

# Introduction to Acupuncture & Oriental Medicine

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# Acupuncture and Oriental Medicine (AOM)

- ◆ Overview of AOM
- ◆ Education
- ◆ Licensure in Oregon
- ◆ Scope of Practice
- ◆ Diagnosis in Chinese Medicine
- ◆ Conditions treated with AOM
- ◆ Choosing an Acupuncturist

# 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 –
  - Came w/ Chinese immigrant population
  - First state licensure in 1970

# Overview of Acupuncture & OM

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

# 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

# Education

- ◆ Prerequisites for entering an Oriental medical college:
  - At least two years of college.
- ◆ 4 year programs (36 months in total)
- ◆ Graduate with a Master's degree in Acupuncture and Oriental Medicine.
- ◆ OCOM has just started a doctoral program.

# Course work – Oriental Medicine

- ◆ Oriental medical theory.
- ◆ Oriental medical diagnosis.
- ◆ Acupuncture point location & therapeutics.
- ◆ Oriental herbs and formulas.
- ◆ Oriental therapeutic massage.
- ◆ Therapeutic exercise - Qigong & Taiji.

# Course work – Western Sciences

- ◆ Anatomy/physiology
- ◆ Pathology
- ◆ Clinical diagnosis
- ◆ Pharmacology
- ◆ Nutrition
- ◆ Psychology

# Acupuncture & OM Licensure in Oregon

- ◆ Licensure (Licensed Acupuncturist – LAc) is granted by the Oregon Board of Medical Examiners
- ◆ Applicants apply for state licensure after successfully passing the National Certification Commission for Acupuncture & Oriental Medicine (NCCAOM) Examination.

# Scope of Practice - Tx. Modalities

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

# Scope of Practice of an LAc

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

# Diagnosis of Ailment with AOM

## 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

# 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*



# Assessment

- ◆ Observation

- Face
- Body & Movement
- Tongue (body & coat)

- ◆ Listening & Smelling

- ◆ Inquiry - questioning

- ◆ Palpation

- Radial Pulse
- Acupuncture Points
- Area of the lesion
- Abdomen

# Causes of Disease

- ◆ The Climate and Environment  
(External Pathogenic Factors)
- ◆ Emotions  
(Internal Factors)
- ◆ Lifestyle

# Lifestyle (Miscellaneous Factors)

- ◆ Diet & Nutrition
- ◆ Exercise
- ◆ Rest/Sleep
- ◆ Stress
- ◆ Injury

# Treatment Modalities

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

# Conditions Treated with Acupuncture/OM

- ◆ NIH Consensus Statement on Acupuncture
- ◆ World Health Organization (WHO) List

## According to the NIH Consensus Statement on Acupuncture:

Acupuncture as a therapeutic intervention is widely practiced in the United States. While there have been many studies of its potential usefulness, many of these studies provide equivocal results because of design, sample size, and other factors. The issue is further complicated by inherent difficulties in the use of appropriate controls, such as placebos and sham acupuncture groups.

## NIH Consensus Statement on Acupuncture (continued)

However, promising results have emerged, for example, showing efficacy of acupuncture

- ◆ in adult postoperative and chemotherapy nausea & vomiting and
- ◆ in postoperative dental pain.

## NIH Consensus Statement on Acupuncture (continued)

There are other situations such as addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low back pain, carpal tunnel syndrome, and asthma, in which acupuncture may be useful as an adjunct treatment or an acceptable alternative or be included in a comprehensive management program.

Further research is likely to uncover additional areas where acupuncture interventions will be useful.

# WHO's List of Diseases Helped w/ TCM

(From Voices of Qi by Alex Holland, MAc, LAc)

## Musculoskeletal Pain:

- ◆ Arthritis/Joint problems
- ◆ Back pain
- ◆ Carpal tunnel syndrome
- ◆ Fibromyocitis
- ◆ Headache/Migraine
- ◆ Knee pain
- ◆ Neck pain/Stiffness
- ◆ Sciatica
- ◆ Shoulder pain
- ◆ Sports injuries
- ◆ Tendinitis
- ◆ TMJ/Jaw pain

# WHO's List of Diseases Helped w/ TCM

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## Other conditions:

- ◆ Alcohol dependence
- ◆ Allergies/Asthma
- ◆ Anxiety/Depression
- ◆ Bladder/Kidney probs.
- ◆ Childhood illness
- ◆ Colds/Flu/Cough/Bronchitis
- ◆ Constipation/Diarrhea
- ◆ Dizziness
- ◆ Drug Addiction/Smoking
- ◆ E, E, N, T disorders
- ◆ Fatigue
- ◆ Gynecological disorders
- ◆ Heart problems/Palpitations
- ◆ Herpes
- ◆ High Blood Pressure

# WHO's List of Diseases Helped w/ TCM

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## Other conditions (continued)

- ◆ Immune system deficiency
- ◆ Infertility
- ◆ Insomnia
- ◆ Numbness/Poor circulation
- ◆ Premenstrual syndrome
- ◆ Sexual dysfunction/Impotence
- ◆ Skin problems
- ◆ Stress/Tension
- ◆ Weight gain or loss

# Types of Patients

- ◆ Their medical treatment is or was not as successful as they would like.
- ◆ Have limited biomedical options, and still have complaints.
- ◆ Trying to avoid surgery or pharmaceuticals.
- ◆ Interested in health maintenance & CAM therapies.

# Choosing an Acupuncturist

- ◆ National Organizations
- ◆ Oregon Acupuncture Association
- ◆ Oregon College of Oriental Medicine
  
- ◆ Contact the practitioner:
  - Is he licensed or certified?
  - What is his education?
  - How many years of experience does he have?

# Choosing an Acupuncturist

Other questions:

- ◆ Is the condition treatable with AOM?
- ◆ What will treatment consist of?
- ◆ What might results look like?
- ◆ Length of treatments (initial & follow-up)?
- ◆ How many treatments will be needed?
- ◆ How will the complaint be co-managed by the primary care physician?