

**24 HOUR
ACUPUNCTURE TRAINING COURSE**

CLINICAL REASONING IN ACUPUNCTURE

PRE-COURSE INFORMATION

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INTRODUCTION

This course has been designed to offer physiotherapists who have been trained to a standard for AACP membership, but have not utilised the clinical reasoning model of Acupuncture intervention within pain modulation. It is intended to offer applicants an overview of clinical reasoning in order to refresh and refresh theoretical and practical skills as an integrated intervention within Physiotherapy.

This is a unique course, introducing the concept of clinical reasoning within Acupuncture and Physiotherapy, whilst offering participants the ability to utilise these skills within a clinical application with patients presentations composed of: -

- Upper quadrant dysfunction
- Lower quadrant dysfunction
- Spinal Pain

Clinical reasoning on patient presentations within small action groups will allow participants to utilise practical, clinical & problem solving skills to arrive at efficacious Acupuncture protocols for the management of the conditions presented.

PRE-REQUISITES

Participants must be able to provide evidence of previous foundation training in Acupuncture acceptable to AACP and preferably involved in clinical practice where acupuncture skills may be utilised after the course.

Participants should bring their foundation training manual[s] with them for reference during this course.

The course requires ALL participants to receive and administer needling and participants should not attend the course if there are any reasons that prevent full participation.

A Health Screening form is sent to all participants before the course starts. This form must be completed and handed to the tutor on the first day of the course. The form will be kept confidential by the tutor.

SCOPE

This course integrates acupuncture, trigger points, electroacupuncture together with manual physiotherapeutic skills within an evidence based, clinical reasoning paradigm incorporating recent research protocols to support your choice of management and the ability to integrate this with patient presentation.

COURSE OVERVIEW

This course has been designed from the success of the previous 40-hour update and as a response to the membership requiring to update skills. It will facilitate further learning for:

- Members who have not been previously instructed in the clinical reasoning model of Western and Traditional acupuncture.
- Members to have restricted access to Acupuncture in clinical practice
- Members wishing to use acupuncture beyond pain management
- Members wishing to use these skills in a clinical setting.

COURSE OVERVIEW

<p>Updating Skills</p>	<ul style="list-style-type: none"> • 5 hours of self directed learning pre course • 2 days taught • Completion of 1 case history of 2500 words, submitted between course periods • Clinical reasoning testing throughout course
<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. • Foundation Acupuncture training
<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 15 hours • Lectures, • Demonstration, • Theory, • Practical
<p>Self Directed learning</p>	<ul style="list-style-type: none"> • Approximately 10 hours, • Practical with patients, • Theoretical case histories, • Acupuncture leaflet for patients, • Acupuncture policy, • Acupuncture consent form, • Critical appraisal of relevant research, • Knowledge of proven protocols, • Clinical reasoning skills, • Critical Incident Diary.

HOURS PROVIDED

- 14 hours of tutor contact run over two days
- 5 hours case study submission
- Pre course reading (5 hours)
- Participants are asked to undertake self-directed learning with a given reading list.

The full reading list will be sent two months before the start of the course and accounts for 5 hours of self-directed learning.

INTENDED LEARNING OUTCOMES

On completion of this course the student should be able to:

- Demonstrate knowledge of relevant theoretical principles underpinning acupuncture as a modality in the management of pain.
- Understand the “layering method” (Bradnam 2007) of clinical reasoning both in addressing the variety of pain states and the management of the responding and non-responding patient.
- Demonstrate knowledge of recent health and safety legislation to maintain safe, competent needling skills within scope of practice
- Demonstrate enhanced clinical reasoning skills within acupuncture and physiotherapy within Acupuncture Analgesia (AA) mechanisms at:
 - The Dorsal Horn
 - Segmental
 - Dermatome
 - Myotome approach
 - Opioid Model facilitating Descending Noxious Inhibitory Mechanisms (DNIC) with support from current fMRI evidence.
 - Myofascial physiology and Trigger Point Release
- Evaluate the existing approaches and current literature relevant to the management of musculo-skeletal disorders.
- Demonstrate enhanced problem solving skills within an acupuncture musculo-skeletal management paradigm.
- Critically evaluate the existing approaches and current literature relevant to the management of musculo-skeletal disorders with acupuncture.
- Gain problem solving and practical skills with actual patients within a clinical setting.

INDICATIVE CONTENT

The course content will include:

- Pathophysiology of pain
- Physiology of acupuncture
- Physiology of Myofascial Pain
- Physiology of trigger point acupuncture
- Current legislation in NHS and private practice
- Integration of clinical reasoning within acupuncture
- Evidence to support acupuncture protocols
- Integration of myofascial skills with acupuncture management.
- Assessment and development of treatment protocols on two patients.

METHODS OF ASSESSMENT

This course is assessed by two components:

1. *Theoretical knowledge and Clinical Competence in Acupuncture Application throughout the course*

This will be assessed throughout the course and within action groups after presentation of two patients demonstrating musculo-skeletal conditions.

2. *Academic skills of critique, analysis and clinical management*

This will be assessed via a Case Study of 2,500 words submitted within six weeks of completion of the course.

PRE COURSE READING LIST

1. Acupuncture Association of Chartered Physiotherapists Safety Standards (2007).
2. Bradnam L (2007) Clinical Reasoning in Western Acupuncture. Journal of Acupuncture Association of Chartered Physiotherapists.
3. Bradnam L (2007) A physiological underpinning for treatment progression of Western Acupuncture. Journal of Acupuncture Association of Chartered Physiotherapists. Autumn. 25-33.
4. Zaslowski C (2003) Clinical Reasoning in Traditional Chinese Medicine: implications for clinical research. Clinical Acupuncture and oriental Medicine. 4(2-3): 94-101.

TIMETABLE

DAY 1

Time	Subject	Learning Objectives
08:45	Welcome and Registration	
09:15	Overview and Background to the course	An understanding of students' previous acupuncture experience and learning styles
09:30	Overview of students Overview of Learning styles The Concept of Clinical Reasoning in Western Acupuncture TCM	Using the pre-course reading list the Clinical reasoning model in WA will be debated and pain pattern identification will be revised. Using the pre-course reading list the Clinical reasoning model in TCM will be debated and pattern identification will be revised.
10:00	Revision of Pain mechanisms in acupuncture analgesia	Theoretical presentation of current evidence within acupuncture research
10:45	Coffee	Coffee
11:15	Needle application, depth and anatomical structures	Sterile, safe effective acupuncture application
12:00	Safety, legal requirements, contra-indications Consent Needle policy	Legal requirements Needle policy Consent policy Sharps disposal
12:45	LUNCH	LUNCH
13:30	Revision of Meridians with application to Segmental, Dermatomal and Myotomal distribution	An understanding of anatomical location and clinical application to musculo-skeletal, nociceptive and descending inhibitory pain patterns.
14:45	Revision of Myofascial pain within a clinical reasoning model	Integration of trigger point deactivation with TCM meridian point stimulation. Encompassing the use of Hea Sea, Lou connecting and Back Shu points.
15:15	Mapping Meridians with Trigger Points.	Revision of anatomical structures and muscle actions
16:30	Face and Upper Quadrant	
14.45	TEA	TEA
15.15	Cervical Spine and	Revision of anatomical structures and muscle actions
16.30	CLOSE	CLOSE

DAY 2

Time	Subject	Learning Objectives
09.00	Thoracic Spine and Role of Sympathetic Nervous System	An understanding of anatomical location and muscle action together with Neurophysiological responses to sympathetic stimulation.
10.45	Coffee	Coffee
11.15	Lumbar Spine and Lower Quadrant	An understanding of anatomical location and clinical application to musculo-skeletal dysfunction.
	Mapping Trigger Points to Meridians	Revision of anatomical structures and muscle actions
12.45	LUNCH	LUNCH
13.30	Presentation of Patient One: -	
	Chronic Upper Quadrant Pain	Problem solving skills in groups,
	Assessment	Action Groups
	Clinical reasoning	
	Development of a protocol	
	Discussion	
14.45	TEA	TEA
15.15	Presentation of patient with spinal pain / Lower Quadrant	Assessment of students' theoretical knowledge
	Assessment	Action Groups
	Clinical reasoning	
	Development of a protocol	
4.00	Case Study submission Evaluation	

COURSE DOCUMENTATION & TEACHING METHODS

MANUAL

The Course Manual is supplied in a ring-binder made up of several sections: -

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

The Manual is given out in sections as the course progresses, with each section explained fully at the time.

Participants should bring with them their foundation training manual[s] for reference during this course.

TEACHING METHODS

Teaching methods will be a combination of: -

- Group discussion
- Theoretical lectures
- Practical demonstrations

POWERPOINT PRESENTATIONS

All theoretical discussions within the manual will be reinforced by Power Point 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 Power Point presentations will be supplied at each pertinent aspect of the course. These may be added by the students to their manual at the relevant section in the binder. Adding the Power Point Presentations in this way facilitates the students in: -

- Working systematically through each section
- Providing their own relevant notes at each section
- Obtaining relevant tutor experiences and clinical advice that is important to clinical reasoning at each part of the course.
- Allowing individual learning style and pace to be accommodated.

COURSE ASSIGNMENTS

SELF-DIRECTED LEARNING

Students will be given a range of assignments during the course as described below: -

- Pre-Course reading,
- Students will be asked to submit a copy of their Trust or private practice protocol for handling sharps and those in private practice will be asked for evidence that they have suitable arrangements in place for the disposal of contaminated sharps.
- Students will be asked to prepare a 2,500 [approx.] word musculo-skeletal case study in line with the protocol given in the full course documentation.

CONTINUOUS ASSESSMENT

Students will be assessed in Action Groups at intervals throughout the course on the following factors:

- Clinical practice and knowledge when needling colleagues
- Procedures, organisation, recording and outcome measures which would facilitate internal and external audit

- Safety issues / contraindications
- The ability to give an Acupuncture protocol for a given clinical condition

SUPPORT

Support will be available at all times during the course.

LEARNING OBJECTIVES & OUTCOMES

LEARNING OBJECTIVES

AACP 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 clinical presentations.
- Provision of a safe, 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, case histories and reflective diary. Self-directed learning is required for this postgraduate course; this will be enhanced and facilitated by the tutors.

PRACTICAL COMPONENT

All participants 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, with patient presentation,
- Reflective analysis.

Psychomotor skills will be closely monitored to enable students to understand and apply the Acupuncture concepts. Tutor demonstrations on students will integrate clinical and theoretical knowledge within the process of clinical reasoning. Recent research pertaining to relevant 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.

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 needling techniques, hygiene and sterilisation in tandem with the local trust or

Private Practice policy,

- 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.

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
 - Neuropathic Pain
 - Myofascial Pain
- 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.

SKILLS GAINED

The following skills will be revisited during the course: -

- Needling skills,
- Safety measures,
- Adverse effects,
- Legal aspects
- Trust policy
- Consent
- Disposal of sharps and hazardous waste
- Physiology of pain
- Physiology of Acupuncture
- History and background physiology of Traditional Chinese Medicine
- Accurate location of Acupuncture points
- Traditional Chinese Medicine theory
 - a. Understanding and applying the basic philosophy of TCM
 - Qi and Blood
 - Fluid
 - DE Qi
 - Pathogens
 - b. Meridian theory
 - c. Classification of points
- Western Medical Acupuncture Theory
 - a. Understanding and applying the physiological mechanisms of Acupuncture analgesia
 - b. Pain Gate theory
 - c. Descending Inhibition
 - d. Diffuse Noxious Inhibitory Control
- Understanding the effects of communicable diseases and local policies.
- 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 Physiotherapy 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.

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. To pass this course, it is necessary to obtain satisfactory marks in all assessments. Participants should note that they will not be awarded pass certificates until all aspects of the assessment have been completed satisfactorily.

RANGE OF ASSIGNMENTS

Students will be given a range of assignments during the course as described below: -

- Students will be asked to supply, at the onset of the course, a General Health Screening and Consent form, Appendix 1. The consent form should act as a fully informed information sheet for the patient and is to be submitted for assessment not later than the start of the second weekend.
- Action Groups. Students will be given a patient presentation after which they will be divided into action groups to clinically reason the correct application of acupuncture for relief of symptoms

COURSE HOMEWORK PACK

Self-directed learning is an important part of the course. It is essential that the case study assignment is completed and submitted by the due date. Failure to submit the assignment by the due date may result in them not being marked and prevents course completion. The use of MS Word is preferred for all written work, with all documents being submitted electronically, by e-mail or on disk. Case histories will be assessed using the assessment sheets given in the full course documentation.

1. One 2,500 [approx.] word musculo-skeletal case study in line with the protocol included in the main course documentation:

Title / name / position

Summary / Abstract / Keywords

Introduction

Subjective Assessment / Objective assessment

Acupuncture protocol

Clinical Reasoning

Outcomes

Reflective practice

Discussion

Limitations

Acknowledgement

Use of the Harvard Reference system.

TREATMENT ASSESSMENT

Students will be assessed throughout the course on the following factors:

- Clinical practice and knowledge when needling colleagues and patients
- Procedures, organisation, recording and outcome measures which would facilitate internal and external audit
- Evidence of competence, which is carried out by the Tutors who maintain their own levels of competence, CPD and are assessed by the AACP Education Committee.
- Assessments will take into account individual participants with attention to learning and special needs.
- Reassessment routes will be applied to areas where participants have shown to be not yet competent.

CONTINUOUS ASSESSMENT

Tutors will:

- Prevent any assessment discriminating between any participants or groups.
- Maintain adequate assessment of their own standards and clinical expertise via peer appraisal amongst the tutors in TG, University peers and the AACP Education Committee.
- Provide student assessments against National Professional Standards
- 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 participant's learning styles
- Perform risk assessments where teaching situations may be unsound.

FINAL ASSESSMENT / REASSESSMENT

Students are required to pass all components of the written and practical assessment in order to obtain a course pass certificate. If students do not pass all aspects of the course, they are required to:

- Repeat failed components within a time span agreed with the tutor.
- Comply with a distance mentoring service.

Failure to complete and pass two reassessments will result in failure of the course and the need for a complete repetition of the course before a course pass certificate will be issued.

APPENDIX 1

HEALTH SCREENING QUESTIONNAIRE

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

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

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 _____

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