Exit Examination Study Outline

PART ONE: TCM Philosophy, Diagnosis, and Treatment Issues
Approximately 25% of questions pertain to the following areas

1. Philosophy & Treatment (13%)
   a. Recognize syndromes by organizing, analyzing, synthesizing, and integrating data in accordance with traditional Oriental Medicine theories of etiology, pathology, and disease mechanisms such as:
      i. Five Element Theory (Wu Xin)
      ii. Yin and Yang Theory (YinYang Xue Shuo)
      iii. Zang Fu Theory (Organ/Functions/Officials/tissues)
      iv. Basic Constituents (Blood, Qi, Body Fluid, Spirit, Essence)
      v. Six Pernicious Factors (Six Evils, Liu ying Xue Shuo)
      vi. Seven Emotions and their pathogenic effects
      vii. Internal, external, and miscellaneous causes of disease
   b. Treatment principles and strategies:
      i. Select treatment principles and strategies appropriate to the individual based on the diagnosis or evaluation by applying TCM philosophy to formulate a treatment plan.
         1. Regulating Yin and Yang
         2. Strengthen body resistance and eliminate pathogenic factors
         3. Distinguish root/Ben from symptoms/Biao
         4. Treatment of disease according to climatic and weather conditions, geographic condition and individual conditions
         5. Therapeutic methods: sweating, vomiting, purging, harmonizing, warming, clearing, tonifying and scattering
   c. Treatment Planning
      i. Selecting the actual methods/mode of treatment, including acupuncture, Chinese herbs, Tuina, Shiatsu and other methods to treat patients based on the principles and strategies of treatment.
      ii. Make a treatment plan: duration, frequency, and course of treatment
      iii. When to make appropriate referrals to other health care professionals
      iv. Patient education and guidance, especially based on Asian nutrition
   d. Treatment Evaluation
      i. Perform ongoing evaluation of response to treatment
      ii. Based on “Four Examination”
      iii. Based on Differentiating System and syndromes
      iv. Adjusting treatment as necessary, including avoiding, indication, and contra-indication.
      v. Appropriateness of continuing treatment
      vi. Relevant clinical presentations of medical emergencies
      vii. Perform final evaluation when appropriate
2. TCM Diagnostic Methods (12%)
   a. Information gathering: Collect information from patient by using the “Four Examinations” and other methods to be able to make an Oriental Medicine evaluation.
      i. Inspection: include spirit (expression and general behavior); color (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); symptom site/local area of complaint (color, swelling, shape, location and so on); eye examination, nails, hands, ears, hair, superficial veins, spine, joints, umbilicus
      ii. Smelling and listening: general odor of body; special odor related to disease, secretions and discharges, mouth/breath odor; sound/tone of voice, including volume and tonal qualities; abdominal sounds; respiratory sounds (breathing, coughing); sounds of vomiting, belching and hiccup; sounds of other diseases, such as epilepsy, wind-stroke, etc.; manner and content of speech; bowel sounds
      iii. Questioning: general identification; medical/family history; medications’ chief and secondary complaints; chills and fever; sleep patterns; energy level and patterns; bowel functions and urination; digestion; neurological functions; perspiration; presence and location of pain; emotional state; use of alcohol, tobacco, caffeine and recreational drugs; exercise and physical activity; reproductive functions, menstruation and birth control methods; sensations of hot, cold; edema; social and personal relationships and life goals; allergy history; food craving and other habits
      iv. Palpating and feeling: pulse feeling (radial, carotid and nine divisions); abdominal examination; changes in temperature; moisture, texture, tissue structures; tenderness, percussion; edema, etc.
   b. Diagnosis: establish an Oriental Medicine diagnosis or energetic evaluation by recognizing patterns of signs and symptoms, analyzing and classifying of information based on the TCM Fundamentals to develop a diagnosis/energetic evaluation (including TCM diagnosis, differentiation, location, property, etc.). Case study is a better way to train and test student’s comprehensive ability for TCM diagnosis.
   c. Six Stages of Differentiating System (Shang Han Lun, Taiyang, Yangming, Shaoyang, Taiyin, Shaoyin and Jueyin stages)
   d. Four Divisions of Differentiation System (Wei Fen, Qi Fen, Ying Fen and Xue Fen from Wen Bing Xue)
   e. Three Heaters of Differentiating System (Upper Jiao, Middle Jiao and lower Jiao)
   f. Constitutional Types
   g. Eight Principles (Ba Gang Differentiating System)

PART TWO: Acupuncture Theory and Practice
Approximately 30 % of questions pertain to the following areas:

1. Point Location & Meridian Theory (7 %)
   a. Point Location
      i. The classification and nomenclature of acu-points
      ii. The methods of locating acu-points
      iii. The location of points on 12 regular meridians, Ren and Du meridians and extra points
      iv. The location of extra points
      v. The needling method of each point
   b. Meridian theory
i. The category of meridian and collateral: including 12 regular meridians, 8 extra meridians, tendino-muscular meridians; 12 divergent meridians; 15 collateral;
ii. The functions of meridians and collateral;
iii. The general distribution, direction and flow of meridians

2. **Point Energetics (5 %)**
   a. The function and indication of points on 14 meridians and extra points
   b. The function and indication of extra points
   c. Application of special points, including: Jing –Well, Ying-Spring, Shu-Stream, Jing-River and He-Sea point theory; Back-Shu and Front –Mu point theory; Eight Influent points, Eight Confluent Points, Sky – window points; Lower – He – sea points; Cleft – Xi points; Yuan – Source points; entry and exit point, Luo – connecting points, etc.
   d. Basic principles for prescription and selection of points
   e. Commonly used points’ association/point prescriptions, such as Four Gates, etc.
   f. Some classic point association: for example, Four General Points, Ghost points, etc.

3. **Acupuncture Techniques (7 %)**
   a. Basic acupuncture techniques
      i. Insertion techniques
      ii. Angle and depth of insertion
      iii. Manipulations and arrive of Qi (needling reaction)
      iv. Training and withdrawing the needle
      v. Reinforcing and reducing methods
      vi. Classic techniques: putting fire on mountain, Green Dragon waging its tail, etc.
   b. Other techniques
      i. Cupping technique and its application
      ii. Moxibustion therapy and its application
      iii. Ear points, ear acupuncture, and its application
      iv. Scalp Acupuncture and its application
      v. Four needle techniques (based on five element theory and five shu point theory)
      vi. Three edged needle with bleeding therapy
      vii. Seven star needle with its application
      viii. Electric acupuncture techniques

4. **Clean Needle Techniques (3%)**
   b. Equipment maintenance and safety
   c. Emergency situations (e.g. fainting, bent or broken needle)
   d. Precautions and contraindication for treatment, including acupuncture for pregnant women, needling for the points on upper back and chest, etc.
   e. OSHA requirements

5. **ACUPUNCTURE TREATMENT OF COMMON DISEASES (8 %)**
   a. General principle of treatment
   b. Therapeutic methods
   c. Ability to make TCM diagnosis/energetic evaluation, differentiation, treatment plan, point prescription, techniques and prognosis to common diseases.
PART THREE: Chinese Herbal Treatment
Approximately 25% of questions to the following areas:

1. Basic Herbal Pharmacy Theories (7%)
   a. Tastes and properties – Four Qi and Five Tastes Theories  
   b. The theory of herb entering channels 
   c. Techniques for combining herbs: including mutual accentuation, mutual 
      enhancement, mutual counteraction, mutual suppression, mutual antagonism, 
      mutual incompatibility, and single effect. 
   d. Caution and contraindications: eighteen incompatibilities and nineteen 
      antagonisms 
   e. The category of Chinese herbs: e.g. herbs for releasing the exterior; herbs for 
      clearing heat; herbs for regulating Qi, etc. 
   f. The name, properties, channel entered, actions and indication of commonly used 
      herbs

2. Chinese Herbal Formulations (10%)
   a. Principles of treatment 
   b. Traditional strategies: sweating, vomitting, draining downward, harmonizing, 
      warming, clearing, reducing, tonifying 
   c. Composition of the formulas: hierarchy of ingredients, modification in composition 
   d. Methods of preparation and administration of herbal formulas, including dosage, 
      timing, frequency, duration, etc. 
   e. Selection, modification, and development of appropriate formulas consistent with 
      pattern of disharmony and treatment plan 
   f. Indications and functions of representative herbal formulas 
   g. Internal structures and dynamics of herbal formulas 
   h. Methods of preparation 
   i. Consult with patient on herb use, healing process and lifestyle changes (dosage, 
      timing, frequency, side effects, possible outcomes, relationship between herbal 
      formulas and food, exercises, etc.) 
   j. Healing process, side effect, ways of diminishing/avoiding/eliminating side effects

3. Chinese Herbal Treatment of Common Diseases (8%)
   a. General principle of treatment 
   b. Therapeutic methods 
   c. Ability to make TCM diagnosis/energetic evaluation, differentiation, treatment 
      plan, herbal prescription, techniques and prognosis to common diseases

PART FOUR: Western Diagnostic Skills & Treatment of Disease
Approximately 15% of questions pertain to the following areas

1. Western Medical Diagnostic Methods
   a. Laboratory based procedures; personal safety; maintaining asepsis; 
   b. The blood test panels. 
   c. Analysis of typical results seen in common western disease categories and their 
      interpretations 
   d. Analysis of urine 
   e. Ultrasound examinations 
   f. Radiological investigations: chest – X-rays, CAT scans, MRI scans 
   g. Endoscopic procedures 
   h. Cardiology group of tests 
   i. Liver group of tests
j. Renal group of tests including urine analysis
k. Endocrinology group of tests
l. Women’s health related tests
m. Invasive diagnostic procedures

2. Western Physical Assessment Techniques
   a. History taking, charting, data recording
   b. Nature of symptoms: general
   c. Vital signs: techniques
   d. Use of inspection, palpitation techniques: head and neck, thorax and lungs, cardiovascular system including peripheral vessels, the abdomen, female system, the musculoskeletal system, the nervous system, the genital system

3. Western Treatment of Disease
   a. Organize information under the following headings: organ system predominantly involved: disease name: incidence; symptoms; major; minor; signs; diagnosis; tests; prognosis and natural course; treatment; complications
   b. Health maintenance and disease prevention
   c. Respiratory tract
   d. Cardiovascular system
   e. Gastrointestinal system
   f. Renal
   g. Endocrine
   h. Nutritional
   i. Hematology
   j. Neurological
   k. Musculoskeletal disorders
   l. Psychiatry
   m. Immune disease
   n. Infection
   o. Cancer
   p. Genetic

PART FIVE: Legal and Professional Issues
Approximately 5% of questions pertain to the following areas.

1. Ethical and Legal Issues
   a. Comply with established legal standards within the society and the profession of acupuncture to protect the public
   b. Definition of ethics, ethical standards and ethical behavior, classical interpretations of medical ethics codes and modern medical ethical codes
   c. Texas Medical Practice Act (Chapter 205)
   d. Texas Medical Board rules – Chapter 183 of the rules of the Texas State Board of Medical Examiners (“acupuncture”)
   e. Ethical case discussion

2. Professional Issues: Comply with established professional guidelines within the society and the profession of Chinese medicine to protect the public.
   a. Record-keeping and record-sharing requirements (e.g., patient confidentiality)
   b. Basic issues and terminology in health fields
   c. Available resources for continuing education and professional development
   d. Local and federal laws and standards