



## Acupuncture Foundation Course

### INFORMATION

Just Therapy Education (formerly ALIED) was originally conceived after using and studying Acupuncture for several years within Physiotherapy practice. All the tutors teaching the Just Therapy Education Foundation course have completed advanced Acupuncture Training to MSc level and all have extensive experience in clinical practice. Just Therapy was developed with the purpose of bringing Acupuncture into the world of evidence based pain management, progressing with its use in evidence-based management of selected disorders. It offers a unique ability to integrate Acupuncture within clinical management.

Just Therapy Education seeks to teach students on its training courses effective, safe, efficient Acupuncture treatment, which will both complement clinical management and provide relevant up to date research results, attempting to integrate Acupuncture philosophy within a scientific paradigm. All students are taught accurate point identification, core standards of needling, safety and effectiveness together with physiology, anatomy and integrated patient management.

The course will equip students with grounding in current NHS and private practice policy providing sound arguments for its use within clinical reasoning and effective practice, substantiated by current research.

The Tutors are experienced clinicians, clinical educators and have a background in providing educational material within University and postgraduate teaching areas.

The aim is to provide all students with competent, safe, effective Acupuncture skills both within the clinical setting and with a research background. This is provided initially within the core of the Basic Course at foundation level and later on more advanced courses at post-basic and advanced levels.

The emphasis of the course is on:

- Practical application and needling skills
- Theoretical underpinning of needling philosophy
  - Scope of Acupuncture within professional scope of practice
  - Limitations of Acupuncture
  - Advantages
- Range, purpose and limitations of different Acupuncture approaches
- Evidence based underpinning of Traditional theories wherever possible
- Evidence based theories underpinning western scientific Acupuncture theory.
- Anatomy
- Safe needling
- Physiology
- Pathology

The tutors will ensure that students are fully aware of: -

- Professional standards and codes of conduct in Acupuncture application
- Current Acupuncture legislation and practice codes
  - Incorporating current Health and safety legislation
  - Scottish requirements
  - Needle policy
  - Sharps contracts
  - Proposed government changes to the Acupuncture profession
- Confidentiality
- Consent
  - Different forms of consent and how they apply
  - Informed Consent
- Practice management
  - Record keeping
  - Clinical records for audit
  - Working knowledge of the audit cycle
  - Information storage
- Critical evaluation
  - Current research
  - Acupuncture techniques
  - Acupuncture protocols

## COURSE OVERVIEW

<p><b>Introduction to Acupuncture for the Management of Pain</b></p>	<ul style="list-style-type: none"> <li>• Notional 40 hours of face to face teaching</li> <li>• Notional 40 hours of self directed learning and practice</li> <li>• First &amp; last part separated by 6 weeks clinical practice,</li> <li>• Completion of 1 case history of 2,500 words,</li> <li>• Competency test</li> </ul>
<p><b>Pre requisites</b></p>	<ul style="list-style-type: none"> <li>• Registered Healthcare Professional,</li> <li>• Qualified for a minimum of one year,</li> <li>• Ability to participate and receive needling,</li> <li>• Signed health-screening form,</li> <li>• The facilities to practise Acupuncture with patients throughout the course.</li> </ul>
<p><b>Practical requirement</b></p>	<ul style="list-style-type: none"> <li>• All students must be able to participate in active needling within their place of practice</li> </ul>
<p><b>Theoretical requirements</b></p>	<ul style="list-style-type: none"> <li>• Lectures,</li> <li>• Demonstrations,</li> <li>• Clinical reasoning skills,</li> <li>• Self directed clinical management,</li> <li>• Action learning groups,</li> <li>• Presentation skills,</li> <li>• Reflective practice,</li> <li>• Critical Appraisal.</li> </ul>
<p><b>Contact time</b></p>	<ul style="list-style-type: none"> <li>• Lectures,</li> <li>• Demonstration,</li> <li>• Theory,</li> <li>• Practical</li> </ul>
<p><b>Self Directed learning</b></p>	<ul style="list-style-type: none"> <li>• Practical with patients,</li> <li>• Theoretical case histories,</li> <li>• Development of an Acupuncture policy,</li> <li>• Acupuncture consent form,</li> <li>• Critical appraisal of relevant research,</li> <li>• Knowledge of proven protocols,</li> <li>• Clinical reasoning skills.</li> </ul>

# COURSE CONTENT

## STRUCTURE

This course introduces theoretical and practical principles of Acupuncture treatment, its scientific and philosophical background as well as its place within therapeutic management and contemporary healthcare.

This course is run over five days, in two or three parts, with some six weeks between the first and final parts. The break[s] enable all participants to apply the needling skills they have accumulated within a clinical setting and to work on self-directed learning. An interim competence certificate will be supplied to those who pass the needle competency test, if required. All students must ensure that they are able to practise needling skills at their place of work between course parts. An adequate Acupuncture policy with safe disposal of needles must be in place before attending the course.

**The course requires ALL students to receive and administer needling. Students should not attend the course if there is any reason that prevents full participation.**

**The course is NOT suitable for students who are pregnant.**

**A Health Screening form must be completed and sent to the Course Organiser at least 10 working days before the course start date.**

**The form will be kept confidential.**

This course is designed to offer a sound, safe and effective background in the use of Acupuncture techniques within a Western Scientific, evidence based framework for the management of pain. Basic Traditional Chinese Philosophies and terms will be referenced, but will not be taught in depth. This course will offer Healthcare Professionals an added dimension to their core skills in the management of acute and chronic pain conditions and should always be used within the scope of practice. With this end in mind the course will:

- Offer scientific, evidence based underpinning for the use of Acupuncture intervention,
- Review current research paper for the efficacy of Acupuncture,
- Critically appraise recent research in the area of musculo-skeletal pain management,
- Relate the neuro-physiologic application of Acupuncture to acute and chronic pain processes,
- Provide the student with a rationale for the management of pain,
- Provide and assess the level of safety, competence and confidence of students within the field of Acupuncture intervention,
- Provide the basic theory of Traditional Chinese Medicine [TCM] from which students may progress and build upon with Post-Basic & Advanced courses and which will facilitate further educational development at Master's Level.

## **DOCUMENTATION**

### **MANUAL**

The Course Manual is made up of several sections: -

- Volume 1 – Covering an Overview of the Course, Background to Acupuncture and the Regulatory aspects – this volume.
- Volume 2 – Covering Theories of Acupuncture and Trigger Points
- Volume 3 - Covering the Meridians.

### **POWERPOINT PRESENTATIONS**

All theoretical discussions within the manual will be reinforced by PowerPoint presentations. This enables students to take extra notes and identify areas that may require increased explanation or clarification. It allows for tutor interpretation and the use of anecdotal case studies to reinforce the theoretical principles enhancing learning strategies.

Copies of the PowerPoint presentations will be available for students to download, further information will be given on the course. Students are advised that these presentations are copyright © Just Therapy Education and their use is restricted to personal study by the recipient.

The PowerPoint presentations are provided as an *aide memoire* for students. They are not intended to be a word for word copy of the course delivered by the tutor, who will adapt the content to cover the required topics, whilst accommodating the different needs of students on individual courses. The PowerPoint presentations should be used as a reference to facilitate learning of particular points on the course.

### **PRE-COURSE READING**

- Longbottom, J E [2010] Acupuncture in Manual Therapy, Elsevier Science, ISBN-10: 0443067821.
- Bradnam, L [2007] A Proposed Clinical Reasoning Model of Western Acupuncture, JAACP- Autumn 2007.
- Supporting videos available on our YouTube channel
- <https://www.youtube.com/channel/UC3R9-cgA-rlJedz3wv-SfsA>

## TIMETABLE

Time	Day One	Day Two
9.00	Registration	Recap of Day One
9.30	Welcome & Introduction Explanation of M-Level accreditation Overview of candidates An Introduction to Acupuncture	Myofascial Pain and Trigger Points Physiology
10.00	Acupuncture legislation Statutory Regulation	
10.30	Safety Guidelines Dangers Contraindications Safety research Adverse reactions Critical incidents	Practical identification of Muscles of Upper Quadrant Rotator cuff Trapezius Levator Scapulae
11.00	COFFEE	COFFEE
11.15	TCM Theory Overview of the basic philosophies Interrelation with treatment	Practical trigger point needling with supervision
		Needling at Cervical Spine Anatomical Considerations
12.00	Mapping the Meridians Evidence base PRACTICAL Handling the Needle Needling techniques Demonstration Needling Locating Marking	Bladder Meridian
12.45	LUNCH	LUNCH
1.30	Measuring Marking points Safety and Anatomy Recording the treatment	Bladder Meridian Needling Significant points on meridians dis- cussed Evidence for efficacy Application to pain physiology and dorsal horn inhibition
2.00	Practical Needling on partners Safe effective Acupuncture Safe effective Trigger Points	
2.30	Large Intestine Meridian	Recent research on Low Back Pain
3.15	TEA	TEA
3.30	Clinical Reasoning	Application of Bladder Meridians to musculo- skeletal management
4:30	CLOSE	CLOSE

<b>Time</b>	<b>Day Three</b>	<b>Day Four</b>
9.00	Theoretical Needle Competency Test	Needle Competency Test retake if required
9.30	Myofascial trigger points along Bladder Meridian Quadratus Lumborum	Piriformis Glutei Tensor Fascia Lata Lower Quadrant
10.00	Multifidus Rhomboids Clinical application of Bladder Meridian and trigger point deactivation	Practical Needling Clinical scenarios integrating acupuncture and trigger point needling
10.30	Practical Needling	The Stomach Meridian
11.00	COFFEE	COFFEE
11.15	Gall Bladder Meridian	Practical Needling
12.00	Practical Needling	Clinical reasoning and problem solving scenarios
12.45	LUNCH	LUNCH
1.30	Liver Meridian	Spleen Meridian practical needling
2.00	Practical Needling	Integrating Stomach and Spleen Meridians with Trigger point application
2.30	Case Studies	Trigger Point Needling Hip Adductors, quads
3.15	TEA	TEA
3.30	Practical Needle Competency Test	Bringing it all together
4.30		Discussion
5.00	CLOSE	CLOSE

<b>Time</b>	<b>Day Five</b>
9.00	Feedback from clinical practice Adverse Effects Clinical problems
9.30	The Kidney Meridian Needling and Clinical application
10.30	Soleus Gastrocnemius
11.00	Review of Lower Quadrant Meridians Managing the Lower Quadrant case scenarios
11.30	COFFEE
11.45	The Heart and Pericardium Meridians Auricular Acupuncture
12.00	The Lung Meridian Practical needling
12.45	LUNCH
1.30	The Triple Energizer Meridian Small Intestine Meridian Practical needling
2.00	
2.30	Upper Quadrant Case Studies
3.15	TEA
3.30	Management of stress and anxiety Insomnia Emotional dysfunction
4.30	Clinical scenarios in management of Upper Quadrant dysfunction integrating acupuncture and trigger point intervention
5.00	CLOSE



## **LEARNING OBJECTIVES & OUTCOMES**

### **LEARNING OBJECTIVES**

The Tutors will facilitate:

- Development of clinical theoretical skills in needle point application, meridians and clinical effectiveness of needling.
- Development of safe, effective competent practitioners
- Development of effective trigger point needling skills for myofascial pain states
- Development of academic skills in research appraisal and case study submission
- Development of problem-solving skills in complex pain states and complicated clinical presentations.
- Provision of a safe, non-confrontational, enjoyable learning environment that will facilitate life-long learning, Acupuncture research and enhance clinical skills.

### **LEARNING APPROACHES**

This course utilises a number of teaching strategies and learning approaches. The core material will be delivered in lectures and demonstrations and synthesised in practical application together with student presentations. Self-directed learning is required for this postgraduate course; this will be enhanced and facilitated by the tutors.

### **PRACTICAL COMPONENT**

All students are required to practise on each other and all applicants will be assessed in the areas discussed below.

- Needling skills,
- Patient handling skills,
- Safety aspects,
- Problem solving approach,
- Clinical reasoning and skills,
- Reflective analysis.

Psychomotor skills will be closely monitored throughout the course to enable students to understand and apply the Acupuncture concepts. Lecturer demonstrations on students will integrate clinical and theoretical knowledge within the process of clinical reasoning. Recent research pertaining to musculo-skeletal conditions will be referenced and suggested papers with references will be provided where possible. Students must integrate current research within their clinical application with reference to critical appraisal at all times.

### **COMPETENCES**

On completion of the course students should have competence in the following areas:

- Current pain physiology,
- Current Acupuncture physiology,

- Analysis of the psychosocial aspects of pain and their implications for patient management,
- Knowledge of main meridians,
- Knowledge of significant points,
- Safe, effective needling and DEQI
- Western Medical Acupuncture Theory
  - o Understanding and applying the physiological mechanisms of Acupuncture analgesia
  - o Pain Gate theory
  - o Descending Inhibition
  - o Diffuse Noxious Inhibitory Control
- History and background physiology of Traditional Chinese Medicine,
- Traditional Chinese Medicine theory
  - o Understanding and applying the basic philosophy of TCM
    - Qi and Blood
    - Fluid
    - DE Qi
    - Pathogens
  - o Meridian theory
  - o Classification of points
- Safe needling techniques, hygiene and sterilisation in tandem with the local trust or Private Practice policy, current issues concerning informed consent,
- Working within the law and rules of professional conduct, whilst understanding the effects of communicable diseases and local policies,
- A thorough knowledge of contraindications and dangerous sites for Acupuncture application,
- Application of the basic principles of electro-Acupuncture to appropriate conditions within the scope of the course,
- Preparation of outline treatment plans for pain conditions using established, effective research protocols,
- Preparation of outline treatment plans for common musculo-skeletal conditions using known effective protocols,
- Demonstration of clinical reasoning skills and reflective practice in Acupuncture application,
- Critical appraisal of the existing research with application to clinical practice,
- Development of own rationale for conditions,
- Audit of own outcomes using valid outcome measurements,
- Sufficient practical skills between courses to manage common musculo-skeletal conditions.
- Familiarity with the process of searching Internet databases for Acupuncture evidence
- Understanding the concept of critical analysis of research papers
- Familiarity with well researched evidence and its clinical application
- The ability to integrate this knowledge within the whole concept of clinical practice

- The ability to integrate this concept within multidisciplinary concept of pain management
- Analysis of the psychosocial aspects of pain and their implications for treatment success and patient management
- Constructive use of outcome measures for Acupuncture effectiveness
- An introduction to clinical audit.

## LEARNING OUTCOMES

On completion of this course students should be able to:

- Demonstrate knowledge of the relevant theory underpinning Acupuncture as a modality in the management of pain.
- Demonstrate an understanding of the patho-physiology of pain in the following context:
  - Nociception
  - Sympathetically Maintained Pain [SMP]
  - Neuropathic Pain
  - Myofascial Pain [MFPS]
- Demonstrate an understanding of the proposed mechanisms of pain modulation through the use of Acupuncture to include:
  - Acupuncture Analgesia [AA] at the:
    - Dorsal Horn [DH] Segmental level
    - Parasympathetic [PSNS] and Sympathetic Nervous System [SNS]
    - Pain modulation and opioid release in order to facilitate Descending Noxious Inhibitory Control [DNIC]
    - Myofascial pain and Muscle pathology
- Demonstrate an understanding of the proposed mechanisms of TCM; with reference to underlying philosophy of homeostasis, Blood and Qi flow.
- Demonstrate clinical reasoning skills using Acupuncture point knowledge, trigger point knowledge and segmental, anatomical knowledge as an integrated mechanism for the management of musculo-skeletal conditions.
- Formulate structured diagnosis and management objectives integrating Acupuncture into clinical problem solving.
- Undertake safe, effective Acupuncture with attention to all safety issues and current legal implications.
- Integrate current research into clinical reasoning as a means of providing evidence base treatment for the management of musculo-skeletal pain.
- Integrate Acupuncture within myofascial release and manual release techniques for the management of musculo-skeletal pain.
- Evaluate the results of the treatment intervention to facilitate planning of progression or modification of the subsequent patient management of musculo-skeletal pain.
- Critically evaluate the existing approaches and current literature relevant to the management of musculo-skeletal disorders with Acupuncture.

## **METHODS OF ASSESSMENT**

Students will be continually assessed throughout the course on safety and patient care. There will be specific assessments as described in detail below. Students should note that they will not be awarded pass certificates until all aspects of the assessment have been completed satisfactorily.

There will be two forms of assessment: -

- **NEEDLING SAFETY TEST THEORY and PRACTICE**

Details of the method of assessment will be found in the UH Course Guide, details of which will be made available by the Tutor during the course.

- **CASE STUDY**

The case study must be completed by the date given by the Tutor during the course. Details of the method of assessment will be found in the UH Course Guide, details of which will be made available by the tutor during the course.

## **CONTINUOUS ASSESSMENT**

Students will be assessed by the tutors throughout the course. The Tutor will:

- Prevent any assessment discriminating between any participants or groups,
- Facilitate any learning needs,
- Facilitate any special needs,
- Maintain adequate assessment of their own standards and clinical expertise via peer appraisal amongst the tutors and University peers,
- Provide student assessments against National Occupational Standards [NOS],
- Only access knowledge within areas of professional competence,
- Maintain adequate CPD and personal assessment for external moderation and verification,
- Use a variety of assessment techniques which are suitable to each student's learning styles,
- Perform risk assessments where teaching / learning situations may be un-sound.

## **FINAL ASSESSMENT / REASSESSMENT**

Students are required to pass all components of the written and practical assessment in order to obtain a certificate of competency. Certificates will only be granted on satisfactory completion of all aspects of the course.

If students do not pass all aspects of the course, they are required to repeat failed components.

Failure to achieve a pass after the second attempt will result in failure of the course.

## **SUPPORT**

Support will be available at all times during the six weeks clinical practice. Access to the tutor will be initially by E-Mail, which will be given to students during the course.

Students who encounter critical incidents or adverse effects during clinical practice should document these events within patient notes.

## **OBLIGATIONS TO PATIENTS**

All students must adhere to the following when practising Acupuncture: -

- They must work in accordance with the Rules of Professional conduct,
- They must observe their duty of care to patients,
- They must obtain Patient Consent,
  - Written consent forms will be discussed on the course with examples,
  - Students are encouraged to design own within Trust and PP policy,
- They must have a policy for dealing with consent of minors,
- They must observe Patient Confidentiality.

## **SUGGESTED PRE COURSE READING REQUIREMENTS**

### **GENERAL**

- Bradnam L [2007] A Proposed Clinical Reasoning Model in Western Acupuncture. JAACP 21
- Longbottom, J E [2010] Acupuncture in Manual Therapy, Elsevier Science, ISBN-10: 0443067821
- Bradnam-Roberts L [2007] A physiological underpinning for treatment progression of Western Acupuncture. JAACP –25

### **SUGGESTED JOURNALS**

- British Medical Acupuncture Association. Acupuncture in Medicine  
<http://www.medical-Acupuncture.co.uk>
- Complementary Therapies in Medicine
- Journal of Chinese Medicine [<http://www.jcm.com>]

### **WEB SITES**

- Pub Med.  
[[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed&cmd=Display&from\\_uid=15458750&dopt=pubmed\\_pubmed](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed&cmd=Display&from_uid=15458750&dopt=pubmed_pubmed)]
- Ahmed / Medline / Ovid [<http://www.athens.ac.uk>]
- BIO MAIL [webadmin@biomail.org](mailto:webadmin@biomail.org)
- Google Scholar