



**ALIED TRAINING
FOUNDATION
ACUPUNCTURE COURSE**

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

**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"> • 40 hours of face to face teaching • Minimum 40 hours of self directed learning and practice • First & last part separated by 6 weeks clinical practice, • Completion of 1 case history of 2500 words, • Competency test • 10 minute presentation
<p>Pre requisites</p>	<ul style="list-style-type: none"> • Registered Healthcare Professional, • 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"> • At least 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 therapeutic management and contemporary healthcare.

This course is run over six days, composed of three two-day parts, or two three-day parts, with some six weeks between the first and final parts. The breaks enable all participants to apply the needling skills they have accumulated 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 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 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 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 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 ALIED 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.
- 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 full registration for the 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, Jennie Longbottom. <http://www.alied.co.uk>

PRE-COURSE READING

- Longbottom, J E [2010] Acupuncture in Manual Therapy, Elsevier Science, ISBN-10: 0443067821 – Available from ALIED at a discounted price.
- Bradnam, L [2007] A Proposed Clinical Reasoning Model of Western Acupuncture, JAACP- Autumn 2007.

TIMETABLE

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	Measuring Marking points Safety and Anatomy Recording the treatment Large Intestine Meridian
10.00	Acupuncture legislation Statutory Regulation	Myofascial Pain and Trigger Points Physiology
10.30	Safety Guidelines Dangers Contraindications Safety research Adverse reactions Critical incidents	Myofascial Pain related to 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
		Needling at Thorax Needling at Cervical Spine Lumbar Spine Precautions Demonstration of Acupuncture Anatomy
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	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	Neurophysiology of Acupuncture Physiological effects of Acupuncture Recent research findings Brain Mapping Searching databases	Recent research on Low Back Pain Cervical Pain Headaches Trigger Points related to Bladder Meridian
3.15	TEA	TEA
3.30	Needling each other with guidance Large intestine Meridian	Application of meridians to musculo-skeletal management
4:30	CLOSE	CLOSE

Time	Day Three	Day Four
9.00	Registration	Needle Competency Theoretical Test
9.30	Gall Bladder Meridian	Discussion and Feedback
10.00	Joints and Areas Covered Clinical Reasoning Gall Bladder Meridian Musculo-Skeletal applications Evidence	Adapting the points for the application of Joint treatments
10.30	Trigger Points related to Gall Bladder Meridian	The knee and Hip TCM and trigger points
11.00	COFFEE	COFFEE
11.15	Management of the Shoulder	The Neck and Shoulder TCM and trigger points
	Management of the Hip	The Lumbar Spine and Thoracic Spine Neuropathic pain Acute pain Chronic pain
12.00	Integrating TCM and Trigger points into Clinical Practice	Clinical reasoning and problem solving scenarios
12.45	LUNCH	LUNCH
1.30	Clinical reasoning scenarios	The Foot and Hand TCM and trigger points
2.00	Acute pain Western and TCM approach	Clinical reasoning and problem solving scenarios CPRS Complex pain
2.30	Chronic Pain Western and TCM approach	Wrist and Hand Clinical Reasoning CPRS Complex pain
3.15	TEA	TEA
3.30	Bringing it together	The role of Auricular Acupuncture in SNS and PSNS homeostasis
4.30	CLOSE	Discussion
5.00		CLOSE

Time	Day Five	Day Six
9.00	Feedback from clinical practice Adverse Effects Clinical problems	The lower limb Meridians
10.00	The upper Limb Meridians	Stomach & Spleen
10.30	Triple Energizer and Small Intestine	Application to clinical practice TCM and trigger Points
11.00	Application to clinical practice TCM and trigger Points	Application to immune System Tissue Healing Menstrual Dysfunction Acute Injuries
11.30	COFFEE	COFFEE
11.45	The Heart and Pericardium	The Liver and Kidney Meridians Application to clinical practice TCM and trigger Points Application to MSK, urinary dysfunction Tissue healing Menstrual dysfunction The Groin and pelvis
12.00	Application to general anxiety disorder (GAD) , & Insomnia The Lung Meridian Application to respiratory conditions, palliative care and MSK	
12.45	LUNCH	LUNCH
1.30	Student Presentations	Student Presentations
2.00		
2.30		
3.15	TEA	TEA
3.30	Student Presentations	Student Presentations
4.30	Feedback	Case Study Submission Presentation marks Masters submission rules
5.00	Close	Close

HEALTH SCREENING & STUDENT DETAIL QUESTIONNAIRE

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

All students are required to give and receive needling on this course and to receive needling, for demonstration purposes, from the tutor. Students who may be fasting for religious or health reasons must inform the tutor before the course.

The Foundation Course is NOT suitable for pregnant students, as the health of foetus & mother are paramount.

Answers to questions will remain confidential to ALIED. 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 & Dates	
Student contact address	
Student contact E-Mail	
Student contact telephone number	
HPC Number [where applicable]	
Professional Society [e.g. CSP, GOC] Number	
Do you know of any reason that you should not receive Acupuncture needling?	
Are you receiving any medication that may interact with Acupuncture needling?	
Are you pregnant or actively trying for a pregnancy?	
Have you had any adverse effects to needles before?	
I give my consent to receive acupuncture needling from the course tutor and from fellow students 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 Foundation Acupuncture Course counts as 30 M-Level credits.

- Students wishing to take advantage of these points, which potentially may be used at any UK 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) Professional qualifications,
- They will be charged a one-off accreditation fee of £150 [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 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.