

Introduction to Acupuncture & Oriental Medicine

**Robert Kaneko, LAc, Clinic Director
Oregon College of Oriental Medicine
10541 SE Cherry Blossom Drive
Portland, OR 97213
(503) 253-3443 ext. 140
rkaneko@ocom.edu
www.ocom.edu**

1

Acupuncture and Oriental Medicine

- Overview of Acupuncture and Oriental Medicine (OM)
- Education
- Licensure Process in Oregon
- Scope of Practice of a Licensed Acupuncturist (LAc)
- Assessment, Diagnosis & Treatment with Oriental Medicine

Robert Kaneko, LAc

2

Overview of Acupuncture & OM

- There are many different schools and styles of acupuncture & OM.
- OM has its own diagnostic system different from traditional allopathic medicine.
- OM looks at a variety of signs and symptoms in the patient.

Robert Kaneko, LAc

3

Overview of Acupuncture & OM

- Originally from China.
 - Written history of over 2000 years.
 - Archeological evidence that it goes back further.
- Spread to countries of the Far East.
- +100 year history in Europe.
- United States - Chinese immigrant population & state licensure from 1970.

Robert Kaneko, LAc

4

Overview of Acupuncture & OM

- United States
 - 42 states & Wash., DC with acupuncture/Oriental Medicine laws
 - Over 10,000 state licensed or national board certified acupuncturists
 - Over 7,500 students in 60 colleges in US.
 - National Examination
 - National Accrediting bodies.

Robert Kaneko, LAc

5

Education

- Prerequisites for entering an Oriental medical college:
 - At least two years of college.
- 4 year programs (36 months in total – often completed in 3 calendar years)
- Graduate with a Master's degree in Acupuncture and Oriental Medicine.

Robert Kaneko, LAc

6

AOM Colleges in Oregon

Two Acupuncture and Oriental Medical Colleges in Oregon

- | The Oregon College of Oriental Medicine
- | The National College of Naturopathic Medicine

Robert Kaneko, LAc

7

Course work

- Oriental medical theory.
- Oriental medical diagnosis.
- Acupuncture point location and therapeutics.
- Oriental herbs and formulas.
- Oriental therapeutic massage.
- Therapeutic exercise - Qigong & Taiji classes.
- Western sciences including:
Anatomy/physiology, pathology, clinical diagnosis, nutrition & pharmacology.

Robert Kaneko, LAc

8

Acupuncture & OM Licensure in Oregon

- Licensure granted by the Oregon Board of Medical Examiners
- Applicants apply for state licensure after successfully passing the a national exam – National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) Examination

Robert Kaneko, LAc

9

Scope of Practice - Tx. Modalities

- Physical Medicine
 - | Acupuncture
 - | Moxibustion (heat therapy)
 - | Electro-acupuncture
 - | Acupressure/Massage
- Herbal Medicine
- Lifestyle Recommendations
 - | Diet, rest, exercise, relaxation.

Robert Kaneko, LAc

10

Scope of Practice of an LAc

- We are not western medical primary care providers in the state of OR.
- We rely on the diagnosis of a primary care physician for determining the western diagnosis.
- We often work in conjunction with other medical providers.

Robert Kaneko, LAc

11

Assessment

- Observation
 - | Face
 - | Body & Movement
 - | Tongue (body & coat)
- Listening & Smelling
- Inquiry (see list)
- Palpation
 - | Radial Pulse
 - | Acupuncture Points
 - Area of the lesion
 - Abdomen

Robert Kaneko, LAc

12

Inquiry - Questioning

- ☒ Temperature
 - ☒ Perspiration
 - ✓ Headache/Dizziness
 - ✓ Eyes, ears, nose, throat.
 - ☒ Body Pain
 - ☒ Appetite/Digestion
 - ☒ Thirst
 - ☒ Stool & Urination
 - ☒ Emotions
 - ☒ Sleep/Energy Level
- For Women:
Menstrual cycle & menopause.

Robert Kaneko, LAc

13

Diagnosis of Ailment with OM

Traditional Chinese Medicine View

- Channel (Meridian) Differentiation/Diagnosis
- Eight Principles Diagnosis
- Zang-Fu Organ (Syndrome)
- Zang-Fu Organ Diagnosis of the Constitution of the Patient
- Treating the branches

Robert Kaneko, LAc

14

Eight Principles Diagnosis

Yin versus Yang

- Depth of the Condition - Exterior or Interior
- Temperature of the Condition - Hot or Cold
- Relative Strength of the Patient & Condition Excess or Deficiency
- *Dryness vs. Dampness of the Condition*

Robert Kaneko, LAc

15

Typical Treatment - Acup.

- Interview & Examination
- Diagnosis & Treatment Planning
- Acupuncture Treatment:
 - Front &/or back tx. Sometimes sitting.
 - 4 to 25 needles in limbs & trunk.
 - Lie & rest with needles for 10 to 30 minutes.
 - Other therapies may be used at same tx.:
Moxa, cupping, cutaneous, electro-acup.

Robert Kaneko, LAc

16

Typical Treatment - Acup.

- Number of treatments:
 - Depends on the condition.
 - Depends on result patient is looking for.
 - When do you stop?
- 10 txs. - course of treatments.
- Problems associated with acupuncture, etc.

Robert Kaneko, LAc

17

Herbal Treatment

- Take herbs on a daily basis.
- Have the formula adjusted regularly.
 - Patient's condition changes.
 - Disease changes.
 - Seasonal changes.
- Many times in conjunction w/ Acup. Tx.
- Problems associated with herbal medicine.

Robert Kaneko, LAc

18

Chinese Herbal Medicine - Forms of Herbs

- Herb Pills
- Granule Formulas
- Bulk Herb Formulas
- Herbs for Topical Application

Robert Kaneko, LAc

19

Choosing an Acupuncturist

Questions for an Acupuncturist:

- Is the condition treatable with TCM?
- What will treatment consist of?
- What might results look like?
- Cost of treatment? (\$45-\$70)
- Length of treatments (initial & follow-up)?
- How many treatments?

Robert Kaneko, LAc

20

Evidenced-Based Resources on Acupuncture & Oriental Medicine:

Birch S, Hammerschlag R: *Acupuncture Efficacy - A Compendium of Controlled Clinical Studies*. Tarrytown, New York, 1996, National Academy of Acupuncture and Oriental Medicine.

Cassidy CM: *Contemporary Chinese Medicine and Acupuncture*, Philadelphia, 2002, Churchill Livingstone.

Written with health care providers in mind, it serves as an introduction to the theoretical foundations of Chinese medicine, contemporary Western practice, and **current research** on the practice of Chinese medicine, including acupuncture and herbs. Includes examples of research on treatment of various disorders.

Society for Acupuncture Research: Available at: www.acupunctureresearch.org.

Spencer JW, Jacobs JJ: *Complementary/Alternative Medicine - An Evidenced-Based Approach*, St. Louis, 1999, Mosby, Inc.

Written by physicians funded by the National Institutes of Health's Office of Alternative Medicine and explores and analyzes the effectiveness of a range of complementary/alternative therapies, including acupuncture and Oriental medicine.

Stux G, Hammerschlag R (Eds.): *Clinical Acupuncture - Scientific Basis*, New York, 2001, Springer.

Robert Kaneko, LAc

21