Acupuncture Techniques 2

I. COURSE DESCRIPTION

A. Current Catalog statement:
This is the Second introductory practical course providing basic techniques of
needling, moxibustion, cupping and other special acupuncture techniques, such as
cutaneous needling, three-edge needling, electric acupuncture and guasha.

B. Pre-requisite: AT 0131.

C. Personal Comment: This course give students broad knowledge of a lot of
techniques commonly used in acupuncture clinic. The class will be a combination
of lecture and practice. There will be a lot of fun practicing different techniques.

II. COURSE LEARNING OBJECTIVES

A. Program, Departmental and Class Learning Objectives:

AOMA’s Program Learning Objectives (PLOs)
Graduates of the AOMA Master's degree program will:
1. Have the knowledge base necessary to enter the profession
2. Practice professional behaviors and values
3. Provide patient centered care
4. Incorporate evidence and experience based practices
5. Participate in collaborative patient care

Acupuncture Department Learning Objectives (DLOs)

MISSION STATEMENT: The Acupuncture Department at AOMA is committed
to the pursuit of excellence, integrity and quality demonstration, instruction, and
supervision in Oriental medicine and acupuncture theories with their clinical
practice and application.

1. Describe, identify and explain the channel system and distribution, acu-point
location and their functions.
2. Explain, compare and contrast uses and contraindications, and safely
perform, the basic and advanced acupuncture needling techniques
and other Oriental medical treatment methods.
3. Describe, explain, analyze and evaluate Oriental medical disease,
pattern diagnosis, and acupuncture and relevant Oriental medical
treatment plans.
4. Formulate, integrate and apply fundamental Oriental medical theories, diagnostic techniques and assessment, syndrome differentiation, acupuncture channel and point location, point prescription, and techniques of needling and other Oriental medical treatment methods.

This class aims to accomplish the following Learning Outcomes:

Course Learning Objectives (CLOs)
Upon completion of this course, students will be able to:
1. Recognize and differentiate the theories and functions of acupuncture techniques such as moxibustion, cupping, three-edged needles, cutaneous needles, guasha, and electric acupuncture.
2. Assess and determine appropriate use of acupuncture techniques such as cupping, three-edged needles, cutaneous needles, guasha, and electric acupuncture for various disorders and conditions.
3. Formulate and execute treatment plans using the following acupuncture techniques: moxibustion, cupping, three-edged needles, cutaneous needles, guasha, and electric acupuncture.
4. Perform safe, basic needling techniques and demonstrate clean needle technique (CNT), infection control, and acupuncture practice management according to standard procedures.

B. What’s the big payoff for the students after taking this class?

Successful completion of this course will allow you to select different techniques for different cases, to comprehensively communicate with your client on a professional basis.

III. COURSE TEXTBOOKS

A. REQUIRED:

B. Why was this textbook selected?

The book *Chinese Acupuncture and Moxibustion* is a comprehensive and authorized book on Chinese medicine including various techniques commonly used in acupuncture clinic. The corresponding sections should be read.

Students should be familiar with the readings before coming to class. I encouraged students to bring questions with them from their reading for
class discussion.

C. Recommended textbooks:
   a. Li Shaozhi, etc. 1998 *Chinese Therapeutic Methods of Acupoints*. Hunan Science & Technology Press.
      This is a comprehensive book about Chinese medicine including acupuncture techniques. It can be used in combination with the book “Chinese Acupuncture and Moxibustion” while sometimes provide further information on those techniques.
      This is a book elaborating on cupping therapy, which provide more information than the basic information in the book “Chinese Acupuncture and Moxibustion”.
   c. 1986 *Plum Blossom Needle Therapy*. Hong Kong: Medicine & Health Publishing CO.
      This is a book elaborating on plum blossom needle therapy (cutaneous needle therapy), which provide more information than the basic information in the book “Chinese Acupuncture and Moxibustion”.
   d. Arya Nielsen. 1999 *Gua Sha*. Churchill livingstone
      This is a book elaborating on Gua Sha therapy, which is not introduced in the book “Chinese Acupuncture and Moxibustion”.
      This book gives reader a good idea of the cross-sectional anatomy of nearly all of the points. It can help the safe and efficient practice in acupuncture clinic.

IV. GRADING

For graduate courses, the following grading scale is used: A--Outstanding to very good; B--good to average, C--below average. No credit is granted for courses in which students perform at a below-C level.

A. GRADING WEIGHTEDNESS

Course Grade will be Determined by:

<table>
<thead>
<tr>
<th>Quiz 1 (written)</th>
<th>30 %</th>
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<tbody>
<tr>
<td>Quiz 2 (written)</td>
<td>30 %</td>
</tr>
<tr>
<td>Final Exam (written and practical)</td>
<td>40 %</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
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Numerical Equivalent:

<table>
<thead>
<tr>
<th>Percent Grade</th>
<th>Letter Grade</th>
<th>Grade Point</th>
</tr>
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<tbody>
<tr>
<td>90-100%</td>
<td>A Excellent to very good</td>
<td>4.0</td>
</tr>
</tbody>
</table>


| 80-89% | B Good to average | 3.0 |
| 70-79% | C Acceptable to below average | 2.0 |
| 69 and below | F Fail | 0.0 |

B. Relationship of achieving the CLOs, DLOs and PLOs to the final grade.

The course is designed a way that if you make a good grade you will accomplish the CLOs, DLOs and PLOs. But in the final analysis, only you can determine the degree to which you have achieved the desired learning outcomes. We believe your accomplishment of the learning outcomes is more important than the final grade.

V. COURSE PRACTICES and POLICIES PRACTICES

A. Class Attendance, Tardiness, Leaving Early

Students are expected to be on time and prepared for the day’s lesson. Furthermore, class participation is required, as is a courteous and polite manner. Strict adherence to the Student Handbook and AOMA policies will be kept.

Attendance is mandatory. Since this is a practical course, only one class may be missed without a grade penalty. If two are missed, the final grade will be lowered by one letter; if three are missed, the final grade will be lowered two letters. If more than three are missed, the student will be dropped from the class as of that date, and the course grade will be determined as stated in the add/drop policy.

Three tardies or early departures will be counted as an absence and will be subject to the stated attendance policies.

If a student misses an exam, the individual must make it up within 7 calendar days. Please contact the administration office to set up the date for making–up the exam and to pay the make–up fee. Please read current <Student Manual> for details.

B. Plagiarism and Cheating

Plagiarism and cheating are serious offenses of academic and public life. Blatant or intentional plagiarism occurs when a person copies a passage almost word for word without identifying the source of the words or ideas. Unintentional plagiarism occurs when a person attempts to paraphrase the words of another, but the sentence structure, sequence of ideas, and key phrases noticeably resemble the original without giving due credit to the author.

Cheating is looking at or copying unauthorized sources during an in-class quiz, test, or exam, or during a take-home exam or assignment. It may also include unauthorized submission of a paper or assignment used for another class.
Faculty may impose the following consequences:

**Blatant Plagiarism**: May mean (at the discretion of the professor) failure in the course.

**Unintentional Plagiarism**: May (at the discretion of the professor) result in an automatic “F” for the assignment and may require that, in order to receive credit for the course, the student repeat the assignment (without credit) using proper documentation.

**Cheating**: May result in an “F” for the assignment. It may also result in failure of the course and any other action deemed appropriate by the professor, division chair, and Provost.

**Repeated Plagiarism or Cheating**: May result in academic suspension from the academy by the Academic Council.

Faculty must report all incidences of plagiarism or cheating to the Academic Office.

C. Email Communication Policy:
   Contact outside of class: yqiu@aoma.edu

D. Scholarship of Engagement Agreement
   As a learning institution, AOMA engages in classroom research on the effectiveness of teaching. It is understood that all student work and grades may be anonymously used in the study of the scholarship of teaching and learning. Any student not wishing to participate in this learning endeavor should make his or her wishes known to the professor within the first two weeks of the course.

E. Shared Responsibility for Learning
   Students are expected to be actively engaged with the learning process. Both instructor and students have responsibilities to be active participants in the learning that occurs.

F. Returning Quizzes, and Final Examinations
   All quizzes will be returned for students to review and then collected back by instructor. Final examination will not be returned. If there is a question the student is encouraged to make an appointment with the instructor for individual discussion.

G. Accommodation for Special Needs
   If you need special accommodations because of a documented disability, whether it is a physical, sensory or learning, you must process your request with the Dean of Students.

Contact should be made prior to the beginning of the term (the sooner the better), to allow enough time to review the disability documentation and to arrange for any needed reasonable accommodations. If contact is not made prior to the beginning of the term accommodations may not be possible.
H. Classroom Decorum
I encourage students to be actively involved and ask questions at any time. Students have a responsibility to come prepared and be alert. Creativity is highly valued.

VI. COURSE SEQUENCE and REQUIREMENTS
Class Schedule:

Class 1

GOAL
1. Students will learn the course requirements and arrangement, course goals.
2. Student will learn theory and techniques of moxibustion

OBJECTIVES Upon the end of class, students will be able to:
1. Describe their tasks in the class and what their responsibilities are for successful completion of the class.
2. Recognize and differentiate the theories of moxibustion.
3. Perform moxibustion techniques

Class Sequence
Hour 1- Presentation and discussion of class goals, objectives and descriptions.
Hour 2 - basic theory of moxibustion, moxa roll moxibustion (explanation and demonstration by instructor)
Hour 3 - practice

Class Assignments:
READING:

Class 2

GOAL
Student will learn advanced moxibustion, precautions, and contradictions

OBJECTIVES Upon the end of class, students will be able to:
1. Classify different moxibustion
2. Demonstrate different methods of moxibustion, and apply the methods on different cases.

Class Sequence
Hour 1 - moxa cone moxibustion
Hour 2 - precautions and contradictions
Hour 3 - practice

Class Assignments:
READING:

Class 3

GOAL
Student will learn theory and technique of cupping
OBJECTIVES
Upon the end of class, students will be able to:
1. Recognize and differentiate the theories of cupping
2. Demonstrate the cupping technique.

Class Sequence
Hour 1, 2 - theory and technique of cupping (explanation and demonstration by instructor)
Hour 3 - practice

Class Assignments:
READING:

Class 4

GOAL
Student will practice needling the points on the upper back

OBJECTIVES
Upon the end of class, students will be able to:
1. Demonstrate needling points on the upper back

Class Sequence
Hour 1- QUIZ 1
Hour 2-3 practice

Class Assignments:
READING:
pg. 144-153, 171-182.

Class 5

GOAL
Student will learn theory and technique of three-edge needle

OBJECTIVES
Upon the end of class, students will be able to:
1. Recognize and differentiate the theories of three-edge needle
2. Demonstrate the technique of three-edge needle

Class Sequence
Hour 1-2 three-edge needle technique (explanation and demonstration by instructor)
Hour 3- practice

Class Assignments:
READING:

Class 6

GOAL
Student will learn theory and technique of cutaneous needle

OBJECTIVES
Upon the end of class, students will be able to:
1. Recognize and differentiate the theories of cutaneous needle
2. Demonstrate the technique of cutaneous needle

**Class Sequence**
Hour 1, 2 - theory and manipulation methods of skin needle (explanation and demonstration by instructor)
Hour 3 - practice

**Class Assignments:**
READING:
1986 *Plum Blossom Needle Therapy*. Hong Kong: Medicine & Health Publishing CO.

### Class 7

**GOAL**
Student will learn basic theory and technique of "Gua Sha"

**OBJECTIVES**
Upon the end of class, students will be able to:
1. Recognize and differentiate the theories of "Gua Sha"
2. Demonstrate the technique of "Gua Sha"

**Class Sequence**
Hour 1-2 basic theory of "Gua Sha" (explanation and demonstration by instructor)
Hour 3 - practice

**Class Assignments:**
READING:
Arya Nielsen. 1999 *Gua Sha*. Churchill livingstone
Li Shaozhi, etc. 1998 *Chinese Therapeutic Methods of Acupoints*. Hunan Science & Technology Press. Pg 120-121

### Class 8

**GOAL**
Student will practice needling the points on the hip and lower back area

**OBJECTIVES**
Upon the end of class, students will be able to:
1. Demonstrate needling point on hip and lower back area

**Class Sequence**
Hour 1 QUIZ 2
Hour 2-3 practice

**Class Assignments:**
READING:
pg. 185-192. pg. 51.

### Class 9

**GOAL**
Student will learn the theory and technique of electric acupuncture

**OBJECTIVES**
Upon the end of class, students will be able to:
1. Recognize and differentiate the theories of electric needle
2. Demonstrate the technique of electric needle on legs

**Class Sequence**
Hour 1-2 electric acupuncture (explanation and demonstration by instructor)
Hour 3 practice

**Class Assignments:**
READING:
Seattle: Eastland Press. Pg431-433

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**Class 10**

**GOAL**
Student will learn electric acupuncture (continue)

**OBJECTIVES**
Upon the end of class, students will be able to:
1. Recognize and differentiate the theories of electric needle
2. Demonstrate the technique of electric needle on arms and trunk

**Class Sequence**
Hour 1-2 electric acupuncture (continue) (explanation and demonstration by instructor)
Hour 3 practice

**Class Assignments:**
READING:
Seattle: Eastland Press. Pg431-433

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**Class 11**

**GOAL**
Student will practice needling the points on the chest, abdominal and head area

**OBJECTIVES**
Upon the end of class, students will be able to:
1. Demonstrate puncture the points on the chest, abdominal area and head.

**Class Sequence**
Hour 1 demonstration on needling points on the chest, abdominal and head area by the instructor
Hour 2-3 practice

**Class Assignments:**
READING:
   pg. 139-149, 154-170. 193-208, 101-130.

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**Class 12**

**GOAL**
Final examination (comprehensive written and practical exams) is scheduled. Students will ask question regarding to the examination.

**OBJECTIVES**
Upon the end of class, students will be able to:

1. Review all teaching materials and techniques;
2. Integrate all methods and techniques and understand their indications and contra-indications;
3. Take final written and practical exams.

Class Sequence
Hour 1: written examination.
Hour 2 & 3 practical exams and answer questions

VII. SELECT BIBLIOGRAPHY

A. Books

B. Website: