

Acupuncture in Women's Health

1 day CPD course – 7 hours CPD

A one day course integrating acupuncture into the management of women's health patients. The areas covered will be:

1) Acupuncture for pelvic pain

Evidence for the use of acupuncture in conditions such as vulvodynia and other chronic pelvic pain conditions will be covered. Evidenced protocols will be described and unfamiliar points practiced. Myofascial pelvic pain presentations typically seen will also be presented alongside how to use acupuncture to treat associated trigger points.

2) Acupuncture in urogynaecology

The use of acupuncture for urinary incontinence, overactive bladder and associated symptoms will be presented. This will be a mix of both Western clinical reasoning and Chinese medicine reasoning in order to give a holistic approach.

DAY PLAN

Time	Topic	Teaching Points	Method
9.30-9.45	Introduction		
9.45-10.15	Recap on physiological effects of acupuncture	-acupuncture and pain -supraspinal effects of acupuncture	Presentation
10.15-11.00	Recap of Chinese medicine with focus on women's health	-yin/yang -blood -organs	Presentation
11.00-11.15	Break		
11.15-11.45	Acupuncture for pelvic pain	-vulvodynia -vestibulodynia -TCM theory	Presentation
11.45-12.45	Points practice	-unfamiliar points practical	Demonstration and practical
12.45-13.15	Lunch		
13.15-14.15	Dry needling for pelvic pain	-dry needling of lower back and pelvic trigger points	Demonstration and practical
14.15-14.30	Case study discussion	-real life example of how acupuncture and dry needling can treat women's health issues	Presentation and discussion

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14.30-15.00	Overview of bladder control	-biomedical and TCM understanding of the bladder and micturition	Presentation
15.00-15.15	Break		
15.15-15.45	Clinical reasoning and point selection in urogynaecology	-OAB -frequency -incontinence -nocturia -urgency	Presentation
15.45-16.30	Points practice	-unfamiliar point practical	Demonstration and practical
16.30-16.45	Case studies	-bringing learning together	Group work
16.45-17.00	Questions		