



ICMART LEXICON of Medical Acupuncture

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International
Council of
Medical
Acupuncture and
Related
Techniques





AUSTRALIA



AUSTRALIA

NATIONAL/REGIONAL PRACTICES

A. Type(s) of Medical Acupuncture most commonly practiced:

1. Traditional Chinese body acupuncture
 - Using the points on the body
2. Auricular acupuncture
 - Using points on the ear
3. Trigger point acupuncture
 - Treating tender trigger points which may not be traditional
4. Laser acupuncture
 - Treatment given using a laser

B. Education/Training Requirements

Medical Acupuncture Modality	Theoretical Hours	Clinical Hours	Proficiency Testing	Preliminary Practice
All Modalities	100	30	Y	N
Fellow Status	250	30	Y	N

In Australia a doctor must achieve accreditation before he/she can practise medical acupuncture. Accreditation is granted by the JCCMA (Joint Consultative Committee for Medical Acupuncture). This committee of six is made up of two representatives from the Australian Medical Acupuncture College (AMAC), the Royal Australian College of General Practitioners (RACGP) and the Australian College of Rural and Remote Medicine. Application for accreditation to practice medical acupuncture in Australia is adjudicated by this committee.



The requirements for accreditation are attendance at an accredited course (accredited by JCCMA), 100 hours of lectures and seminars, 30 hours of mentoring with an approved mentor, and then passing part 1 of the FAMAC exam (Fellowship of the Australian Medical Acupuncture College). The mentor is usually a full Fellow of the College. This training covers all aspects of acupuncture, i.e., TCM diagnosis and treatment, laser, neurophysiology, safety etc.

The part 2 of FAMAC cannot be sat until 2 years after passing part 1, and requires 250 hours of lecture and seminars and a literature review of a chosen acupuncture topic. Both part 1 and part 2 have a written exam. Part 1 includes a clinical exam. Part 2 includes a viva exam.



Australian Medical Acupuncture College Education Standards 2008

Glossary

ACRRM	Australian College of Rural and Remote Medicine
AMAC	Australian Medical Acupuncture College
AMAS	Australian Medical Acupuncture Society
CPD	Continuing Professional Development
FAMAC	Fellow of the Australian Medical Acupuncture College
JCCMA	Joint Consultative Committee on Medical Acupuncture
PDP	Professional Development Program
QA&CPD	Quality Assurance & Continuing Professional Development
RACGP	Royal Australian College of General Practitioners

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Introduction

Medical acupuncture is acupuncture treatment provided by a medical practitioner who:

- is registered with the medical board to practice medicine



- has the skills to take an appropriate history
- has the skills to perform an appropriate physical examination
- has the knowledge, training and ability to perform ancillary tests including but not restricted to the following: blood tests, urine tests, x-rays, CT scans, MRI scans and nuclear imaging scans
- has the ability to make a medical diagnosis using the findings from the history, examination and ancillary tests
- has the ability to provide treatment which may include acupuncture if appropriate

Medical Acupuncture has been practised in Australia for at least thirty-five years. The Australian Medical Acupuncture Society (AMAS) was founded in Victoria in 1973 by three medical practitioners with a common interest in acupuncture. The AMAS developed over the subsequent years as doctors in each state sought training from fellow doctors experienced in medical acupuncture. As the AMAS membership grew it established standards for education and formal examination culminating in the establishment of the Fellowship in Medical Acupuncture.

It became the Australian Medical Acupuncture College (AMAC) in 1999 following a revision of the constitution with an emphasis on its role in setting national education standards for medical acupuncture. In recent years the AMAC has come to represent its members in negotiations with the Federal Government in developing new item numbers for medical acupuncture in the Medicare Schedule, establishing standards of practice in co-operation with the Royal Australian College of General Practitioners and in providing advice to Medicare Australia through the Professional Review Division.

AMAC is the peak body for Medical Acupuncture.



AMAC Education Program

Aims of Education Committee

1. To develop best practice standards of education and training for all doctors, uniformly, in all states of Australia.
2. To develop a core-curriculum for training of doctors in acupuncture by the AMAC and for other AMAC accredited courses.
3. To provide appropriate Continuing Medical Education programs for doctors at all stages of their training.
4. To provide educational activities to members as preparation for the Fellowship Examinations of the Australian Medical Acupuncture College.
5. To develop undergraduate and postgraduate tertiary training programs in acupuncture for all states.
6. To advise government and non-government organisations on matters regarding standards in education and training for acupuncture practice by medical practitioners.
7. To establish Medical Acupuncture as a specialty.
8. To make recommendations to the Board of the AMAC for consideration and ratification.
9. To liaise with the other AMAC Subcommittees in the implementation of the above aim.
10. To further research the neurophysiological and pharmacological effects of acupuncture.



Objectives of Education Program

1. An understanding of the conceptual basis of acupuncture
2. An understanding and application of the physiological basis for acupuncture
3. Acquisition of the necessary critical appraisal skills to evaluate the literature and to apply the current best available evidence to clinical practice
4. The ability to locate and define the function of acupuncture points
5. An understanding of, and the ability to competently use, the various modalities of acupuncture treatment
6. Ability to take an appropriate medical history and perform a focused physical examination, skills which are integral to medical management using acupuncture
7. Safe and ethical application of medical acupuncture

Pre-requisites for Medical Acupuncture Training

(see appendix for more detailed discussion)

The training of medical practitioners in Australia in the practice of acupuncture is premised on:

- I. a detailed theoretical knowledge of basic and biomedical sciences and the pathophysiology and treatment of disease, acquired in either undergraduate and/or post-graduate tertiary training at recognised universities.
- II. supervised clinical training at undergraduate or post-graduate level, a minimum of two years supervised hospital training and a three year minimum specialist-level training leading to a nationally accredited examination set by the appropriate specialist college.



- III. registration by the Medical Board of each state, which is renewed annually and which requires the completion of a minimum number of compulsory continuing professional development and quality assurance points, verified by the appropriate college.

Only after these criteria have been fulfilled, can the medical practitioner commence basic medical acupuncture training.

Basic Medical Acupuncture Training Program

History and Philosophy

The three thousand year history of Chinese Medicine and the philosophy underlying the concepts which have led to the development of a system of medicine, one aspect of which is the practice of acupuncture, will be introduced in this section.

Principles of Traditional Chinese Medicine (TCM)

The principles of Traditional Chinese Medicine (TCM) and physiological concepts on which they are based, which form part of the practice, will be described in this section. Concepts such as Yin and Yang and Qi will be explored here. The pathophysiology of illness and its role in the pathogenesis of disease will be described.

Channels and Points

The twelve regular Channels and their internal connections, the eight Extraordinary Channels, the Luo, Divergent and Tendinomuscular Channels will be presented in this section. Microacupuncture systems e.g. scalp and ear will also be presented. Location of acupuncture points, function and usage of these points will be described and clinically demonstrated.

Methods of point selection and use of point combinations will be described. Classical theories of point selection and their use according to “correspondences” and organ function will be included.



Neurophysiology of Acupuncture

The neurophysiology of acupuncture and the responses elicited by stimulating acupuncture points will be described. The physiology of needle insertion and electrical stimulation will be covered. Neurological pathways and neurotransmitters in the peripheral and central nervous systems will be outlined. Non-specific acupuncture effects and an understanding of the placebo effect will be discussed.

Modalities of Stimulation

Modalities of stimulation of acupuncture point include needling, electrical stimulation, laser, moxibustion and cupping. These will be taught in terms of their application, indication and mechanisms of action.

Safety, Precautions, Side Effects and Contraindications

The practice of medical acupuncture has unique medico-legal aspects that need to be recognised and understood. Issues, such as informed consent, note taking and management of adverse events will be taught. An understanding of the precautions in the use of acupuncture and the range of mild to potentially serious complications that can arise from treating patients with acupuncture will be taught. This will include consideration of HIV and hepatitis, transmission and precautions. Contraindications to acupuncture, in particular medically hazardous situations where acupuncture is not appropriate, will be included in this section.

Evidence Based Acupuncture

The ability to critically evaluate acupuncture literature to guide clinical practice is an essential requirement for medical acupuncture, as it is for medical practice. Differentiating the anecdotal and empirical application of traditional knowledge from scientifically based knowledge is a cornerstone of medical acupuncture. The principles of evidence-based medicine as applied to the clinical practice of medical acupuncture will be taught.



Clinical Practice of Acupuncture This will include techniques in the practical application of acupuncture, the use of different modalities, complications and safety aspects, ethical and legal considerations and therapeutics. “Best available evidence” as it applies in each clinical encounter will be taught.

Clinical Attendance in Acupuncture

A minimum number of 30 hours of clinical training is required with supervision by a Fellow of AMAC or an accredited medical practitioner with equivalent acupuncture experience and expertise. A log book of attendance is to be kept by the attendee and signed by the mentor. At each attendance, the mentor will assess the attendee’s clinical acumen, knowledge of acupuncture therapeutics and knowledge of point selection. Video case presentation can be developed as an option for rural and remote members.

Assessment Criteria

At nominated stages during the basic medical acupuncture course, assessments will be made of a student’s performance with both written and oral examinations. At completion of the course, including compulsory clinical attendance, the student is eligible to sit for Part 1 of the Fellowship of the Australian Medical Acupuncture College examination. Part 1 of the examination (or its equivalent) is now the “Entry” level qualification required to achieve accreditation for the practice of medical acupuncture.

Part 2 requires the doctor to have incorporated medical acupuncture into his/her medical practice. At this level the doctor is expected to be a role model for others aspiring to practise medical acupuncture, be a teaching resource, and mentor.

Additional Requirements

Continuing Professional Development

There is a compulsory requirement for CPD points for Medical Acupuncture in each CPD triennium which ensures ongoing education in acupuncture.



Accreditation Requirements

All Medicare Registered General Practitioners practising Medical Acupuncture and billing against Medicare Item numbers 193, 195, 197 and 199 must be accredited by the JCCMA and participate in ongoing CPD requirements to maintain eligibility with Medicare Australia.

The following criteria for accreditation and ongoing Medical Acupuncture CPD requirements have been developed by the JCCMA. This program aims to encourage peer interaction, case discussion and the critical appraisal of acupuncture treatment taking into account latest research, rather than an individual reflection on acupuncture practice in isolation.

To qualify for Medical Acupuncture accreditation medical practitioners must:

- Have successfully completed a JCCMA accredited training course in Medical Acupuncture. This would include a minimum of 100 hours of formal teaching, 30 hours of face-to-face teaching with an assigned mentor who must be a Fellow of the AMAC or an accredited medical practitioner with equivalent acupuncture experience and expertise
- Have successfully completed Part 1 of the AMAC Fellowship examination.
- Participate in a recognised continuing medical education program for the maintenance of ongoing Medical Acupuncture requirements each triennium.

Either the RACGP QA&CPD program or the Australian College of Rural and Remote Medicine (ACRRM) PDP is appropriate.



Core Curriculum

1. History and Philosophy

2. Basic Principles

2.1 The Principle of Qi, Blood and Body Fluids

2.2 The Eight Principles

2.3 Five Element theory

2.4 Functions of Zang-Fu Organs

2.4.1 Liver-Gallbladder (LR-GB)

2.4.2 Spleen-Stomach (SP-ST)

2.4.3 Kidney-Bladder (KI-BL)

2.4.4 Heart-Small Intestine (HT-SI)

2.4.5 Lung –Large Intestine (LU-LI)

2.4.6 Pericardium-Triple Energiser (PC-TE)

2.5 Levels of disorders of Qi, Blood, Viscera

3. Channels and Points on the 12 Paired Channels

3.1 Lung (LU)

3.2 Large Intestine (LI)

3.3 Stomach (ST)

3.4 Spleen (SP)

3.5 Heart (HT)



3.6 Small Intestine (SI)

3.7 Bladder (BL)

3.8 Kidney (KI)

3.9 Pericardium (PC)

3.10 Triple Energiser (TE)

3.11 Gall Bladder (GB)

3.12 Liver (LR)

4. Extraordinary Channels and Special Points

4.1 Extraordinary Channels (including Conception and Governing Channels)

4.2 Other internal connecting Channels

4.3 Back Shu, Front Mu points (Associated and Alarm points)

4.4 Source points

4.5 Xi Cleft points

4.6 Influential points

4.7 Area of influence points

4.8 Luo points

4.9 Extra points

4.10 Confluent points

4.11 Ah-Shi points



5. Microacupuncture Systems

5.1 Ear

5.2 Scalp

6. Physiology - Scientific Aspects of Acupuncture

6.1 Physiological pathways of pain

6.2 Neuro-transmitters and neuro-modulators

6.3 Autonomic nervous system and its role in acupuncture

6.4 Other theories

7. Clinical Practice of Acupuncture

7.1 Clinical attachment to FAMAC mentor, at hospital outpatient clinic and/or at private clinic

7.2 Clinical case studies

7.3 Clinical audit

7.4 Methods of Stimulation

The following items will be taught and demonstrated; indications and contraindications will be discussed:

- Needling - types of needles, methods of insertion, consideration of sterility, methods of manipulation of the needle once inserted
- Massage of acupuncture points
- Moxibustion - the use of heat, either directly applied, or used to heat needles
- Electrical stimulation



- Laser - parameters of the various devices available
- Cupping
- Other methods of diagnosis & treatment

8. Safety, Side Effects, Precautions and Contraindications

Acupuncture is an extremely safe method of treatment when used by appropriately trained medical practitioners. The following list of possible problems will be discussed. Prevention and management of these will be taught:

- Haemorrhage
- Organ puncture
- Infection
- Hypotension / vasovagal reactions
- Lymphoedema
- Somnolence
- Pregnancy
- Strong responders and children

9. Therapeutics

9.1 Neurology

9.2 Respiratory

9.3 Ear, Nose and Throat (ENT)

9.4 Cardiovascular

9.5 Gastroenterology



- 9.6 Gynaecology and Obstetrics
- 9.7 Paediatrics
- 9.8 Psychiatry - including addictions, smoking, obesity
- 9.9 Dermatology
- 9.10 Haematology
- 9.11 Ophthalmology
- 9.12 Sports medicine, orthopaedics, rheumatology, musculo-skeletal medicine (including trigger points)
- 9.13 Genito-urinary
- 9.14 Endocrinology
- 9.15 Miscellaneous – Chronic fatigue syndrome, immunological disorders, cancer

Appendix

Pre-requisite requirements prior to undertaking basic Acupuncture training:

- Undergraduate medical course or postgraduate medical course including anatomy, physiology, biochemistry and molecular biology, physics, cell biology, microbiology, pharmacology and toxicology, orthopaedics, emergency medicine, endocrinology, psychiatry, haematology, pathology, cancer medicine, ENT, neurology, general surgery, general medicine, immunisation, paediatrics, infectious diseases, obstetrics and gynaecology, geriatrics, community medicine, dermatology, radiology including MRI, CT, Ultrasound, Xray and nuclear imaging followed by
- Hospital training followed by
- General Practice or other Specialties training.



Hours of Training:

- Medical course 6 years
- Hospital 1-4 years
- General Practice training 4 years • Specialist training 4-8 years
- CPD requirements, compulsory and ongoing for both general practice and acupuncture or any medical specialty and acupuncture
- Medical acupuncture training, minimum of 100 hours of lectures, clinical demonstrations and clinical attachments

Recommended Texts

Basic texts

- Medical Acupuncture: A Western Scientific Approach.
Ed: Filshie J. & White A. Churchill Livingstone. 1998.
- Chinese Acupuncture and Moxibustion.
Foreign Languages Press, Beijing. 1999.
- Practice of Acupuncture: Point location, Treatment Options, TCM Basics.
Hecker H.U. Thieme International. 2005.
- The Channels of Acupuncture.
Maciocia G. Churchill Livingstone. 2006.
- Acupuncture: A Scientific Appraisal.
Ernst E. & White A. Butterworth Heinemann. 1999.
- How to Read a Paper: The Basics of Evidence-Based Medicine.
Greenhaigh T. Blackwell Publications. 2005.



- **Microsystems Acupuncture: A complete guide; Ear, Scalp, Mouth, Hand.**
Hecker H.U. Thieme International. 2006.
- **Close to the Bone.**
Legge D. Sydney College Press. 2000

Journals

- **Journal of the British Medical Acupuncture Society.**
- **American Journal of Acupuncture (online).**
- **Journal of the Australian Medical Acupuncture College.**



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International Congress of Medical Acupuncture and Related Technologies (ICMART)

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Designed and Compiled by Marshall H. Sager, D.O., D.A.B.M.A, F.A.A.M.A.

With thanks to the contributors:

Mehmet Abut, Steven Aung, Francois Beyens, Chin Chan, Mike Cummings, Isabel Giralt, Gabriella Hegyi, Emil Iliev, Helmut Liertzer, Walburg Maric-Oehler, Nikolaj Nikolajev, Chun Lee Oei Tan, Helena Pinto-Ferreira, Krunoslav Reljanović, Marshall Sager, Tatjana Solomonidou, S. Sukarto, Khatuna Urushadze, Dimitrios Vasilakos and others.