

Core Curriculum



The Association of Traditional Chinese Medicine and Acupuncture UK

The Traditional Chinese Medicine Accreditation Board (UK)

The Address of the Association of Traditional Chinese Medicine and Acupuncture UK:

ATCM
Suite 1; The Brentano Suite
Solar House
915 High Street
London
N12 8QJ
UK
Tel/Fax: 0208 457 2560
Email: info@atcm.co.uk

Website: www.actm.co.uk

The Address of Traditional Chinese Medicine Accreditation Board (UK):

TCMAB
Suite 1; The Brentano Suite
Solar House
915 High Street
London
N12 8QJ
UK
Tel/Fax: 0208 457 2560
Email: info@atcm.co.uk

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Introduction

The Traditional Chinese Medicine Accreditation Board (TCMAB) recommends the following core curriculum as the guideline of minimum requirements for Traditional Chinese Medicine (TCM) courses. The TCM courses consist of Chinese herbal medicine and acupuncture, or a single part of either, at professional licentiate level. The core curriculum can be used by institutions that:

- Intend to set up a course of Chinese Medicine;
- Are currently running a course of Chinese medicine and seeking accreditation for the purpose of registering graduates with a professional governing body.

Considering the nature and diversity of the range of TCM studies and the demand on quality from the profession, the minimum requirement of accredited courses must be of a bachelor degree level or its equivalent, which is defined by QAA at level 6.

This document has been produced and revised after lengthy consultation and feedback from Chinese medicine practitioners, teaching institutions, researchers, medical practitioners, patients, and relevant professional bodies. The current Core Curriculum framework is a unique development arising from years practice of accreditation and teaching/learning practice under the previous edition of the core curriculum, which itself was based on the essence of core curricula obtained from worldwide sources. It is, therefore, a core curriculum that ensures licentiate standard of education in Chinese medicine at an internationally recognised level. It also reflects the demand for qualified Chinese medicine practitioners within the UK. Feedback that the TCMAB has received shows great confidence in the standard set.

This curriculum emphasises the value of traditional, theoretical and diagnostic approaches of Chinese medicine. Practitioners must be able to master integrated therapeutic solutions to common clinical conditions. They must demonstrate proficiency in both professional practice and ethical standards, and place the safety of their patients and the general public at the paramount level.

As programmes of education should be flexible to accommodate students from various backgrounds and with different 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.

General Requirements

The Aim of the Course

The predominant aim of education in Chinese medicine is to produce professional Chinese medicine practitioners, including traditional Chinese acupuncturists and herbalists, with the confidence and competence of independent practice. Graduates from accredited courses should possess sufficient knowledge of Chinese medicine and western medicine relevant to their professional practice. The graduates should have reached the general requirements of ethics and safety standards set by healthcare professionals. The course should be clinically centred and research informed. The evidence based practice and post-registration continuous professional development (CPD) should be facilitated. The synchronized development of both individuality and

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

Length of Course

Based on the structure and demands of the Core Curriculum and the traditional arrangement of academic semesters in a higher educational setting, the course should be normally 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/learning requirement is 4200 hours. The theoretical teaching hours may comprise of contact lectures, group discussions, laboratory demonstrations and a variety of structured learning.

With regards to courses focused on Acupuncture only, the total teaching/learning time should be normally at least 3000 hours, and for herbal medicine only, the total hours should be normally 3200 hours at least, with no less than two and half years in length.

Admission

The entry requirement of the programmes 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. English and mathematics must be at grade "C" or equivalent at GCSE level. For candidates whose first language is not English, the English should reach a level of 6.5 in IELTS or its equivalent. All candidates should demonstrate

their suitability in terms of criminal records and professional fitness to practice policy.

Recommended Modules and Teaching Learning Hours

1 TCM Foundation	800
• History and Philosophy of Chinese Medicine	50
• Physiology of Chinese Medicine	100
• Aetiology and Pathology of Chinese Medicine	100
• Diagnostics of Chinese Medicine	220
• Syndrome Differentiation and Treatment Principles	230
• Classics of Chinese Medicine	100
2 Biomedical Sciences	600
• Human Sciences – Anatomy and Physiology and Nutrition	220
• Clinical Science: Pathology and Pharmacology	180
• Diagnostics and Treatment Principles	200
3 Professionalism and research	400
• Research	220
• Professional Development	180
4.1 Acupuncture	800
• Meridian Theory and Acupuncture Points	250
• Acupuncture Techniques	250
• Clinical Acupuncture	300
4.2 Herbal Medicine	900
• Chinese Materia Medica	250
• Herbal Formulary	250
• Clinical Chinese Medicine	400
5 Clinical Practice	(Various)
• Supervised Clinical Practice - Acupuncture	400
• Supervised Clinical Practice - Chinese Herbal Medicine	500
• Supervised Clinical Practice – TCM	700
Total Hours required for Acupuncture course	3000

progressive assessment of homework, as well as group work, should contribute to the final mark of each module where appropriate.

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

In clinical practice, the total clinical hours must be fulfilled according to the requirement set up in this document. Part of the clinical assessment should be made by the supervisor's constant review of the student's report, regularly. A final assessment should be carried out using a randomly chosen, real case assessment. A panel should be responsible for conducting this final assessment.

Overall Learning 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 conditions, past history, current medical diagnosis and drugs regime, 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 the limit of competence. In the context 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 in seeking appropriate medical care;
- (v) Be capable of making a treatment plan including the treatment principles, methods and therapeutic choice;
- (vi) Where applicable, have appropriate practical skills to perform acupuncture treatment, and prescribe and dispense Chinese herbal medicine safely and legally. Be capable of dealing with unexpected incidents;
- (vii) Be capable of communicating to patients in a clear and professional manner; to facilitate the patients 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 advice;
- (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 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 herbal medicines. Be aware of the rare, but potentially serious adverse effects of using herbal medicines (Chinese acupuncturists excluded). Be familiar with the signs and symptoms of common adverse effects. Be familiar with the Yellow Card system for reporting possible side effect of herbal medicine, where applicable;
- (xiii) Comply with the professional code of ethics and practice and keep abreast of events by continuing to attend programmes of professional development. Be familiar with CPD requirements of professional bodies and any future regulator;
- (xiv) Be committed to promote Chinese medicine in healthcare; be aware of the regulations in advertising related to healthcare and Chinese medicine.

Recommended Structure of Modules

1. History and Philosophy of Chinese Medicine

Minimum hours: 50

Outcomes:

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

- a. the cultural roots of Chinese medicine
- b. the philosophic foundation of Chinese medicine
- c. the general view of health and life in Chinese medicine

Syllabus Content:

- a. Major stages and schools in the ancient development of Chinese medicine
- b. Modern development of Chinese medicine
- c. Yin and Yang theory
- d. Five elements theory
- e. Qi theory - concept of Qi, origin of Qi, Yuan-Qi, the origin of the world
- f. Syndrome pattern differentiation: the unique system for recognising diseases
- g. Holism: human-heaven relationship, the unity of spirit and body, the unity of internal and external

Teaching method

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

2. Physiology of Chinese Medicine

Minimum hours: 100

Outcomes:

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

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

Syllabus Content:

- a. Vital materials of human body:

Qi: 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, throat, anus, uterus, and genitals

- d. Meridian system:

Twelve regular meridians

Eight extra meridians

- e. Life activities:

Vitality (shen)

Breath, sleep, food digestion, fluid distribution

- f. Life cycle:
 - Tian-gui
 - Male cycle
 - Female cycle

Teaching method

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

3. Aetiology and Pathology of Chinese Medicine

Minimum hours: 100

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—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 pathogenic Qi

Overwhelming of pathogenic Qi

Depletion of genuine Qi inviting attack

Pathogenic Qi taking advantage of weak Qi

Latent pathogens

Chronic combat between genuine Qi and pathogenic 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

4. Human Sciences: Anatomy and Physiology

Minimum hours: 220

Outcomes:

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

a. Understand the structure of human body clearly

b. Know basic cytology

c. Know tissues and their functions

d. Understand systemic functions

e. Understand the biochemistry base for nutrition theory

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 tissues and membranes

d. Physiology:

Circulation, respiration, digestion, neurohumoral regulation, and immunity

Growth, development and reproduction

e. Biochemistry and nutrition

Proteins, carbohydrates, lipids, vitamins, , minerals and fibre

Teaching method

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

5. Meridian and Acupuncture Points

Minimum hours: 250

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 and Ren and Du channels

- c. Master common points on the above 14 meridians by location and action
- d. Special point categories
- e. Common extra points

Syllabus Content:

- a. Meridian system
- b. Twelve regular meridians - the structure and functions
- c. Eight extra meridians
- d. Major acupuncture points on 14 meridians (around 180 on 12 regular meridians, Du Meridian and Ren Meridian)
Location and action of the major points, contra-indications 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 points: Chinese system

Teaching method

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

6. Chinese Medicine Diagnostics

Minimum hours: 220

Outcomes:

- On completion of this module, the student will be able to
- a. Understand the principles guiding the diagnosis processes
 - b. Apply tongue-observation

- c. Apply pulse-taking
- d. Discuss the method of enquiring into common symptoms
- e. Discuss the clinical implication of the common symptoms

Syllabus Content:

- a. General principles guiding the diagnosis
- b. Observation:
 - Vitality, Colour, Shape, and movement
 - Face, body, movement
 - Tongue observation
- c. Interrogation/questioning:
 - Chief complaint
 - General information/systematic questioning
 - Past medical history and western medicine diagnosis
 - Present medication
- d. Palpation
 - Touching—temperature, moisture, sensation
 - Abdominal palpation
 - Pulse taking
 - Point palpation
- e. Smelling and listening
- f. Case record
- g. Understanding bio-medical findings
- h. Red flags - recognizing symptoms requiring referrals - cancer, contagious disease, serious conditions

Teaching method

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

7. Clinical Science—Pathology and Pharmacology

Minimum hours: 180

Outcomes:

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

- a. Discuss pathogenic factors
- b. Describe basic biochemical-physiological parameters underlying the human response to diseases
- c. Understand common pathological process
- d. Understand basic drug actions
- e. Differentiate pharmacokinetics and pharmacodynamics

Syllabus Content:

- a. Aetiology
- b. Biomedical disease concept, and biomedical-pharmacological parameters associated with them as well as to link disease patterns
- c. Local and general response: inflammation, shock, fever, stress
- d. Disturbance of immune function, autoimmune and immune dysfunctions
- e. Cancers
- f. Genetic disorders
- g. Degenerative disorders (including aging related disorders)
- h. Infections
- i. Principles of drug actions
- j. Principles of pharmacokinetics and pharmacodynamics
- k. Commonly prescribed medicines

Teaching method

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

8. Chinese Materia Medica

Minimum hours: 250

Outcomes:

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

- a. Understand the nature and property of herbs
- b. Apply 150 important herbs in practice
- c. Be aware of banned and restricted herbs

Syllabus Content:

- a. General knowledge of Chinese herbal medicine
- b. Nature and property of Chinese herbs
 - Four Qi, Five flavours, Ascending and descending, sinking and floating,
 - Meridian orientation
- c. Combination of herbs
- d. Dosage
- e. Identification and storage
- f. Primary preparation of herbs
- g. Common Herbs for
 - Relieving the exterior
 - Clearing heat
 - Purgatives
 - 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 blood
- Tonifying Yin
- Calming liver and suppressing wind
- Tranquillizing the mind
- Resolving food retention
- Astringing and consolidating

Teaching method

Lectures, group discussion, group work, student-led seminars, dispensary practical session, and clinical observation

9. Chinese Herbal Formulary

Minimum hours: 250

Outcomes:

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

- a. Analyse the structure of formulae
- b. Discuss herbal medicine formulation
- c. Apply 100 common formulae in practice
- d. Discuss regulation issues in Chinese medicine

Syllabus Content:

- a. Classification of formulae
- b. Structure of herbal formulae
- c. Formulation and administration
- d. Modification of formulae
- e. Common formulae:
 - Relieving exterior
 - Clearing heat
 - Purgative

- 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, herbal dispensary training sessions, and clinical observation

10. Syndrome Differentiation and Treatment Principles

Minimum hours: 230

Outcomes:

- On completion of this module, the student will be able to:
- a. Discuss the principles of Chinese diagnosis and treatment
 - b. Apply the Zang-fu syndrome pattern system
 - c. Debate commonly used syndrome differentiation
 - d. Understand therapeutic techniques in Chinese medicine
 - e. Develop treatment plans

- f. Prescribe acupuncture points and/or herbal medicines accordingly

Syllabus Content:

- a. Introduction to syndrome pattern systems
- b. Zang-Fu syndrome pattern system
- c. Other syndrome pattern systems
 - o Eight principle syndromes
 - o Wei-Qi-Ying-Xue syndromes
 - o Six meridian syndromes
 - o Meridian syndrome
 - o Sanjiao syndromes
 - o Qi-Xue-Jin-Ye syndromes
- d. Treatment principles:
 - o Individualised treatment plan
 - o Treatment and prevention
 - o Supporting Genuine Qi and/or expelling pathogenic Qi
 - o Branch and root
 - o Straightforward treating or paradoxical treating
- e. The Eight Treatment Methods:
 - o Sweating
 - o Vomiting
 - o Purging
 - o Harmonising
 - o Warming
 - o Clearing
 - o Tonifying
 - o Reducing
- f. Treatment plan:
 - o Combining treatment of both syndrome and disease
 - o Treating acute diseases
 - o Treating chronic diseases in different stages

- Treating latent disease
- Rehabilitation
- g. Therapeutic choice, indications of:
 - Herbal medicine
 - Internally administrated herbs
 - Externally applied herbs
 - Acupuncture
 - Moxibustion
 - Cupping
 - Tuina
 - Qigong and Taiji
- h. Selection of herbal formulae and prescriptions
- i. Selection of acupuncture points

Teaching method

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

11. Acupuncture Techniques

Minimum hours: 250

Outcomes:

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

- a. Debate safe practice issues
- b. Manipulate needles
- c. Apply moxibustion, cupping, ear-acupuncture, electro-acupuncture

Syllabus content

- a. Clinic setting and preparation
- b. Needling skills

Needle selection, insertion, manipulation, retention and withdrawal; tonifying and reducing techniques, safe disposal of used needles

c. Moxibustion:

Materials and equipment

Safe application of moxibustion

Moxibustion techniques

d. Cupping

Materials and equipment

Safe practice of cupping

Cupping techniques

e. Ear acupuncture

f. Electro-acupuncture

g. Dealing with incidence

Teaching methods:

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

12. Applied Clinical Science (Diagnostics and Treatment Principles)

Minimum hours: 200

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. Master some common clinical conditions - diagnosis and treatment in western medicine

- d. Clinical character of some therapies and drugs
- e. Know the limitations of Chinese medicine in certain conditions

Syllabus Content:

- a. Diagnostics: physical examination, common laboratory tests, ECG, X-rays, ultrasound scan, CT-scan, MRI scan, endoscopic examination, genetic testing.
- b. Common diseases/disorders studies:
 - o musculo-skeletal
 - o cardiovascular
 - o respiratory
 - o gastrointestinal
 - o urinary
 - o neurological
 - o endocrine and metabolic
 - o blood and lymphatic
 - o gynaecological
 - o skin problems
 - o problems of the 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, and clinical observation.

13. Clinical Chinese Medicine

Minimum hours: 400

Outcomes:

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

- a. Make diagnosis and treatment plan for common conditions
- b. Apply the diagnosis and treatment of major gynaecological problems
- c. Understand common obstetrical conditions
- d. Understand common paediatric diseases
- e. Apply to major skin diseases

Syllabus Content:

- a. The division of clinical practice
- b. Common conditions in various systems
- c. Psychological and emotional conditions
- d. Supportive oncology
- e. Addicts and withdrawal syndromes
- f. Common gynaecological conditions
- g. Male problems
- h. Common obstetric conditions
- i. Common paediatric conditions
- j. Common skin conditions

Teaching method

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

14. Research Module

Minimum hours: 220

Outcomes:

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

- a. Understand and appreciate research findings in Chinese medicine
- b. Discuss various research methods
- c. Debate clinical trial methods and their significance in Chinese medicine
- d. Apply research findings as evidence for practice
- e. Design a research project

Syllabus Content:

- a. Research methods in Chinese medicine
- b. Qualitative and quantitative methods
- c. Data collection and processing
- d. Evaluation of research reports
- e. Research project design

Teaching method

Lectures, group discussion, group work.

15. Classics of Chinese Medicine

Minimum hours: 100

Outcomes:

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

- a. Criticize how and why ancient TCM practitioners created certain principles of treatment for common diseases.
- b. Critically appraise the classical theories of seasonal diseases.
- c. Compare present conditions against the development of ancient practitioners' ideas and their scientific basis.
- d. Understand the cultural root of Chinese medicine
- e. Understand the philosophy guiding Chinese medicine

- f. Understand the influence of Daoism and Confucianism on Chinese medicine
- g. Understand the source and meaning of some famous opinions from the classic texts

Syllabus Content:

- a. 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. Confucianism and its influence on Chinese medicine
- g. Daoism and its influence on Chinese medicine

Teaching method

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

16. Professional Development (business, ethics, relative law)

Minimum hours: 180

Outcomes:

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

- a. The regulations of Chinese medicine practice in UK
- b. The regulations on promotion of Chinese medicine practice
- c. Apply the basic management skills in operating a Chinese medicine practice
- d. The ethical considerations in practice, the patient's rights, the protection of the patient's personal information

Syllabus Content:

- a. Patient-practitioner relationship
- b. Confidentiality and personal data protection
- c. Referral and professional networking
- d. Continual professional development (CPD)
- e. Professionalism and misconduct
- f. Informed consent
- g. Legal situation of Chinese medicine
- h. Business issues: small business/self-employment management, taxation, accounts and bookkeeping
- i. Health and safety regulations related to the practice of Chinese medicine
- j. Advertising regulations related to Chinese medicine
- k. Insurance
- l. Medical sociology: ethnicity, gender, family, stigma
- m. Structure and funding of NHS

Teaching method

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

17. Clinical Acupuncture

Minimum hours: 300

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

- a. Apply the acupuncture treatment to common conditions
- b. Formulate a comprehensive health management plan for common conditions, integrating nutrition and lifestyle into acupuncture practice
- c. Apply acupuncture in preventative and constitutional practice

- d. Follow up the treatment and make a judgement of the treatment result

Syllabus Content:

- a. Common conditions in various systems
- b. Psychological and emotional conditions
- c. Supportive oncology
- d. Addicts and withdrawal syndromes
- e. Common gynaecological conditions
- f. Male problems
- g. Common obstetric conditions
- h. Common skin conditions

Teaching method

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

18. Supervised Clinical Practice

Minimum hours: 700

(Acupuncture course 400, Chinese herbal medicine course 500)

Outcomes:

- On completion of this module, the student will be able to
- a. Complete a whole consultation and treatment session in Chinese medicine/acupuncture/herbal medicine practice independently
 - b. Apply a Chinese medicine-lead and integrated approach to help patients in clinical practice
 - c. Provide patients 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. Demonstrate the competence for professional registration

Syllabus Content:

- a. Clinical setting and working environment
- b. Clinical policies and codes of practice and conduct
- c. Emergency and health and safety education
- d. Supervision system
- e. Mirroring supervisor's practice
- f. Integrated practice of herbal, acupuncture and other therapies where appropriate
- g. Making an independent diagnosis
- h. Prescribing herbs in a formula where appropriated
- i. Making an independent treatment plan
- j. Carrying out a whole clinical session independently under supervision
- k. Time management skills
- l. Practising herbal dispensing under supervision where appropriate
- m. Developing a personal professional image
- n. Case reports and presentation
- o. Health advice: life style and nutrition

Teaching/learning method:

The student should be placed in an approved teaching clinic under the supervision of an approved supervisor. The observation stage could be integrated from the beginning of the course, as we consider that the early engagement of students with patients is of great benefit in the development of clinical experience. However, in the advanced stage of the clinical training, the supervised practice on patients should

be completed in an academic year without interruption, and at the final stage, the student must be given an opportunity to practice individually under supervision for the development of her/his independence.

Only practice in direct proximity to a patient should be included in assessing the total clinical hours. During the internship, a student should follow at least 3 supervisors to learn different clinical styles. The teaching institute has a duty to make sure that the student in the clinical practice stage should spend at least half of the total hours in a general clinical setting, not limited to a specialised area, i.e., pain clinic, or IVF assistant, to make sure that the student is developing appropriate all-around 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 of a normal schedule. Before finishing clinical practice, a student must practice independently for at least 6 sessions in order to be ready for practice assessment.

Case discussion is the most useful method after supervised clinical practice. In addition, group discussion/peer review/group case analysis should be organized by the chief/principal supervisor. Case studies should be used as a main measure to monitor the progress of the students in competence.

Reflective learning should play a key role in personal development during this stage. All students should produce reflective reports, in the form of learning journals/reflective logs/clinical diaries, and make action plans for further development/learning. The reflective files

should be checked by the supervisors regularly, and be included in the module assessment.

Suggested non-Core Element of Teaching Modules

- General Study of Chinese Acupuncture (Chinese Herbal Course Only)
- General Knowledge of Chinese Herbs (Chinese Acupuncture Course Only)
- Study of Other Complimentary Medicine/Therapies
- Chinese Language
- Variation of Chinese Medicine - Kampo and Korean Medicine
- Time Acupuncture and Time Medicine
- Modern Research of Acupuncture
- Auricular Acupuncture
- Taiji and Qigong Exercises
- Modern Research on 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