technique and its application
k) Moxibustion therapy and its application
l) Four needle techniques (based on five element theory and five shu point theory)

6) Clean Needle Technique & Clinic Management (5 items)
b) Equipment maintenance and safety;
c) Manage emergency situations; Fainting; broken needle; stuck needle; organ puncture (e.g. pneumothorax); burns; bleeding; cardiac or respiratory arrest; other situations.
d) Precautions and contraindication for treatment, including acupuncture for pregnant women, needling for the points on upper back and chest, etc. OSHA requirements.

7) Herbal Introduction (8 items)
a) How to prepare herbs for patients
b) Cooking Methods
c) Tastes and Properties
d) The aim and method of preparation of herbs
e) Herbal categories and representative herbs
f) The delivery system of herbs, syntax for naming formulas
g) Major Herbal Formulas (Si Jun Zi Tang, Si Wu Tang, Ba Zhen Tang, Liu Wei Di Huang Wan, etc.)

8) Anatomy & Physiology (20 items)
a) Identify, describe and define conceptual and practical anatomy and physiology, with special emphasis on surface anatomy and healthy system function.
b) Identify and describe tissue types, composition, and histology.
c) Skeletal system, Muscular system, Structure of joints
d) The structure of neck and head
e) Vascular structure and functions
f) Digestive structure and functions
g) Renal structure and functions
h) Reproductive structure and functions
i) Endocrine structure and functions

9) Microbiology & Pathophysiology (12 items)
   a) Microbiology and infectious disease
   b) Classification of various infectious agents in health and disease.
   c) Components and functions of the immune system in health and in disease states.
   d) Mechanism of inflammation and tissue response in the healing process.
   e) Processes affecting body systems and individual organs: disease processes and their prevention.
   f) Fundamentals of the nature of disease process, body response to stress and the natural progression of disease.
   g) Relevant diseases of physical injury, skin and the musculoskeletal systems.
   h) Altered health of specific organ systems.
   i) Physiological relationships of the specific organ systems in pathological states affecting overall body functions.
   j) Natural progression of specific pathologies in the absence of intervention.

10) Physical Assessment (18 items)
    a) Basic biomedical clinical assessment of vital signs, normal ranges, and possible pathologies of abnormal findings.
    b) Findings from inspection, palpation, percussion and auscultation technique applicable to head and neck, thoracic, and abdominal examinations and determine the probable organ system that needs assessment.
    c) Signs and symptoms indicating a need for referral to appropriate healthcare providers.
BIBLIOGRAPHY FOR BENCHMARK EXAM


Bates' Guide to Physical Examination and History Taking, 9th Edition Lynn S. Bickley, MD Peter G. Szilagyi, MD, MPH.

The Web That Has No Weaver, Kaptchuck

Between Heaven and Earth, Beinfeld/Korngold

The Practice of Chinese Medicine, Giovanni Maciocia