

Australian Medical Acupuncture College

The Australian Medical Acupuncture College Course Part 1

Curriculum

Australian Medical Acupuncture College

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Medical Acupuncture Training Continuum of Learning

The Australian Medical Acupuncture College (AMAC) Course has an integrated system of teaching that incorporates hands-on clinical sessions into a structured course of face-to-face workshops, online lectures, and mentorship. The content combines up-to-date knowledge of evidence-based medicine and neurophysiology with Traditional Chinese Medicine concepts. The course aims to teach both the art and the science of practicing medical acupuncture within a modern medical framework. The highest scientific evidence (level 1) for acupuncture is now well established for a variety of common medical, pain and musculoskeletal conditions.

This training program is designed for qualified and registered medical and dental clinicians who wish to include acupuncture as a treatment modality in their clinical work.

The AMAC Course Part 1 Curriculum provides the framework for the essential knowledge in medical acupuncture to enable practitioners to achieve certification standards for practice in Australia.

The AMAC Course Part 1 topics include the neurophysiology of pain and of acupuncture stimulation, Traditional Chinese Medicine concepts, microsystems, acupuncture diagnostics and formulation of acupuncture treatments, practical skills of acupuncture techniques, including needle and laser acupuncture.

The duration of the program is designed for graduates to acquire the theoretical learning and supervised clinical practice to perform independently and safely as medical acupuncturists.

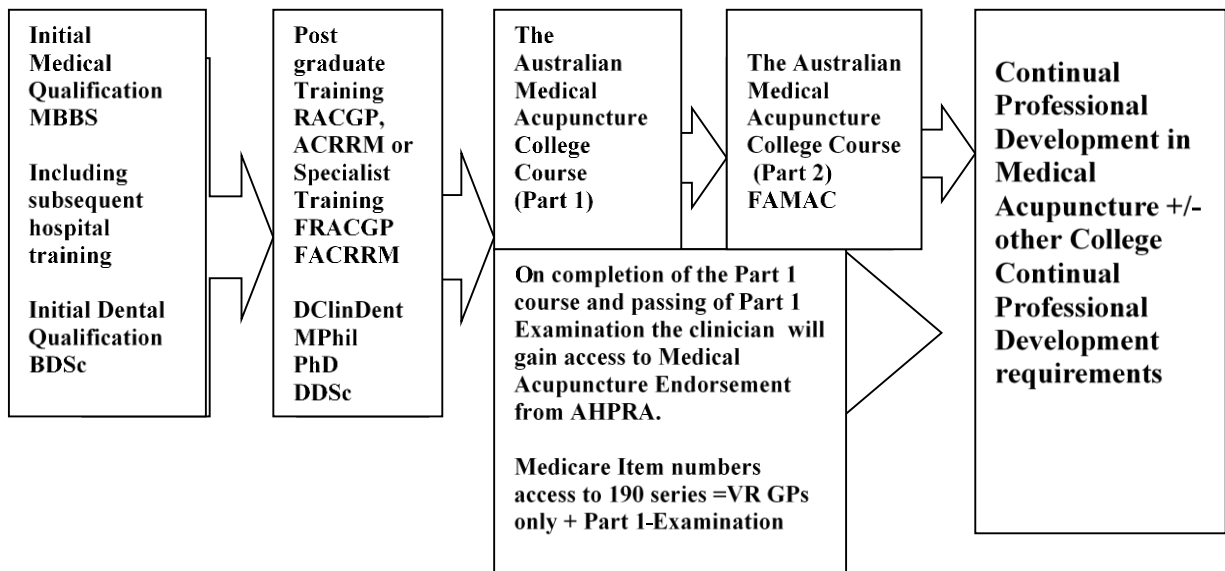
Pre-requisite requirements prior to enrollment to The Australian Medical Acupuncture College Course Part 1:

1. Completion of Medical Course (MBBS, MBCHB, MD) *and*
 - a) FRACGP / FARGP / FACRRM; *or*
 - b) Other Medical Specialty Training Program; *or*
 - c) Vocational Registration as a General Practitioner; *OR*

Completion of Undergraduate Dental Course, or Postgraduate Dental Course (BDSC); *AND*

2. Currently actively practicing chosen Medical / Dental specialty; *AND*
3. Current unconditional Medical / Dental Registration with AHPRA

Continuum of training explained in this table:



Graduate Outcomes for AMAC Course Part 1:

Graduates of the AMAC Course Part 1 will be building on their training as medical and dental practitioners with all pre-existing knowledge, skills, and professional standards. This Course will add the requisite post-graduate knowledge specific for medical acupuncture.

After completion of the AMAC Course Part 1 it is expected that the medical acupuncturist will:

- Apply acupuncture as an evidence-based treatment option for numerous acute, chronic and pain conditions in everyday practice.
- Recognize the limitations of both medical practice and medical and dental acupuncture in treatment of various medical conditions.
- Demonstrate the knowledge, skills, and professional qualities necessary for independent medical and dental acupuncture practice.
- Implement the appropriate medical diagnostic and treatment procedures in decision making, and in discussing options of treatment with patients using biopsychosocial model of integrated care.
- Carry out acupuncture treatment for appropriate indications in a safe and effective manner.
- Demonstrate understanding of the neurophysiological principles in patients presenting with painful conditions.
- Apply precautions and general safety requirements in the use of acupuncture.

- Demonstrate knowledge of potential mild to serious complications of acupuncture treatment and their acute management.
- Develop appropriate skills for application of acupuncture needles and low-level laser stimulation to acupuncture points.
- Demonstrate understanding of the fundamental Traditional Chinese Medicine (TCM) principles and how they can be applied to medical practice.
- Apply a comprehensive knowledge of specific acupuncture points and the meridians systems for treatment of various medical and dental conditions.
- Contribute to the improvement and standardization of professional medical and dental acupuncture training and practice.
- Implement the Medicare and AHPRA requirements for medical acupuncture in clinical practice.

Teaching and Learning

Course hours: 300 hours

- Formal online lectures/webinars – 48 hours (structured learning)
- Three weekend workshops with face-to-face lectures and practical sessions – 48hrs
- Self-directed learning, assignments, and case studies – 180 hours (15 hours/month)
- Mentorship – 25 hours.

Assessment

Satisfactory completion of the course requirements entails:

- attendance of the three (3) mandatory face to face weekend workshops
- satisfactory completion of all assignments
- satisfactory completion of clinical mentoring – 25 hours.

On completion of the AMAC Part 1 course requirements, candidates are eligible to sit the Part 1 examination, currently conducted once a year, consisting of:

- Mid-year Written Examination on acupuncture points (20% of final mark)
- Medical Acupuncture Clinical Examination (pass/fail)
- End of the year Written Examination (3 hours).

Candidates will be required to demonstrate comprehensive knowledge of the meridian systems and point locations, knowledge of relevant anatomical areas, neurophysiological explanation of acupuncture therapeutics, essentials of Traditional Chinese Medicine Theories and general safety requirements and precautions.

Grievance and Appeal

In the unfortunate situation where a candidate fails the exam then he/she can apply to the Board of Examiners for:

- Review of a decision. All candidates that have failed the written examination are automatically re-marked. If there are any discrepancies in marking, they are referred to the examination panel for review. Failed candidates will routinely be offered a supplementary examination.
- Appeal against a decision. This may occur after a supplementary examination has been failed. There is an appeal process available to all candidates and will be through an independent review process.

Structure

The Australian Medical Acupuncture College Course Part 1 is comprised of 10 Modules and their associated learning outcomes.

How to read and use the Curriculum

Students are encouraged to regularly review the Learning Outcomes and Topics to cover specific required study. There are relevant chapters in the recommended textbooks for each module as well as other suggested reading materials recommended by course teachers. Reference texts and research articles are intended to supplement the textbooks as well as to assist candidates with further study.

Curriculum Modules and Learning Outcomes

The modules are learning units that focus on topics in required areas of learning. The topics provide the guidelines on contents of each module, detailing the required knowledge and skills. They also provide a context for teaching standards as well as assessment standards and criteria.

The Learning Outcomes outline what students will be expected to learn by the end of the course.

Module 1

History of Medical Acupuncture in Australia, Medicare and AHPRA requirements for medical acupuncturists and requirements for ongoing education.

Learning Outcomes	<ol style="list-style-type: none">1. Summarize how evidence based medical acupuncture has become integrated into medical and dental practice in Australia over the past 40 years.2. Define requirements for endorsement and accreditation as a medical acupuncturist.3. Identify QI&CPD (Quality Improvement & Continuous Professional Development) requirements for medical acupuncturists.4. Apply Medicare definitions of medical acupuncture consultations and item numbers.
Topics covered	<ul style="list-style-type: none">• Brief history of medical acupuncture and its evolution in Australian Medical Practice.• Medicare definition of a medical acupuncture consultation and Medicare item numbers.• AHPRA (Australian Health Practitioners Regulation Agency) acupuncture endorsement process.• JCCMA (Joint Consultative Committee for Medical Acupuncture) including RACGP (Royal Australian College of General Practitioners)/ ACRRM (Australian College of Rural and Remote Medicine) requirements for accreditation process and for acupuncture specific QI&CPD points.
Guided learning	Webinar session: 1.5 h Self-directed learning: 2 hours
Reading	Lecture materials Appropriate websites for RACGP/ACRRM/AHPRA/JCCMA

Module 2

Anatomy of Meridians and Points

Learning Outcomes	<ol style="list-style-type: none">1. Describe the external and internal pathways of the 12 primary meridians and two of the 8 extraordinary meridians (Conception Vessel and Governing Vessel)2. Describe the locations of acupuncture points using the WHO nomenclature3. Demonstrate accurate location of acupuncture points
Topics covered	<ul style="list-style-type: none">• The 12 Main Meridians.• Governing and Conception Meridians.• Point locations
Guided learning	Webinar lectures: 4.5hrs Clinical lectures: 12 hours Self-directed learning: 30 hours Clinical mentorship
Reading	Lecture materials Recommended texts: <i>Practice of Acupuncture: point location, treatment options. TCM Basics, 2005, H. Hecker, A. Steveling, E.T. Peuker, J. Kastner.</i> WHO Standard Acupuncture Point Locations in the Western Pacific Region, 2008

Module 3

Scientific Evidence for Medical Acupuncture.

Learning Outcomes	<ol style="list-style-type: none">1. List the conditions for which there is Level 1 evidence that acupuncture is a beneficial treatment modality.2. Identify the elements of good acupuncture research.3. Explain the problem of placebo in acupuncture research.
Topics covered	<ul style="list-style-type: none">• Current acupuncture research analysis.• Placebo options in acupuncture trials and problems associated with them.• Meta-analysis for chronic pain – Vickers.• Systematic reviews, Cochrane reviews.• Medical conditions with current evidence of acupuncture benefit.
Guided learning	Webinar lecture: 1.5 hour Clinical discussion: 6 hours Self-directed learning: 10 hours Clinical mentorship
Reading	Lecture materials Recommended text: <i>An introduction to Western Acupuncture, 2018, A. White, M. Cummings, J. Filshie.</i> Appropriate websites: PubMed, Cochrane, BMJ, AcuTrials® Multiple recommended research articles

Module 4a

The Neurophysiology of Pain

Learning Outcomes	<ol style="list-style-type: none">1. Define the following terms:<ul style="list-style-type: none">• Pain• Peripheral sensitisation• Central sensitisation• Primary hyperalgesia• Secondary hyperalgesia• Allodynia2. Describe a clinical presentation of each of the above terms3. Describe the neurophysiology of acute pain4. Describe the basic neurophysiology of the development of chronic pain5. Identify the risk factors for the development of chronic pain6. Demonstrate clinical examination of pain in medical acupuncture
Topics covered	<ul style="list-style-type: none">• Clinical pain terminology.• Clinical Pain examination including acupuncture specific clinical examination techniques.• Neurophysiology of acute and chronic pain.• Peripheral and Central Sensitization; Neuro-sensitization.
Guided learning	Webinar lecture: 2 hours Clinical discussion: 4 hours Self- directed learning: 30 hours Clinical mentorship
Reading	Lecture materials Recommended text: <i>An introduction to Western Acupuncture, 2018</i> , A. White, M. Cummings, J. Filshie. Research articles

Module 4b

The Neurophysiology of Acupuncture

Learning Outcomes	<ol style="list-style-type: none">1. Describe the effects of acupuncture on the pain system2. Describe the effects of acupuncture on muscle physiology3. Describe the non-specific effects of acupuncture4. Describe the effects of acupuncture on the autonomic nervous system5. Compare and contrast pharmaceuticals and acupuncture in pain management.
Topics covered	<ul style="list-style-type: none">• Effects of acupuncture on the pain system:<ul style="list-style-type: none">- Local effects of needling- Segmental and extra-segmental effects- Effects of needling on muscle physiology- DNIC and non-specific effects of acupuncture- Central connections and pathways- Other effects of acupuncture including sympathetic tone reduction• Contrasting pharmaceuticals and acupuncture in pain management.
Guided learning	Webinar lecture: 2 hours Clinical discussion: 4 hours Self- directed learning: 30 hours Clinical mentorship
Reading	Lecture materials Recommended text: <i>An introduction to Western Acupuncture, 2018</i> , A. White, M. Cummings, J. Filshie. Research articles

Module 5

Safety and Precautions in the Practice of Acupuncture

Learning Outcomes	<ol style="list-style-type: none">1. Describe the safety issues pertaining to:<ul style="list-style-type: none">• specific acupuncture point locations• patient factors• acupuncture modalities – needling, laser acupuncture, electroacupuncture2. Describe the potential side effects of acupuncture, and their management3. Describe practice systems to ensure patient safety in medical acupuncture4. Demonstrate procedures for obtaining patient consent for acupuncture5. Demonstrate safe needling technique
Topics covered	<ul style="list-style-type: none">• General risks, side effects, precautions, and contraindications to acupuncture.• Safe needle insertion in relation to important anatomical structures.• Prevention and management of the most common side effects of acupuncture treatment.• Special considerations: strong responders, pregnancy, children and infants and psychiatric conditions.• Safe needling technique - choice of needle size, depth and angle of insertion, and identification of target tissue or anatomical structures to avoid.• Safe use of laser and electrical stimulation in acupuncture.
Guided learning	Webinar lecture: 2 hours Self-directed learning: 10 hours Clinical mentorship
Reading	Lecture materials/ Research articles Recommended text: <i>An introduction to Western Acupuncture, 2018</i> , A. White, M. Cummings, J. Filshie.

Module 6

Basic Traditional Chinese Medicine (TCM) Principles in Acupuncture

Learning Outcomes	<ol style="list-style-type: none">1. Describe basic TCM theory2. Describe basic TCM examination of pulse and tongue3. Demonstrate basic practical skills in Traditional Chinese Medicine diagnostics4. Formulate treatment plans incorporating TCM principles
Topics covered	<ul style="list-style-type: none">• Yin/Yang theory• Concept of Qi and Vital Substances• Jing, Qi, Shen• Zang Fu Organs and function• 4 Diagnostic principles• Etiology of diseases• Identification of patterns of diseases• 8 Principles• 6 Pathogenic factors
Guided learning	Webinar lectures: 4.5hrs Clinical lectures: 12 hours Self-directed learning: 30 hours Clinical mentorship
Reading	Lecture materials Recommended texts: <i>Practice of Acupuncture: point location, treatment options.</i> <i>TCM Basics, 2005</i> , H. Hecker, A. Steveling, E.T. Peuker, J. Kastner.

Module 7

Microsystems – focus on Auricular Acupuncture

Learning Outcomes	<ol style="list-style-type: none">1. Describe the key features of any microsystem2. Identify the anatomy of the external ear3. Identify the representation of the spine on the ear4. Identify and locate clinically important points on the ear
Topics covered	<ul style="list-style-type: none">• Microsystems in acupuncture• Anatomy of the external ear• Auricular acupuncture anatomy <p>Evidence for conditions for which Auricular Acupuncture is effective</p>
Guided learning	<p>Clinical lectures: 1hr Self-directed learning: 5hrs Clinical mentorship</p>
Reading	<p>Lecture materials Recommended texts: <i>Microsystems Acupuncture: The complete guide</i>, Thieme, New York, 2006, H. Hecker, A.Steveling, E. T. Peukar Auricular acupuncture chart</p>

Module 8

Acupuncture Modalities: Needles, Laser, Electroacupuncture

Learning Outcomes	<ol style="list-style-type: none">1. Describe needle parameters2. Choose appropriate needle type for each treatment3. Demonstrate safe handling of needles4. Describe laser parameters: wavelength, power, energy, energy density5. Describe the difference between laser therapy and laser acupuncture6. Calculate laser acupuncture dose for any given laser acupuncture device7. Demonstrate safe handling and use of laser acupuncture equipment8. Describe electroacupuncture parameters9. Demonstrate safe handling and use of electroacupuncture equipment
Topics covered	<ul style="list-style-type: none">• Demonstration and practice of needle acupuncture, laser acupuncture, and other modalities used in acupuncture treatment.• Indications, contraindications, and safety issues related to each modality
Guided learning	<p>Clinical lectures: 3 hours Webinar lecture (laser): 1.5 hour Self-directed learning: 10 hours Clinical mentorship</p>

Module 9

Medical Acupuncture Treatment Principles

Learning Outcomes	<ol style="list-style-type: none">1. Identify treatment goal/s for given clinical scenarios2. Describe the limitations of both conventional medical practice and acupuncture in the treatment of various conditions3. Formulate conventional medical diagnosis, provisional diagnoses, and TCM diagnosis as applicable, to given clinical scenarios4. Formulate and explain a treatment plan for given clinical scenarios
Topics covered	<ul style="list-style-type: none">• Common medical conditions shown through randomized controlled trials and meta-analyses to be treated effectively by acupuncture.• MSK and pain• Non-MSK conditions• Anatomical knowledge of relevant structures for the above conditions.• Application of the neurophysiology and TCM knowledge in the treatment decision.• Discussion of cases with application of treatment principles
Guided learning	Webinar lectures: 4 hours Clinical lecture: 4.5 hours Self-directed learning: 20 hours Clinical mentorship
Reading	Lecture materials Recommended text: <i>Practice of Acupuncture: point location, treatment options. TCM Basics, 2005</i> , H. Hecker, A. Steveling, E.T. Peuker, J. Kastner.

Module 10

Clinical Skills in Medical Acupuncture

Learning Outcomes	<ol style="list-style-type: none">1. Describe the elements of clinical history taking in medical acupuncture2. Describe the elements of clinical examination in medical acupuncture3. Demonstrate clinical history taking in medical acupuncture4. Demonstrate clinical examination in medical acupuncture5. Demonstrate skills in diagnosis, formulation of treatment plan, and the selection of appropriate acupuncture points and modalities for a given clinical scenario or case6. Demonstrate safe needling of acupuncture points
Topics covered	<ul style="list-style-type: none">• Elements of clinical history taking• Elements of clinical examination• Clinical pain examination specific for medical acupuncture.• Students' clinical case presentation and discussion.
Guided learning	Clinical lecture: 6 hours Self-directed learning: 20 hours Clinical Mentorship
Reading	Lecture materials Recommended texts: Recommended Texts: <i>An introduction to Western Acupuncture, 2018, A. White, M. Cummings, J. Filshie;</i> <i>Practice of Acupuncture: point location, treatment options. TCM Basics, 2005, H. Hecker, A. Steveling, E.T. Peuker, J. Kastner.</i> Research articles

CORE READING

RECOMMENDED TEXTBOOKS:

1. White A, Cummings M, Filshie J. *An introduction to Western Medical Acupuncture*. Churchill Livingstone Aug 2018.
2. Hecker H-U, Steveling A, Peuker E.T., Kastner J. *Practice of Acupuncture: Point Location - Treatment Options - TCM Basics*. Thieme International. 2005.

OR

Deadman P, Al-Khafaji M, Baker K, *A Manual of Acupuncture (2nd edition)*, Eastland Press 2007.

3. Cheng, Xinhong *Chinese Acupuncture and Moxibustion*, Foreign Languages Press. 2019 (4th edition – earlier editions are also suitable)

ADDITIONAL READINGS:

Reference Texts:

1. Murtagh J. *General Practice*, McGraw-Hill Medical, 2011
2. Hecker HU. *Microsystems Acupuncture: A Complete Guide: Ear, Scalp, Mouth, Hand*. Thieme International 2006.
3. Deadman P, Al-Khafaji M, Baker K. *A Manual of Acupuncture (2nd Edition)*, Eastland Press 2007.
4. Maciocia G. *The Foundations of Chinese Medicine (3rd ed)*. Elsevier, 2015.
5. Kaptchuk T. *The Web That Has No Weaver*. Contemporary Books Inc, 2000.
6. Legge D. *Close to the Bone (3rd Edition)*, Sydney College Press. 2000
7. Helms J. *Acupuncture Energetics: A Clinical Approach for Physicians*. Medical Acupuncture Publishers, 1995.

8. Aung SKH & Chen WPD. *Clinical Introduction to Medical Acupuncture*. Thieme Medical Publishers Inc., 2007.
9. Wong JY. *A Manual of Neuro-anatomical Acupuncture. Volume I: Musculoskeletal Disorders & Volume II: Neurological Disorders*. The Toronto Pain and Stress Clinic Inc., 1999.
10. Backer M & Hammes MG. *Acupuncture in the Treatment of Pain*, Churchill-Livingston, Elsevier 2010

Journals

1. Acupuncture in Medicine (part of BMJ): <http://aim.bmj.com/>)
2. American Journal of Acupuncture
3. Journal of Chinese Medicine (British Medical Acupuncture Society)

Useful Links & digital media

1. <http://www.ncbi.nlm.nih.gov/>
2. Evidence Map of Acupuncture
<https://www.ncbi.nlm.nih.gov/pubmed/28334999>
3. iPhone App: A Manual of Acupuncture. Peter Deadman. Journal of Chinese Medicine
<https://itunes.apple.com/au/app/manual-of-acupuncture/id472969769?mt=8>
4. <http://www.yinyanghouse.com/>
5. Anatomy for Acupuncture DVD-ROM. Cummings M, Dorsher P. Primal Pictures. 2007
6. <http://www.acumedico.com/combinations.htm>
Halevi S. Classical point combinations and clusters of points in acupuncture therapy.
7. <https://www.evidencebasedacupuncture.org/present-research/acupuncture-scientific-evidence>
8. <https://hmieducation.com/>