



ICMART LEXICON of Medical Acupuncture

ICMART

International
Council of
Medical
Acupuncture and
Related
Techniques





PORTUGAL



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NATIONAL/REGIONAL PRACTICES

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

1. TCM and related techniques

- TCM acupuncture is defined as a type of acupuncture which is based on creating a balance between and among the eight principles of complementary opposites (yin/yang, internal/external, excess/deficiency, hot/cold)

2. Contemporary Medical Acupuncture and related techniques

- Contemporary Medical Acupuncture focuses on the medical diagnosis in terms of peripheral and central sensitization phenomenon, and the normalization of those states by needling specific neuro-reactive locations, with the objective of modulating abnormal nervous system activity. The main focus of this approach is to treat muscle-skeletal pathology and internal organ dysfunction, based in the knowledge of the peripheral nerve distribution and segmentation patterns.

3. Related Techniques -Microsystems (auriculotherapy, craniopuncture,

- Auricular Acupuncture Therapy is a therapeutic system utilizing the human ear where organs are projected as transitory holographic reflections of the brain's memory. This medical model enables the detection and the treatment of energetic and pathological disturbances on both the somatic and the psycho-emotional levels This is achieved through the use of a complex physical and energetic reflex system and a unique somatotopic correspondence organization.

Craniopuncture is a system using areas of the scalp to treat specific problems of the CNS.

Laserpuncture consists on the use of low level laser potency on the points or areas of acupuncture, instead of the use of needles.



In the teaching, these techniques (related techniques) are included in the main curriculum and on special workshops. They do not give for themselves enough curriculum to get the degree on medical acupuncture.

B. Education/Training Requirements

Medical Acupuncture Modality	Theoretical Hours	Clinical Hours	Proficiency Testing	Preliminary Practice
TCM	250	50	Y	N
Contemporary Medical Acupuncture	200	100	Y	N
Related techniques	-	-	-	-

CORE CURRICULUM

According to the Portuguese Medical Council rules, all the acupuncture courses must be at the Universities, all the teachers and instructors must be medical doctors and the students should have the degree on medicine recognized.

1. TCM

Training is organised in modules and begins with education in the basic theories of Chinese medicine which includes the theory of Yin and Yang and Five Phases, theory of Zang Fu and their manifestations, theory of Qi, Blood and Body Fluid, theory of channels and collaterals, theory of etiology and pathology, theory of pathogenesis, theory of differentiation of syndromes. There is necessarily a stepwise education, first in traditional Chinese medical physiology, pathology and pathogenesis, then in diagnosis, syndrome analysis, treatment principles and the study of the channels and collaterals, point location



and actions, then basic and advanced needle technique and acupuncture treatment principles.

Therapeutic techniques include moxibustion and other techniques derived from acupuncture including cupping therapy, electro-acupuncture, scalp acupuncture, and auricular therapy.

Some knowledge of contemporary acupuncture is also included, as the neurophysiology of acupuncture, mechanism of action, scientific understanding of traditional concepts and general clinical approach.

The clinical practice is under supervision on a consultation inside the Hospital, or, if it is not possible, under the supervision of a doctor with the degree on acupuncture recognized by the Portuguese Medical Council.

Every two modules are assessed in terms of knowledge of the students and appreciation of the teachers and teaching. In one of the Universities, at the end of the course each student has to present a thesis.

2. Contemporary Medical Acupuncture

The focus of the Contemporary Medical Acupuncture Course is on how to use needling in order to correct Peripheral and Central Nervous System dysfunction, with the objective to treat MSK problems and internal Organ dysfunctional states.

The course instructs students on the evolution of Acupuncture throughout the ages and core TCM Acupuncture concepts in a historic context, so that students can better understand recent advances in knowledge of acupuncture.

Subjects of efficacy and safety, as regulation of acupuncture practice in Portugal are addressed early in the course. Also, in the beginning of the course, students learn basic needling techniques by practicing on each other under instructor supervision, learning how to perform safe and effective needling. Both manual and electro-acupuncture



techniques are taught. The International Nomenclature is also taught in the beginning of the course.

The students are then presented to the Mechanisms of Action of acupuncture, in a unique scientific perspective, relating to anatomy and physiology concepts.

The core of the course being the treatment of myofascial syndromes and dysfunctional states of the Peripheral and Central Nervous System, the training has its main subject on the correct evaluation and treatment of those syndromes and states, teaching specific manual palpation techniques, as well as techniques for diagnosing segmental and autonomic nervous system dysfunction. ROM articular testing and muscle strength testing for signs of segmental dysfunction are also a significant part of the physical evaluation taught to the students, as is kinesiology of the locomotor apparatus.

Anatomy lab workshops enhance the knowledge students have acquired in the Acupuncture Point location classes. In these classes, the attention is directed both at the superficial and deep anatomy, with reference to segmental concerns, location of relevant nerves, neuro-vascular bundles and other neuro-reactive structures. For each Acupuncture Point needling techniques are taught, as well as safety concerns. Those techniques will be trained by the students in the needling workshops, under supervision of the instructors.

The course is divided in Contact Modules, in which the main focus is training the diagnostic and needling skills, and Homework Modules, in which students review the physiology and anatomy concepts that are fundamental to understanding the effectiveness of acupuncture, and to perform treatments in a safe and effective way. Most of the time of the Contact Modules is dedicated to evaluation and needling workshops, theoretical lectures being as succinct as possible. Students will spend most of the time of the Homework Modules learning those theoretical concepts. Learning between the Contact Modules is directed by specific tasks and constantly monitored.

All of the teachers involved in teaching are medical doctors, with the degree in Medical Acupuncture recognized by the Portuguese Medical Council, or leading portuguese or foreign specialists in the fields of Medical Acupuncture, Anatomy or Phisiology.



Evaluation: in each of the Contact Units but the first, the progression of each student is evaluated with a written test. In the last Contact Unit, the students are evaluated also in an anatomy lab test, and in a proficiency test, in which they must demonstrate correct evaluation techniques and safe and effective needling techniques. Continuous proficiency evaluation is performed in all of the needling workshops during the Course. Homework Study Modules are evaluated by the completion of all of the assignments, verified by submission of a written report per Module.

Evaluation of the course by the students is performed by the completion of a report at the end of the Course.



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