



80 HOUR FOUNDATION ACUPUNCTURE COURSE

**M-LEVEL ACCREDITED
to the
UNIVERSITY of HERTFORDSHIRE
30 M Points**

AACP APPROVED

**ACUPUNCTURE
for the
MANAGEMENT of PAIN**

PRE-COURSE INFORMATION

COURSE OVERVIEW

<p>Introduction to Acupuncture for the Management of Pain</p>	<ul style="list-style-type: none"> • 6 days taught over three parts of 2 days • 1st & last part separated by 6 weeks clinical practice, • Completion of 1 case history of 2500 words, • Competency test at the 2nd part, • 10 minute presentation
<p>Pre requisites</p>	<ul style="list-style-type: none"> • Chartered Physiotherapist, • Member of Health Professions Council, • Qualified for a minimum of one year, • Ability to participate and receive needling, • Signed health-screening form, • The facilities to practise Acupuncture with patients throughout the course.
<p>Practical requirement</p>	<ul style="list-style-type: none"> • All students must be able to participate in active needling within their place of practice
<p>Theoretical requirements</p>	<ul style="list-style-type: none"> • Lectures, • Demonstrations, • Clinical reasoning skills, • Self directed clinical management, • Action learning groups, • Presentation skills, • Reflective practice, • Critical Appraisal.
<p>Contact time</p>	<ul style="list-style-type: none"> • Approximately 40 hours, • Lectures, • Demonstration, • Theory, • Practical
<p>Self Directed learning</p>	<ul style="list-style-type: none"> • Approximately 40 hours, • Practical with patients, • Theoretical case histories, • Development of an Acupuncture policy, • Acupuncture consent form, • Critical appraisal of relevant research, • Knowledge of proven protocols, • Clinical reasoning skills.

COURSE CONTENT

STRUCTURE

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

This course is run over six days, composed of three two-day parts, with a break of six weeks between the first and final parts. The breaks enable all participants to apply the needling skills they have accumulated from the first part within a clinical setting. An interim competence certificate will be supplied to those who pass the needle competency test. All participants must ensure that they are able to practise needling skills at their place of work between parts 2 & 3. 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 participants who are pregnant.

A Health Screening form is attached. This form must be completed and sent to the Course Organiser at least 5 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 Physiotherapists 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 Physiotherapy 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 within the scope of 80 hours,
- Provide and assess the level of safety, competence and confidence of participants 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 AACP courses and which will facilitate further educational development at Master's Level.

DOCUMENTATION

MANUAL

The Course Manual is supplied in a ring-binder 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 student download from the ALIED website <http://www.alied.co.uk> and an appropriate password will be supplied on the first day of each course. Students are advised that these presentations are copyright © ALIED Limited 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.

OPTIONAL ACCESSORIES

DVD - Myofascial Trigger Point Acupuncture, with Jennie Longbottom. www.alied.co.uk

PRE-COURSE READING

- Longbottom, J E (2010) Acupuncture in Manual Therapy, Elsevier Science, ISBN-10: 0443067821 – Available from ALIED for £27.75 [plus £2.50 postage if required]
- Bradnam, L (2007) A Proposed Clinical Reasoning Model of Western Acupuncture, JAACP- Autumn 2007.

TIMETABLE

FIRST COURSE PART

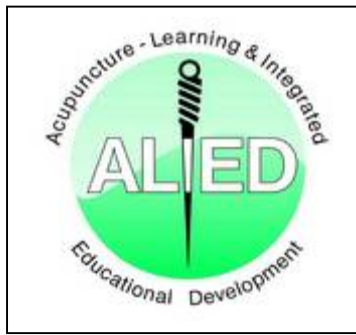
Time	Day One	Day Two
9.00	Registration	Registration
9.30	Welcome & Introduction Explanation of M-Level accreditation Overview of candidates An Introduction to Acupuncture	Neurophysiology of Acupuncture Physiological effects of Acupuncture Recent research findings Brain Mapping Searching databases Myofascial Pain and Trigger Points Physiology
10.00	Acupuncture legislation and AACP criteria Statutory Regulation	Needling at Thorax Needling at Cervical Spine Lumbar Spine Precautions Demonstration of Acupuncture Anatomy
10.30	Safety Guidelines Dangers Contraindications Safety research Adverse reactions Critical incidents	Myofascial Pain The Large Intestine Meridian
11.00	COFFEE	COFFEE
11.15	TCM Theory Overview of the basic philosophies Interrelation with treatment	Musculo-Skeletal applications of the Large Intestine Meridian Myofascial Trigger Points
		Upper Limb clinical reasoning
12.00	Mapping the Meridians Evidence base PRACTICAL Handling the Needle Needling techniques Demonstration Needling Locating Marking	Bladder Meridian Treatment effects Areas supplied TCM significance Myofascial Trigger Points
12.45	LUNCH	
1.30	Measuring Marking points Safety and Anatomy Recording the treatment	Bladder Meridian Joint involvement Needling Significant points on meridians discussed Evidence for efficacy
2.00	Practical Needling on partners Safe effective Acupuncture Safe effective Trigger Points	
2.30	Surface anatomy	Recent research on Low Back Pain Cervical Pain Headaches
3.15	TEA	TEA
3.30	Discussion Problems Questions	Application of meridians to musculo-skeletal management
4:30	CLOSE	

SECOND COURSE PART

Time	Day Three	Day Four
9.00	Registration	Feedback Adverse Reactions
9.30	Spleen Meridian	Discussion
10.00	Joints and Areas Covered Clinical Reasoning Spleen Meridian Musculo-Skeletal applications Evidence	Consent Trust and PP Policy Leaflet Discussions
10.30	Stomach Meridian	Revision of Meridians Revision of points
11.00	COFFEE	COFFEE
11.15	Joints and Areas Covered Clinical Reasoning Spleen Meridian Musculo-Skeletal applications Evidence	Gall Bladder Meridian Application to treatment areas Evidence of research
	Integrating Trigger Points into Meridian Management	Pericardium / Heart Meridians Application to Physiotherapy Current research Suggested protocols
12.00	Musculo-Skeletal Applications Recent research Common Trigger Points discussed	Triple Energiser / Small Intestine Application to Physiotherapy Current research Suggested protocols
12.45	LUNCH	LUNCH
1.30	Headaches Cervical Pain Low Back Pain	Lung Meridian
2.00	Trapezius Levator Scapulae Quadratus Lumborum Piriformis	Shoulder Elbow Clinical Reasoning
2.30	Clinical Competency Test	Wrist and Hand Clinical Reasoning
3.15	TEA	TEA
3.30	Action Groups	Lumbar and Cervical spine
4.30	CLOSE	Integration of Trigger Points at Shoulder Elbow Hand
5.00		CLOSE

THIRD COURSE PART

Time	Day Five	Day Six
9.00	Liver / Kidney Meridians	Chronic Pain Management
10.00	Knee / Hip Clinical Reasoning	Introduction to Auricular Acupuncture
10.30	Myofascial Pain Ankle	Introduction to Electro-Acupuncture Appraising the evidence
11.00	Conception Vessel/ Governing Vessel Clinical Reasoning	Evidence for EA Intensity Wavelength
11.30	COFFEE	COFFEE
11.45	Trigger Points Revision Upper Quadrant Myofascial Pain	Complex Pain Clinical reasoning Adverse Reactions
12.00	Superficial and Deep Needling techniques	
12.45	LUNCH	LUNCH
1.30	Lumbar Spine Evidence Base	Action Groups – Clinical Reasoning
2.00	Hip and Lower Limb	
2.30	Integrating Acupuncture with Trigger Point management	
3.15	TEA	TEA
3.30	Plantar Fasciitis	Case History Discussions Protocols Date of Submission Portfolios
4.30	Discussion	Evaluation Certificates of Competency Questions Problem solving
5.00	Close	Close



HEALTH SCREENING QUESTIONNAIRE

All delegates are asked to complete the following form and return it with their course application.

All Delegates are required to give and receive needling on this course and to receive needling, for demonstration purposes, from the tutor.

Delegates who may be fasting for religious or health reasons must inform the tutor before the course.

This course is NOT suitable for pregnant students, as the health of foetus & mother are paramount.

Answers to questions will remain confidential to the tutor on the course. This questionnaire is intended to:

- Safeguard your health and well-being during acupuncture needling
- Inform the tutor of previous health issues that may prevent needling
- Prevent any adverse effects from the needling
- Offer a safe and effective learning environment for students and tutors
- Maintain mutual respect for each other.

Student Name _____

Course Title and Date(s) _____

Do you know of any reason that you should not receive acupuncture needling?	Please state
Are you receiving any medication that may interact with acupuncture needling?	Please state
Are you pregnant or actively trying for a pregnancy?	Please state
Have you had any adverse effects to needles before?	Please state
I give my consent to receive acupuncture needling from the course tutor and from fellow delegates under tutor supervision.	Signed

CONVERTING FOUNDATION TRAINING TO 30 MASTERS LEVEL POINTS

ALIED have successfully gained accreditation with the University of Hertfordshire [UH] and the 80-hour AACP Approved Acupuncture Foundation Acupuncture Course counts towards 30 M-Level credits.

- Students wishing to take advantage of these points, which may be used at any University depending on the nature of the Masters study undertaken, are required to inform the tutor by the end of the Foundation Training,
- The process at UH is handled by the Associate Head of School of Health and Emergency Provisions, Dr Karen Beeton,

Dr Karen Beeton
Associate Head of School (Professional Development)
School of Health and Emergency Professions
University of Hertfordshire
College Lane
HATFIELD
AL10 9AB

Tel. 01707 284114
Fax. 01707 284977
E-Mail k.s.beeton@herts.ac.uk

- Students are required to notify Dr Beeton via e mail with:
 - a) Contact details
 - b) Physiotherapy qualifications,
- They will be charged a one-off accreditation fee of £127 [The normal fee is £500],
- Students will be issued a UH student number that allows full access to the research database,
- The Foundation Course has been accredited at Masters level, therefore all the assessments will be marked at the same level whether the Masters points are being pursued or not,
- These points are valid for up to six years,
- The points may be claimed retrospectively once the Foundation Course has been achieved, but students are required to retain all assessment sheets and written work for later submission,
- The final submission of the 2,500 case study will be moderated by the University and the ALIED tutors,
- The whole process will be fully explained by ALIED tutors on the course.

Students, who have completed the course in the past and now want to obtain the credits retrospectively, will be required to register with UH and then undertake the new assessment components.