

ACTCM at CIIS
Course Syllabus

Semester:	
Course Title: Acupuncture Technique I and CNT	Course Number: ACM5323
Meeting times:	Credits/hours: 3 units/45 hours
Prerequisites: ACM5220, ACM5221	
Instructor Name/Title:	Office Hours:
Email Address:	Phone Number:

Course Description:

This first course in acupuncture techniques is designed to introduce the three basic techniques of needling, moxibustion and cupping. Emphasizing safety and comfort, the students will learn to handle acupuncture needles, understand the use of different styles and sizes of needles and to learn to focus one's qi and intention in order to successfully implement the basic techniques of reinforcing and reducing. This course includes point preparation, angle and depth of insertion, and needle removal. Tonification and sedation needling techniques, moxibustion, cupping techniques and basic introduction of auricular acupuncture are also taught. This course will provide foundational skills leading to competency to begin clinical practice. It is through the study of technique and the continuous review of point location, function and surface anatomy that clinical skill develops. Clean needle technique is taught, as well as how to handle acupuncture related clinical emergencies. This course fulfills the clean needle technique (CNT) requirement as required by California CCR Sections 1399.451 and 1399.454.

Course Objectives: Upon completion of this course, students will be able to

- Demonstrate basic techniques of needle insertion and removal according to clean needle technique guidelines.
- Articulate the rationale for safe practice.
- Demonstrate knowledge of common blood borne and contact pathogens.
- Articulate the definition and implementation of universal (standard) precautions in the acupuncture clinic.
- Demonstrate proper technique in the insertion, stimulation and removal of acupuncture needles.
- Demonstrate the ability to select the correct length and gauge of needle in the course of acupuncture technique.
- Demonstrate the safe use of moxibustion.
- Demonstrate cupping technique.
- Demonstrate the use of table safety checks and proper maintenance of acupuncture tables.

Required Reading:

- Cheng Xinnong, *Chinese Acupuncture and Moxibustion*, 3rd ed., Beijing, Foreign Languages Press, 2010.
- John O'Connor and Dan Bensky, *Acupuncture A Comprehensive Text*, Seattle, Eastland Press 1981.
- *Clean Needle Technique Manual for Acupuncturists*, 6th ed. National Acupuncture Foundation, 2009.

Recommended Reading: (Use the most recent references available whenever possible. The obvious exception is historic or classic texts.)

- Liu Gongwang, *Techniques of Acupuncture and Moxibustion*, Huaxia Publishing House, 1998.

Practical Course Attire Guidelines:

ACTCM at CIIS is committed to providing a quality education within a supportive and professional environment. The curriculum includes clinical practice, and it is required to have access to essential parts of the anatomy without a clothing barrier. Students enrolled in courses with hands-on clinical practice as a requirement must wear attire that facilitates access for channel palpation, point location, acupuncture technique, Asian bodywork, physical assessments, surface anatomy, and other techniques performed and practiced within each practical course.

Sports bras, tank tops, and shorts are ideal. Any clothing changes necessary to adhere to practical course attire guidelines should be made prior to the beginning of each session of the practical courses. Although temperatures within classrooms are set to encourage optimum student performance, we understand this setting may be cool during practical exercises, so additional garments may be worn if they are easily removed. These items may include hats, down vests or jackets, scarves, shawls, sarongs, leg warmers, sweaters, gloves, etc.

All requests for accommodations or adjustments to these guidelines must be discussed with CIIS Student Disability Services, in collaboration with the Academic Dean at ACTCM at CIIS.

Course Schedule, Content Outline, and Assignment Due Dates

(Out of class work for this class includes reading notes and other classroom materials in order to prepare for exams and other student work in this course. Readings and preparation should require at least two hours per one hour of time in class)

Week	Date	Topics and Exam Schedules	Reading and Other Assignments (Include page numbers)
1		Introduction to CNT and CNT travel kit Blood-borne pathogen infection and risk reduction	CNT Manual
2		CNT written examination CNT demonstration Practice CNT	CNT Manual
3		Practice CNT CNT practical examination	CNT Manual
4		Introduction to acupuncture techniques <ul style="list-style-type: none"> • Needle and patient safety discussion • Table safety • Types and sizes of needles, demonstration of variety of needles • Beginning methods of holding and inserting the needles, practice on inanimate objects 	

Week	Date	Topics and Exam Schedules	Reading and Other Assignments (Include page numbers)
		<ul style="list-style-type: none"> • Equipment maintenance and safety • Preparing your needle kit 	
5		Obtaining Qi; making the patient comfortable with the arrival of Qi Overview of factors which influence the technique of insertion and obtaining Qi Preparing oneself to provide “Qi-flow” therapy Proper guide tubing Why learn free hand insertion	Deadman pps.7-15 Shanghai pps. 35-43
6		Overview of meridian therapy, palpation of channels, moxibustion, cupping methodologies; Plum blossom tapping; Positioning the patient for treatment; making the patient comfortable Comparison of needle styles, guide tubes vs. free hand needling Introduction of various angle and depth of insertion	Deadman pps. 29-37 pps 73-121 browse Diagrams esp. 73-75; 95-99
7		Supplementary manipulation of the needle arrival of Qi (De Qi); concept of tonifying and dispersing Retention of needle Withdrawal of needle	Review pps. 29-77 pps. 125-129; 177-181
8		Basic techniques of reinforcing and reducing, Even technique Treatment times, how many needles	Deadman 38-44
9		Midterm exam Meridian practicum	
10		Managing accidents; cautions and contraindications of acupuncture Palpation of the meridians	
11		Moxibustion, techniques, indirect, needle, box, direct More needle techniques, adjustments for anatomical areas, more practice	Deadman pps 45-51
12		Receiving acupuncture/ giving acupuncture	Deadman 16-17

Week	Date	Topics and Exam Schedules	Reading and Other Assignments (Include page numbers)
		Adjusting technique for patient comfort; Introduction of auricular acupuncture	Shanghai 75-82
13		Cupping techniques, indications, contraindications Cupping practicum, glass, plastic pump gun, moving cup Introduction of auricular acupuncture	Deadman 17-25
14		Looking ahead to more advanced techniques. Becoming ready for more challenging points and techniques; more practice with needles, moxa and cups	Deadman 26-27 Shanghai 83-102
15		Final exam written and practical	

Teaching Modalities: A variety of instructional methods are used to cover the subject matter and create a dynamic, interactive learning environment. These methods include lecture, small group discussions, case studies, and reading assignments.

Required Class Assignments and Projects: (Describe major assignments/graded projects)

- *Please describe your requirements for major assignment and graded project here.*
- All writing assignments will be typed in double space with standard fonts (12 points) and margins (1"). Manuscripts for binding should be guttered. Correct spelling, grammar, and punctuation are expected.
- Proper citation and credible reference source. College recommends using APA format for reference citation (For more information see APA (2009). *The Publication Manual of the American Psychological Association*, sixth edition. Washington, DC, American Psychological Association):
 - Journal citation: Doe J, Doe K (2012). Title of the paper. *Journal of TCM*, No. 1(2), pages 10 – 12.
 - Book citation: Doe J, Doe K (2012). Title of the Book (2nd ed.). New York, TCM Publications.
 - Website citation: Doe J. Cool Website. Retrieved from <http://www.website.org/webpage>.
 - References cannot be solely based on a Wikipedia citation. If you find information in a Wikipedia citation you must verify it with a new source.
 - Appropriate citation must be used throughout. All quotes must be cited.
- Staple paper in the upper right corner with the author's name on the first page. Do not bind or place in a folder.

Unit of Credit Policy

At California Institute for Integral Studies, one credit hour is defined as a minimum of 3 hours of work by an average student for a 15-week semester (i.e., 45 hours for a full semester). That work is to be supervised by an instructor, represented in intended learning outcomes, and verified by evidence of

student achievement. An hour of direct faculty instruction is defined as being the equivalent of 50 minutes of classroom time.

ACTCM at CIIS operates on the semester system with each semester containing 15 weeks of class. One credit hour would be granted for didactic courses at least 15 contact hours of lecture as well as a minimum of 30 hours of student work outside the class are required for each unit of student credit. One credit hour for a clinic course represents 30 hours of class time as well as a minimum of 15 hours of student work outside the class are required for each unit of student credit.

Grading

Activities	Percent of total grade
Midterm	15%
Midterm practical	25%
Final exam (cumulative)	20%
Final practical	25%
Quizzes	
Reading assignments	
Projects or paper	
In class activities	10%
Attendance	5%

Graduate Grade Scale

Grade	Indication	Quality Points per Unit
A	Outstanding	4.0
A-	Very Good	3.7
B+	Good	3.3
B	Average	3.0
B-	Below Average, but Passing	2.7
C+	Failure	2.3
C	Failure	2.0
C-	Failure	1.7
D	Failure	1.0
F	Failure	0.0

The following have no quality point value and are not used in the calculation of the GPA:

Grade	Indication
AU	Audit
AW	Administrative Withdrawal
I	Incomplete
IN	Permanent Incomplete
IP	In Progress
NP	No Pass (B- or below for graduate student)
NS	Not Satisfactory
P	Pass (B or higher for graduate student)
TR	Transfer Credit
W	Withdrawal
X	Grade Not Received from Instructor

Grade Requirements

For graduate students to remain in good academic standing, they must have no more than two grades of B-, C+, C, C-, D, F, NP, NS, I, IN, or AW.

Satisfactory Academic Progress

Per federal regulations, all students must maintain minimum satisfactory academic progress (SAP) each semester in order to remain eligible for financial aid:

1. Must maintain a cumulative GPA of 3.0 or above.
2. Must maintain at least half-time enrollment status each semester.
3. Must not exceed two unsatisfactory grades in overall transcript: B- through F, NS, NP, I, IN, AW.
4. Maximum timeframe: may not exceed the maximum number of years required of your program.

Class Policies and Expectations:

Class Attendance Policy

Students are expected to attend all class meetings regularly and punctually. Students are assigned an F (Failure) or NP (No Pass) grade if they are absent from more than 20 percent of a course. This maximum includes both excused and unexcused absences. Three instances of tardiness or leaving early are considered equivalent to one absence. Instructors may permit a student to deviate from this rule on the grounds of illness necessitating confinement for 24 hours or more, a death in the family, or other extreme emergencies. The instructor may request verification of these circumstances by a letter from a medical professional, the Dean of Students, or the Academic Vice President as appropriate. Due to the nature of some courses, individual programs, departments, and instructors may enforce stricter policies than these. Check the program handbook and/or the syllabus of a course to see these policies.

Incompletes: Policies Regarding Faculty Granting Incompletes

Students anticipating being unable to complete a course may request permission from the instructor to receive an I (Incomplete) grade; students who have not completed the work required for a course are not to be given a passing grade in the course without completing the required work. ACTCM at CIIS courses are expected to be organized in a way that allows work to be completed during the semester the course is being offered. Below are the policies related to incomplete grades:

1. Permission to be given an I grade is given only in the following circumstances:
 - a. Medical reasons documented by a health-care professional;
 - b. A family emergency verified with supporting documentation; or
 - c. Decision by faculty member based on exceptional pedagogical reasons.
2. The instructor has the right to refuse to grant an I grade.
3. The Registrar's Office does not record an I grade without receiving an Incomplete Grade Request Form signed by the student and the instructor by the grade submission deadline. This form stipulates what coursework is remaining and its due date.
4. The instructor, not the student, determines the deadline for the remaining coursework. This deadline cannot exceed two semesters (including summer) from the last day of the semester in which the course took place, and can be earlier. The maximum deadline for an Incomplete given for exceptional pedagogical reasons is one semester. This deadline is not extended for students who are on a leave of absence, become inactive, or refrain from registering for any semester while the work remains outstanding.

5. If the student does not submit the coursework by this deadline, the I grade converts to an IN (Permanent Incomplete). An IN is irreversible.
6. Students may not graduate with an I grade on their record even in an elective course. Students may graduate with an IN grade on their record, provided that if the IN was for a required course, the student later successfully repeated the course.
7. The submission of an I grade by an instructor does not imply that that instructor will be an ACTCM at CIIS employee in a subsequent semester. It is the student's responsibility to maintain current contact information for this instructor.
8. Students may not sit in on a subsequent semester's offering of the same course in order to make up the coursework.
9. When submitting the remaining coursework, the student must include a signed Grade Change Form. The instructor uses this form to notify the Registrar's Office of the final grade.

Dropping and Withdrawing

A drop is conducted before the semester's Add/Drop Deadline. Students may drop online through MyCIIS or by submitting a Registration Form to the Registrar's Office. Notification of a drop, written or otherwise, to the instructor, program staff, or any other CIIS office is insufficient. A drop results in a 100 percent reversal of the course's tuition charge. It does not reverse the registration fee charge.

After the Add/Drop Deadline, students may no longer drop courses. This is true even for courses that begin after the Add/Drop Deadline. They may withdraw if they have the instructor's written consent. A withdrawal results in a W on the transcript. To withdraw, submit a Registration Form to the Registrar's Office, signed by the instructor. The official date of withdrawal is the date the form is received by the Registrar's Office. The Registrar's Office does not process add or withdrawal requests submitted after the last class meeting. This is true even if the class finishes prior to the Add/Drop deadline. A partial reversal of the tuition charge may be possible depending on the date of the withdrawal. See the academic calendar for these dates. These dates are applicable regardless of when the dates the course begins and ends.

Academic Integrity

As an academic community dedicated to the application, dissemination, and creation of knowledge, CIIS is committed to fostering an intellectual and ethical environment based on the principles of academic integrity. Academic integrity is essential to the success of the University's mission. Violations of academic integrity constitute serious offenses against the entire academic community. This academic integrity policy is designed to guide students as they prepare assignments, take examinations, write papers and perform the work necessary to complete their degree requirements.

The principles of academic integrity require that a student:

- Properly acknowledge and cite all use of the ideas, results, or words of others.
- Properly acknowledge all contributors to a given piece of work.
- Make sure that all work submitted as the student's own work in a course or other academic activity is produced by the student without the aid of unsanctioned collaboration.
- Obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with the student's interpretation or conclusions or fabricating sources, citations, or data.
- Not submit essentially the same material in more than one course without prior authorization by the faculty member.

- Treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
- Uphold the canons of the ethical or professional code of the profession for which the student is preparing.

Failure to uphold these principles of academic integrity threatens both the reputation of CIIS and the value of the degrees awarded to its students. Every member of the community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

Disability Services

CIIS complies with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. Accordingly, no otherwise qualified disabled student shall, solely by reason of their disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination in any academic, research, counseling, financial aid, or other post-secondary education program or activity that CIIS provides for all students. Students with disabilities must meet the requirements and levels of competency generally required of all students in the program. In order to assist students with disabilities in fulfilling these requirements of the program, every reasonable effort is made to accommodate special needs of such students. If you would like to request accommodations related to a disability, please contact sds@ciis.edu to register with CIIS Student Disability Services.

Program Competencies:

Communications Skills

- Writing: Demonstrate the ability to write clearly, concisely, and with appropriate spelling, grammar and punctuation.
- Listening: Demonstrate the ability to actively listen to patients, faculty and colleagues.
- Speaking: Ability to tailor speech to your audience, and develop a well-organized presentation and ability to speak in a public setting.

Information Literacy

- Demonstrate the knowledge of the field you are speaking or writing about. Demonstrate that you have knowledge and skills of a licensed practitioner.

Critical Thinking

- Synthesis and Integration: Ability to gather and assess relevant information from many sources and divergent points of view.
- Reflective Thinking: Ability to understand your own bias and point of view when reflecting on what a patient, faculty member or colleague has stated.
- Problem Solving: Ability to break down a problem to manageable parts, examine the data and arrive at a coherent and justifiable solution.
- Analytical Skills: Ability to make inferences based on understanding of many perspectives.
- Research Skills: Ability to access data and use that data to assess a problem and infer conclusions based on the data available. The ability to understand the limitations of inferences based on sometimes incomplete data.

Professionalism

- Ethics: Ability to act in an ethical manner with respect to your patients, coworkers and teachers.

- Caring: Ability to interact with patients in a caring manner.
- Communication: Demonstrate consistently appropriate and professional communication in a professional and respectful manner
- Appropriate Boundaries: Ability to maintain professional boundaries with patients, colleagues and faculty.