

**Core
Curriculum
of
Traditional Chinese
Medicine**



The Association of Traditional Chinese Medicine (UK)

The Traditional Chinese Medicine Accreditation Board (UK)

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INTRODUCTION

The Accreditation Board of Traditional Chinese Medicine (TCMAB) recommends the following core curriculum as the minimum guideline for all courses of study providing Chinese medicine at professional licentiate level.

The core curriculum can be used by institutions that are:

- ❑ intending to set up a course of Chinese Medicine
- ❑ currently running a course and seeking accreditation for the purpose of registering graduates with a professional governing body

Because of the range of study and the demands of the profession, the course must be of equal length to a BSc degree and be defined within the range of higher education or its equivalent.

This document has been produced after a lengthy consultation period with Chinese medicine practitioners: university lecturers and researchers: orthodox medical practitioners and patients. The framework is a simplified version of the core curricula used in China, Korea and the United States. It is, therefore, a core curriculum that ensures licentiate education of Chinese medicine at an international level. It also reflects the demand for qualified Chinese medicine practitioners within the UK. Thanks to the special legal situation regulating the practice of Chinese medicine in UK, the UK now plays a leading role in Europe. This core curriculum document provides a prototype for a future European counterpart.

It sets out the educational standards required when training general practitioners well versed in the traditional theoretical and diagnostic approaches of Chinese medicine. Practitioners must be able to master integrated therapeutic solutions to common clinical conditions.

As programmes of education should be flexible to accommodate students from varying backgrounds and with differing needs, the curriculum is suitably

versatile. It has the scope to provide tailored alternatives, for instance, fewer modules taking less time than those designed for Chinese herbalists and acupuncturists. It also contains the fundamental requirements needed to assure the successful delivery of a core curriculum.

The Definition of Traditional Chinese Medicine (TCM)

TCM is a traditional medical system. It has a holistic approach to diagnosing, preventing and treating diseases by identifying patterns and then applying the individual or combined therapies of acupuncture and moxibustion: Chinese natural medicinal materials: *tuina*: *qigong*; and other techniques. Its most unique characteristics which distinguish it from 'orthodox' medicine are rooted in the "concept of holism - *zheng ti guan nian*" and "treatment according to syndrome differentiation - *bian zheng lun zhi*". It is essential to recognise that the fundamental theories of TCM includes those of Qi: Yin&Yang: the five elements: *zang-fu*: the four diagnostic methods and syndrome differentiation systems.

GENERAL REQUIREMENTS

The Aim of the Course:

The predominant aim of education in Chinese medicine should be to produce professional Chinese medicine practitioners, including traditional Chinese acupuncturist and herbalist, with the confidence and ability to become competent independent practitioners. Graduates should possess an all-around knowledge of Chinese medicine and relevant modern medicine. They should reach the general requirements of healthcare professionals in standards of both ethics and safety. The course should be clinically oriented and research minded. The synchronized development of both individuality

and knowledge should be emphasized. The traditional merits of Chinese medicine, such as caring, responsibility and dedication plus the modern qualities of humanity, confidentiality and respect, should be emphasised through out the whole of the course.

Length of Course

Based on the structure and demands of the Core Curriculum and the traditional arrangement of academic semesters in higher education, the course should be at least three years of full time study.

The length of part-time courses should be at least 5 years in order to provide the same teaching hours. Correspondence courses are not recommended.

The total teaching requirement is 3600 hours. The theoretical teaching hours may comprise of contact lectures, group discussion, laboratory demonstrations and 'self' or 'distance' learning. Furthermore, the self-learning should not account for more than 50% of the total hours or form part of the clinical training.

When training solely traditional Chinese acupuncturist or herbalists, the time required is two and half years: 3000 hours in total.

Admission Requirement

The entrance requirement of the programme is in line with other higher education health profession courses. Two 'A' levels or equivalent and, at least, one GCSE, or above, in biology is preferred.

Content and Method

The course should consist of all of the following modules. The structure of the syllabus in each course may differ but all the key parts should be included.

- ✓ History and Philosophy of Chinese Medicine
- ✓ Physiology of Chinese Medicine
- ✓ Aetiology and Pathology of Chinese Medicine
- ✓ Human Sciences - Anatomy, Histology and Physiology
- ✓ Diagnostics of Chinese Medicine
- ✓ Clinical Science: Pathology and Pharmacology
- ✓ Meridian Theory and Acupuncture Points
- ✓ Treatment Principle and Therapeutic Techniques
- ✓ Acupuncture and Tuina Technique
- ✓ Biochemistry and Nutrition
- ✓ Materia Medica (Ben Cao)
- ✓ Herbal Formulary
- ✓ Classics of Chinese Medicine
- ✓ Clinical Observation
- ✓ Applied Clinical Science
- ✓ Clinical Chinese Medicine -- Internal Medicine
- ✓ Clinical Chinese Medicine -- Gynaecology and Obstetrics, Paediatrics and Dermatology
- ✓ Understanding Research
- ✓ Professional Development (business, ethics, relative law)
- ✓ Supervised Clinical Practice

For solely Chinese acupuncture course the following modules are compulsory.

- ✓ History and Philosophy of Chinese Medicine
- ✓ Physiology of Chinese Medicine
- ✓ Aetiology and Pathology of Chinese Medicine
- ✓ Human Sciences - Anatomy, Histology and Physiology
- ✓ **Meridian Theory and Acupuncture Points**
- ✓ Diagnostics of Chinese Medicine
- ✓ Clinical Science: Pathology and Pharmacology

- ✓ Treatment Principle and Therapeutic Techniques
- ✓ **Acupuncture and Tuina Technique**
- ✓ Clinical Observation
- ✓ Applied Clinical Science
- ✓ Clinical Chinese Medicine -- Internal Medicine
- ✓ Clinical Chinese Medicine -- Gynaecology and Obstetrics, Paediatrics and Dermatology
- ✓ Understanding Research
- ✓ Professional Development (business, ethics, relative law)
- ✓ Supervised Clinical Practice

For those courses providing training solely for Chinese herbalist, the following modules are compulsory:

- ✓ History and Philosophy of Chinese Medicine
- ✓ Physiology of Chinese Medicine
- ✓ Aetiology and Pathology of Chinese Medicine
- ✓ Human Sciences - Anatomy, Histology and Physiology
- ✓ Diagnostics of Chinese Medicine
- ✓ Clinical Science: Pathology and Pharmacology
- ✓ **Biochemistry and Nutrition**
- ✓ **Materia Medica (Ben Cao)**
- ✓ **Herbal Formulary**
- ✓ **Classics of Chinese Medicine**
- ✓ Clinical Observation
- ✓ Treatment Principle and Therapeutic Techniques
- ✓ Applied Clinical Science
- ✓ Clinical Chinese Medicine -- Internal Medicine
- ✓ Clinical Chinese Medicine -- Gynaecology and Obstetrics, Paediatrics and Dermatology
- ✓ Understanding Research
- ✓ Professional Development (business, ethics, relative law)
- ✓ Supervised Clinical Practice

In terms of hours, the ratio of Chinese medicine modules to other course modules should be 60:40.

The teaching method should reflect the character of each individual module. Generally, teaching methods should be interesting, versatile, encouraging, reflective and clinically oriented. To assist retention, key points should be recited by the students. The teaching materials employed should reflect the latest developments in Chinese medicine generally as well as within the UK. They should also include different opinions. For any one module, there should be at least 2 or more key readings/reference books alongside the set handout or textbook.

Many modules require laboratory experience for demonstrating theory and gaining practical skills. Computerised teaching tools are also welcomed. Where laboratory experience is involved in a module, suitable guidelines/handbooks should be prepared prior to student enrolment.

Assessment

In line with the teaching policy, a variety of assessment procedures are encouraged. For all theoretical modules, 50% or more of the final mark or result should be drawn from written examination or experiment reports. Continuous, progressive assessment of homework, as well as group work, should contribute to the final mark of each module.

For every twelve hours of the self-teaching element, at least one report or essay should be submitted.

In clinical practice, 90% attendance is required. Clinical assessment should be made by the supervisor's constant review of the student's weekly or monthly report. A final assessment should be carried out by a randomly chosen, 'real case' assessment. A clinical examination panel should be responsible for organising the final assessment.

Outcomes

Upon completion of an accredited educational programme of Chinese medicine, a graduate should meet the following criteria in order to be accepted as a registered Chinese medicine practitioner, Chinese acupuncturist, or Chinese herbalist. He/she should:

- (i) Be capable of taking and interpreting a patient's case history. This should include the presenting and predisposing condition: past history: current medical diagnosis and drugs regime: psychological, social and family history.
- (ii) Be capable of conducting and interpreting the necessary diagnostic procedures including pulse reading, tongue examination and body palpation. The practitioner should have sufficient knowledge of anatomy, physiology, pathology and clinical medicine in order to carry out these procedures safely and interpret them competently.
- (iii) Be capable of making an appropriate disease-diagnosis and syndrome-differentiation diagnosis based upon Chinese medical concepts.
- (iv) Be aware of own limitations. In the context of knowledge/ understanding of medical science, the practitioner should be able to recognise clinical situations where it would not be adequate to use only Chinese medicine methods. In this situation, the practitioner should be able to provide suitable suggestions to assist the patient seek appropriate medical care.
- (v) Based on Chinese medicine disease-diagnosis and syndrome-differentiation, be capable of making a treatment plan including the treatment principles, methods and therapeutic choice.

- (vi) Have the appropriate practical skills to perform acupuncture treatment (general Chinese medicine practitioner and Chinese acupuncturist) and prescribe and dispense Chinese herbal medicine (general Chinese medicine practitioner and Chinese herbalist). This performance should comply with both safety and legal limitations. Be capable of dealing with unexpected situations.
- (vii) Be capable of communicating to the patient in a clear and professional manner an understanding of the disease, treatment plan and prognosis while being cognisant of the patient's own needs.
- (viii) Based on knowledge of Chinese medicine, be able to provide lifestyle consultation including dietary solutions.
- (ix) Be able to monitor the patient's progress and reaction to the treatment and, if necessary, re-evaluate the diagnosis and treatment plan.
- (x) Be able to systematically and accurately record all relevant information and details obtained. This should include a detailed treatment plan of the acupuncture and herbal formulae prescribed at every session. Be able to maintain and store these records for future reference in compliance with relevant legal requirements.
- (xi) Be able to evaluate any ethical considerations which might affect the practitioner/patient relationship regarding age, gender, race, confidentiality and financial position. Be aware of the possible need to seek help from other professional bodies or other related sources.
- (xii) Be fully conversant with all the contraindications of acupuncture and some herbal medicines. Be aware of the rare, but potentially serious adverse effects of using herbal medicines (Chinese acupuncturists)

excluded). To be familiar with the signs and symptoms of any adverse effects so they can be stopped in time.

- (xiii) Obey the professional code of ethics and practice and keep abreast of events by continuing to attend programmes of professional development.
- (xiv) Be able to dedicate him/her to public education and promote Chinese medicine and perspective on health.

CORE CURRICULUM FOR INDIVIDUAL MODULES

History and Philosophy of Chinese Medicine

Minimum hours: 60

Outcomes:

On completion of this module, the student should be able to understand:

- a. the cultural roots of Chinese medicine
- b. the philosophy guiding Chinese medicine
- c. and know general view of health and life in Chinese medicine

Syllabus Content:

- a. Major stages and aspects in the history of Chinese medicine
- b. Chinese medicine in modern China
- c. Chinese medicine in western countries
- d. Yin and Yang theory - the concept of mutual object, mutual dependent and the turnaround between them: the circle of Yin and Yang: the methodology of applying Yin-Yang to human body
- e. Five elements theory – concept of wood, fire, earth, metal and water: their nature and links: inter-relations: human system
- f. Qi theory - concept of Qi: origin of Qi: Yuan-Qi the origin of versatile world
- g. Disease-diagnosis and Syndrome differentiation: the unique system for recognizing diseases
- h. Holism - human-heaven relation: the unity of spirit and body: the unity of internal and external

Teaching method

Lectures, group discussion, group work, student-led seminars

Physiology of Chinese Medicine

Minimum hours: 70

Outcomes:

On completion of this module, the student should be able to master from the perspective of Chinese medicine:

- a. the vital materials in the body
- b. the functions of internal organs in Chinese medicine
- c. the functions and structure of meridian system

Syllabus Content:

- a. Vital materials of human body:

Qi - concept and function:

Primary Qi (yuan Qi): defensive Qi: Ying Qi: Pectoral Qi (zong Qi)

Blood

Body fluid

Yang-Qi and Yin-Qi

Essence

Relations between Qi and blood

- b. Viscera:

Zang viscera - heart: lungs: spleen: liver: kidney

Fu viscera - Stomach, small intestine, large intestine, gallbladder, urinary bladder, San-jiao

Extra viscera

- c. External organs:

Skin – vessels, tendons, bone, flesh, muscles

Orifices - eyes, ears, nose, mouth, tongue, face, throat, anus, uterus, and genitals

- d. Meridian system:

Twelve regular meridians

Eight extra meridians

- e. Beginning of human life:
 - collision of two essences produces Shen
 - shen form takes essence from the mother's body
- f. Life activities:
 - vitality (shen)
 - breath, sleep, food digestion, fluid distribution
- g. Life cycle:
 - Tianguai
 - male cycle
 - female cycle

Teaching method

Lectures, group discussion, group work, student-led seminars

Aetiology and Pathology of Chinese Medicine

Minimum hours: 70

Outcomes:

On completion of this module, the student should be able understand:

- a. causes of disease in different categories
- b. pathogenic mechanism in Chinese medicine
- c. basic pathology in Chinese medicine

Syllabus Content:

- a. Aetiology:
 - Exogenous factors:
 - Six climatic factors of wind, cold, summer-heat, dampness, dryness, fire
 - Epidemic factors
 - Endogenous factors: seven emotions
 - Other factors:

Dietary factors
Exertion and stalling
Sexual factor
Physical injury
Biological attack - insect, parasite, animal bite, etc

b. Pathogenic mechanism:

Genuine Qi and evil Qi
Overwhelming of evil Qi
Depletion of genuine Qi inviting attack
Evil Qi taking advantage of weak Qi
Latent evils
Chronic combat between genuine Qi and evil Qi

c. Pathology:

Imbalance of Yin and Yang
Impairing of Qi or/blood
Impairing of visceral function

d. Death:

Separation of Yin and Yang

Teaching method

Lectures, group discussion, group work, student-led seminars

Human Sciences: Anatomy, Histology and Physiology

Minimum hours: 120

Outcomes:

On completion of this module, the student will be able to understand:

- a. the structure of human body clearly
- b. basic cytology
- c. and know tissues and their functions
- d. systemic functions

Syllabus Content:

- a. Gross Anatomy:
skeletal, muscular, cardiovascular, respiratory, gastro-intestinal, urinary, reproductive, endocrinal, neurological and immune systems
- b. Cytology:
Structure and function of cells and their components
Replication of cells
- c. Histology:
Structure and function of tissues: epithelium, connective and membranes
- d. Physiology:
Circulation, respiration, digestion, neurohumoral regulation, and immunity
Growth, development and reproduction

Teaching method

Lectures, group discussion, group work, student-led seminars, laboratory session

Meridian system and acupuncture points**Minimum hours: 120****Outcomes:**

- On completion of this module, the student will be able to understand:
- a. the meridian system and its circulation, distribution and nomenclature
 - b. the structure of 12 regular meridians: Ren (conception) and Du (governing) Meridian

- c. master 250 common points on the above 14 meridians by location and action
- d. special points
- e. some common extra points
- f. and know international standard on point location

Syllabus Content:

- a. Meridian system
- b. Twelve regular meridians - the structure and function:
 - Hand Taiyang Lung Meridian (LU)
 - Hand Yangming large Intestine Meridian (LI)
 - Foot Yangming Stomach Meridian (ST)
 - Foot Taiyin Spleen Meridian (SP)
 - Hand Shaoyin Heart Meridian (HT)
 - Hand Taiyang Small Intestine Meridian (SI)
 - Foot Taiyang Urinary Bladder Meridian (UB)
 - Foot Shaoyin Kidney Meridian (KI)
 - Hand Jueyin Pericardium Meridian (PC)
 - Hand Shaoyang Sanjiao Meridian (SJ)
 - Foot Shaoyang Gallbladder Meridian (GB)
 - Foot Jueyin Liver Meridian (LR)
- c. Eight extra meridians
- d. Major classical points on 14 meridians (around 250 on 12 regular meridians, Du Meridian and Ren Meridian)
 - Location by anatomical, proportional, and experienced method
 - Action of the major points
 - Contra-indication of the points
- e. Special points:
 - Five-shu points
 - Eight converging points
 - Eight confluent points
 - Back-shu points
 - Front-mu points
- f. Commonly used extra-points: location and action
- g. Ear-acupuncture point: Chinese system

- h. Modern development of meridian and points
- i. WHO standard and Chinese National Standard on point location

Teaching method

Lectures, group discussion, group work, student-led seminars, laboratory sessions, group practical session (point-location), clinical observation.

Diagnostics of Chinese Medicine

Minimum hours: 100

Outcomes:

On completion of this module, the student will be able to

- a. master tongue-observation and pulse-taking
- b. understand other inspection methods
- c. understand eight-principle syndrome differentiation
- d. understand Qi-blood/body/fluid syndrome differentiation
- e. master visceral syndrome differentiation

Syllabus Content:

- a. Four inspection methods:
 - Observation:
 - Vitality, Colour, Shape, and movement
 - Face, body, movement
 - Tongue - formation of tongue picture
 - Normal tongue picture
 - Tongue body - colour, shape, movement, coating (fur), colour, quality and distribution
 - Interrogation:
 - Chief complaint
 - General information
 - Pain, itching, distension

Fever and chill
Sweating
Food - pattern, appetite, digestion
Urination and defecation
Drink and thirst
Sense organs
Breathing, physical movement
Sleep and dreams
Sexual performance and reproductive result
Menstrual pattern and vaginal discharge
Past medical history and western medicine diagnosis
Present Medication
Body development

- ❑ Smelling and listening
- ❑ Palpation
 - Skin touching—temperature, moisture, sensation
 - Abdominal palpation
 - Pulse taking
 - The formation of normal pulse
 - Method of pulse taking
 - Normal pulse
 - 28 common pulse patterns
 - Extreme pulses
 - Point palpation

b. Syndrome differentiation:

Eight Principles:

Qi-Blood/Fluid syndrome differentiation

Viscera (zang-fu) syndrome differentiation:

Heart syndromes

Lung syndromes

Spleen syndromes

Liver syndromes

- Kidney syndromes
- Complicated syndrome involving 2 or more viscera
- Fu-viscera syndromes
- Six-meridian syndromes
- Defensive Qi-Nutrient/Blood syndromes
- Triple jiao syndromes
- c. Case record
- d. Modern developments
- e. Understanding bio-medical findings
- f. Recognizing symptoms requiring referrals - cancer, contaminating disease, serious conditions

Teaching method

Lectures, group discussion, group work, student-led seminars, group practical sessions, and clinical observation.

Clinical Science—Pathology and Pharmacology

Minimum hours: 120

Outcomes:

On completion of this module, the student will be able to understand:

- a. pathogenic factors
- b. response patterns
- c. common pathological process
- d. basic drug actions
- e. know pharmaco-kinetics and pharmaco-dynamics

Syllabus Content:

- a. Aetiology:
 - Biological factors - virus, bacteria and others
 - Physical and chemical injuries
 - Genetic abnormality

- Degeneration
- Social and psychological factors
- Nutritional factors
- b. Concept of disease and its pattern
- c. Local and general response - inflammation, shock, fever, stress
- d. Disturbance of immune function, autoimmune and immune deflections
- e. Disorder of cell growth - cancer
- f. Genetic disorders
- g. Degenerative disorders
- h. Infection
- i. Principle of drug actions:
 - Receptor theory, specificity, second messengers, etc
- j. Principle of pharmaco-kinetics and pharmaco-dynamics
- k. Antibiotics
- l. Steroids
- m. Anti-inflammatory drugs

Teaching method

Lectures, group discussion, group work, student-led seminars, and laboratory sessions.

Biochemistry and Nutrition

Minimum hours: 90

Outcomes:

On completion of this module, the student will be able to understand:

- a. basic biochemical processes in human body
- b. major materials in human body
- c. and know water and energy metabolism
- d. and know nutrition factors and principle
- e. and know balanced diet and special diets

Syllabus Content:

- a. General understanding of biochemistry method
- b. Nucleic acid: DNA and RNA
- c. Enzymes
- d. Proteins and amino acids
- e. Carbohydrates
- f. Lipids
- g. Water and electrolytes and their metabolism
- h. Osmosis
- i. Catabolism and energy production
- j. General understanding of food and nutrition
- k. Energy value of food
- l. Protein intake
- m. Vitamins
- n. Fibre intake
- o. Minerals and trace elements
- p. Diet and its control

Teaching method

Lectures, group discussion, group work, student-led seminars

Materia Medica (ben cao)**Minimum hours: 120****Outcomes:**

On completion of this module, the student will be able to understand:

- a. nature and property of herbs
- b. and have general knowledge of herbs
- c. and master 150 important herbs: nature, action, indication
- d. 100 common herbs
- e. and know banned or limited herbs in use

Syllabus Content:

- a. General knowledge of Chinese herbal medicine
- b. Nature and property of Chinese herbs
 - Four Qi: cold, cool, warm, hot
 - Five flavours: sour, bitter, sweet, pungent, salty
 - Ascending, descending, sinking and floating
 - Meridian orientation
- c. Combination of herbs
- d. Dosage
- e. Identification, harvesting and storage
- f. Primary preparation of herbs
- g. Common Herbs for
 - relieving the exterior
 - clearing heat
 - precipitant
 - clearing dampness (resolving and draining dampness)
 - expelling wind and dampness
 - resolving phlegm and soothing coughs and asthma
 - regulating Qi
 - invigorating blood
 - stopping bleeding
 - warming the interior
 - tonifying Qi
 - tonifying Yang
 - tonifying Yin
 - tonifying blood
 - calming liver and suppressing wind
 - tranquillizing the mind
 - resolving food retention
 - astringing and consolidating

Teaching method

Lectures, group discussion, group work, student-led seminars, laboratory session, clinical observation

Herbal Formulary

Minimum hours: 100

Outcomes:

On completion of this module, the student will be able to understand:

- a. structure of formulae
- b. and know the forms of formulae
- c. and master 100 important typical formulae
- d. 100 common formulae
- e. and know commonly available manufactured formulae

Syllabus Content:

- a. General knowledge of formulary
- b. Structure of herbal formulae
- c. Adjusting the formulae
- d. Classification of formulae
- e. Forms of formulae
- f. Preparation and administration
- g. Typical models of formulae:
Formulas for -
relieving the exterior
clearing heat
precipitation
harmonising
expelling dampness
expelling wind and dampness
resolving phlegm and soothing coughs and asthma
regulating Qi
invigorating blood
stopping bleeding
warming the interior
tonifying
moistening

suppressing wind
tranquilizing the mind
resolving food retention
astringing and consolidating

Teaching method

Lectures, group discussion, group work, student-led seminars, laboratory session, clinical observation

Treatment Principle and Therapeutic Techniques

Minimum hours: 120

Outcomes:

On completion of this module, the student will be able to understand:

- a. and master the principle of Chinese treatment
- b. the major treatment method
- c. all therapies
- d. and know how to choose therapies
- e. integrated treatment plan
- f. and master the point selection under treatment plan

Syllabus Content:

- a. treatment principle:
treatment in accordance with the season, locality and individuality
treatment at the beginning rather the end
supporting Genuine Qi or expelling evil Qi
treatment of the branch or the root
straightforward treating or paradoxical treating
- b. treatment methods:
sweating
vomiting
draining

- harmonising
- warming
- clearing
- tonifying
- reducing
- c. treatment plan:
 - combining treatment of both syndrome and disease
 - treating acute diseases
 - treating chronic diseases in different stages
 - treating latent disease
 - rehabilitation
- d. therapeutic choice, indications of:
 - herbal medicine
 - internal administrated herbs
 - external applied herbs
 - acupuncture
 - moxibustion
 - cupping
 - tuina
 - Qigong and taiji
 - others
- e. combining therapies into treatment plan
- f. acupuncture point selecting:
 - points according to meridian theory
 - according to syndrome
 - points according to disease
 - points according to symptoms
 - combining local and distal points

Teaching method

Lectures, group discussion, group work, student-led seminars, laboratory session, clinical observation

Acupuncture and Tuina Techniques

Minimum hours: 120

Outcomes:

On completion of this module, the student will be able to understand:

- a. and master the manipulation of needling
- b. and master the method of moxibustion
- c. cupping technique, ear-acupuncture, electro-acupuncture
- d. and know method of blood-letting and Guasha
- e. and master basic Tuina techniques
- f. and master the safety principle

Syllabus content

- a. needle insertion:
 - preparation
 - inserting technique
 - depth
 - duration
 - manipulation, tonifying and reducing
 - withdrawal
- b. moxibustion:
 - material and equipment
 - direct moxibustion
 - indirect moxibustion
 - other moxibustion
- c. Cupping:
 - equipment
 - firing cupping
 - pump cupping
 - contraindications
- d. Blood-letting
- e. ear acupuncture
- f. electric acupuncture
- g. Guasha (scratching)

- h. Tuina technique:
 - Rolling
 - Pushing
 - Grasping
 - Rotating
 - Finger-pressing
 - Hand-pressing
 - One finger zen manipulation (yi zhi chan)
 - Pulling
 - Twisting
 - Shaking
 - Rubbing
 - Separating
 - Chopping
 - Tapping
 - Hollow-hand clapping
 - Combined manipulation
- i. Tuina exercise:
 - Posture - standing
 - Arms and hands exercises
 - Qigong
- j. Acupuncture equipment:
 - maintaining and sterilizing
 - electric equipment and relative regulation
 - discharging medical sharp
 - treatment room requirements
- k. safety and emergencies:
 - first aid
 - acupuncture faint and others
 - cleaning blood stains
 - protecting the practitioner

Teaching method:

Mainly practical sessions, including demonstration, supervised practice, group practice, group exercises, and classroom lectures.

Clinical Observation**Minimum hours: 400****Outcomes:*****On completion of this module, the student will be able to:***

- a. know all clinical routines
- b. conduct independent history taking
- c. use acupuncture safely
- d. work in herbal dispensary effectively
- e. make primary diagnosis on both disease and syndrome differentiation
- f. make treatment plan under guidance
- g. be ready to go into supervised clinical practice (internship)

Syllabus Content:

- a. all round observation of senior practitioners
- b. practising history taking under guidance
- c. practising point locating
- d. practising pulse-taking
- e. practising tongue and other inspecting methods
- f. writing case histories and visiting records
- g. practising acupuncture on each other in group under supervision
- h. practising acupuncture on selected patients under supervision
- i. learning session time control
- j. learning treatment room maintenance
- k. observing herbal dispensing
- l. receptionist training

- m. observing other therapies - cupping, moxibustion, tuina, blood-letting, ear-acupuncture, electro-acupuncture
- n. developing confidence and ability to carry out whole consultation and treatment session

Teaching method

Group observation, group history-taking, duty-shift maintenance of treatment room, duty-shift herb dispensing, group discussion, mini-lectures on clinical topics

Applied Clinical Science

Minimum hours: 180

Outcome:

- On completion of this module, the student will be able to understand:
- a. diagnostic principles of western medicine
 - b. classification of diseases in western medicine
 - c. and master some common clinical conditions - diagnosis and treatment in western medicine
 - d. clinical character of some therapies and drugs
 - e. know unstoppable treatment of drugs

Syllabus Content:

- a. diagnostics:
 - physical examination, common laboratory tests, ECG, X-rays, ultrasound scan, CT-scan, MRI, endoscopes, genetic testing
- b. common diseases/disorders studies:
 - musculo-skeletal
 - cardiovascular
 - respiratory
 - gastrointestinal
 - urinary
 - neurological
 - endocrine and metabolic

- blood and lymph
- gynaecological
- skin problems
- problems of eye, ear, nose and throat
- c. counselling and communication skills
- d. epidemiological evidence of disease, incidence of disease, risk evaluation, prognosis
- e. hormone replacement
- f. chemotherapy and radiotherapy

Teaching method

Lectures, group discussion, group work, student-led seminars, laboratory session, clinical observation.

Clinical Chinese Medicine -- Internal Medicine

Minimum hours:150

Outcomes:

On completion of this module, the student will be able to:

- a. master the diagnosis and treatment of common conditions in internal medicine
- b. understand the supportive treatment of some diseases and those not suitable for treatment by Chinese medicine alone
- c. understand the collaborative treatment of those diseases in Chinese medicine

Syllabus Content:

- a. respiratory conditions
- b. gastro-intestinal conditions
- c. liver and gallbladder conditions
- d. neurological conditions

- e. cardiovascular conditions
- f. urinary and genital conditions
- g. rheumatological conditions
- h. fluid and blood conditions
- i. psychological and emotional conditions
- j. supportive oncology
- k. metabolic conditions
- l. immune problems
- m. ear, eye, nose and throat problems

Teaching method

Lectures, group work, clinical observation, case reports and discussion.

Clinical Chinese Medicine -- Gynaecology and Obstetrics, Paediatrics,

Dermatology

Minimum hours: 150

Outcomes:

On completion of this module, the student will be able to:

- a. master the diagnosis and treatment of major gynaecological problems
- b. understand common obstetrical conditions
- c. understand common paediatric diseases
- d. master major skin diseases

Syllabus Content:

- a. Gynaecology:
 - menstrual problems
 - amenorrhoea
 - leucorrhoea
 - infertility
 - premenstrual syndrome

- endometriosis
- pelvic inflammatory disease
- b. Obstetrics:
 - pregnancy, general knowledge
 - morning sickness
 - threatened abortion and habitual abortions
 - insufficient lactation
 - postnatal care
- c. Paediatrics:
 - infantile diarrhoea
 - enuresis
 - retardation of development
 - night fright
- d. Dermatology:
 - eczema
 - psoriasis
 - acne
 - herpes zoster
 - herpes simple
 - rosacea
 - urticaria
 - alopecia

Teaching method

Lectures, group work, clinical observation, case reports and discussion

Research

Minimum hours: 60

Outcomes:

On completion of this module, the student will be able to:

- a. understand the importance of research in Chinese medicine

- b. understand research findings
- c. tell the difference between a variety of research methods
- d. know the western gold standard of research and its suitability in relation to Chinese medicine
- e. understand the evidence-based research method
- f. successfully use basic knowledge needed to design a research project

Syllabus Content:

- a. research in Chinese medicine—modern method
- b. adoption of western medicine research methods into Chinese medicine research
- c. evidence based research
- d. designing a research project
- e. data collection and processing
- f. qualitative and quantitative methods
- g. reading reports

Teaching method

Lectures, group discussion, group work.

Classics of Chinese Medicine

Minimum hours: 120

Outcomes:

On completion of this module, the student will be able to understand:

- a. cultural root of Chinese medicine
- b. philosophy guiding Chinese medicine
- c. and know the influence of Daoism on Chinese medicine
- d. and know the source and meaning of some famous opinions from classic texts

Syllabus Content:

- a. Itching (Yi Jing, Law of Chang)
- b. Internal Classic (Huang Di Nei Jing)
- c. Cold-Attack Diseases (Shang Han Lun)
- d. Golden Chamber Synopsis (Jing Gui Yao Lue)
- e. Febrile Disease Discussed in Detail (Wen Bing Tiao Bian)
- f. Daoism and its influence on Chinese medicine
- g. Confucianism and its influence on Chinese medicine

Teaching method

Lectures, group discussion, group work, student-led seminars

Professional Development (business, ethics, relative law)**Minimum hours: 60****Outcomes:**

- On completion of this module, the student will be able to understand:
- a. and know the legal aspects of Chinese medicine in UK
 - b. and know the non-diagnosis-treatment side of Chinese medicine practice
 - c. understand the nature of managing a Chinese medicine practice

Syllabus Content:

- a. patient-practitioner relationship
- b. confidentiality and release of data
- c. referral
- d. continual professional development
- e. professional misconduct
- f. informed consent
- g. legal situation of Chinese medicine
- h. business issues:
small business/self-employment management

- taxation
- accounts and bookkeeping
- i. record keeping
- j. insurances
- k. medical sociology: ethnicity, gender, family, stigma
- l. structure and funding of NHS

Teaching method

Lectures, group discussion, group work, student-led seminars

Supervised Clinical Practice

Minimum hours: 600

Outcomes:

- On completion of this module, the student will be able to
- a. complete whole consultation and treatment session in Chinese medicine practice
 - b. fully understand holism and integrated approaches in Chinese medicine practice
 - c. provide patient with suggestions relating to his/her own diet, lifestyle, etc
 - d. practise safely
 - e. start own independent practice
 - f. demonstrate experience in different clinical fields
 - g. display competence required to be a registered practitioner

Syllabus Content:

- e. introduction of internship and supervisory system
- f. integrated practice of herbal, acupuncture and other therapies
- g. making independent diagnosis
- h. prescribing herbs in formula
- i. making independent treatment plan

- j. carrying out treatment session under supervision
- k. carrying out whole clinical session independently under supervision
- l. improving time control skills
- m. practising herbal dispensing under supervision
- n. practising front desk service under supervision
- o. practising treatment room and equipment management
- p. developing personal professional image
- q. case reports
- r. case presentation
- s. health advice: life style and nutrition

Teaching method:

The students experience at least 24 weeks of clinical internship (four days a week in clinic and one day for reviewing and case reporting). During the internship, a student should follow at least 3 supervisors to learn different clinical styles. If the student's first clinic specialises in specific diseases, a general clinic dealing with a cross-section of conditions must also be chosen to broaden his/her experience.

At the beginning of the internship, the students should be closely supervised. While progressing, the students are encouraged to act with more initiative and less dependence upon supervisors. Intervention from supervisors should be gradually reduced and finally withdrawn by the end on a normal schedule.

Case discussion is the most useful method after supervised clinical practice. Also, special seminars should be organized by the chief/principal supervisor.

If possible, one morning a week a case report meeting should be programmed in. In this meeting, one or two difficult cases should be discussed. A senior practitioner and a student should both present their opinions. Others should have the chance to express their opinions. During the internship, a student should have at least one opportunity to present a case.

Suggested Modules/Seminars Choices

General Understanding of Chinese Acupuncture (Chinese Herbalist Course Only)

General Knowledge of Chinese Herbs (Chinese Acupuncturist Course Only)

Study of Other Complimentary Medicine/Therapies

Chinese Language - Mandarin

Variation of Chinese Medicine - Kampo and Korean Medicine

Time Acupuncture and Time Medicine

Modern Research of Acupuncture

French Ear Acupuncture

Taiji and Qigong Exercises

Modern Research of Herbs

Regulation of Chinese medicine outside UK

Research into Ancient Documents

Scientific or Western Acupuncture

Rehabilitation—integrated Chinese and Western Approach

Male and Female Sexual Problems