

## **ONE-DAY UPDATE COURSE – UPDATED FOR 2016**

**6 Hours Pre Course Reading; 6 Hours of face-to-face contact**

### **12 hours CPD**

This one-day update course is designed to offer manual therapists a comprehensive overview of current research in the field of musculo-skeletal (MSK) management, within an outpatient setting. The course is designed to facilitate effective needling skills, cost effective management and current research to support the use of acupuncture within a multi-modal model of manual therapy.

### **Course Overview**

The course will offer participants current evidence for the management of:

1. Pain
2. Myofascial pain
3. Tissue healing
4. Stress, anxiety and mild depression.

The course is based solely on effective clinical reasoning, acupuncture layering (Bradnam 2011) and addressing the root cause of underlying MSK presentations in order to restore homeostasis and rehabilitate the patient within minimum time frames and using research to support interventions.

### **Learning Objectives**

1. To provide delegates with an understanding of the basic philosophy of acupuncture using a Western Medical Model (WMM) in restoring homeostasis. LO1
2. To provide delegates with a basic understanding of the Traditional Chinese Model (TCM) of restoring homeostasis and attending to QI dysfunction, LO2
3. To provide delegates with an understanding of current research in differing pain states and the evidence for acupuncture within a clinical reasoning model (CRM). LO3
4. To provide delegates with an understanding of differing tissue status and acupuncture intervention at the stages of tissue healing. LO4
5. To provide delegates with access to current evidence and to underpin the course with case study problem solving and the development of working protocols to augment manual therapy LO5.

### **Pre Course Reading Requirements (PCR)**

1. Delegates are required to undertake 6 hours of PCR in order to support the learning objectives on the course:
2. Bai et al., (2013) The Neurobiological Mechanisms of acupuncture. *Evidence Based Complementary and Alternative Medicine*. LO1
3. Annaswamy et al., (2011) Emerging Concepts in the Treatment of Myofascial Pain: A review of Medications, Modalities and Needle-Based Interventions. *Clinical Reviews: Current Concepts. Pain Medicine. Neuromuscular Medicine*; 3:940-961
4. Carr (2015) The safety of obstetric acupuncture: forbidden points revisited. Download from <http://aim.bmjjournals.org/October 27, 2015>

## Timetable

Time	Subject	LO
08:30 - 9:00	Registration	
09:00 - 10:45	The Principles of homeostasis Western model TCM Model	LO1 LO2
10:45 - 11:10	Coffee	
11:10 - 12:30	Current evidence on pain states Acute Chronic Complex Acupuncture interventions with clinical reasoning and case scenarios	LO3
12:30 - 1:15	Lunch	
1:15 - 2:00	Tissue healing and acupuncture intervention	LO4
2:00 - 3:00	Case Study problem solving Practical needling Developing protocols	LO5
3:00 - 3:20	Tea	
3:20 - 4:30	Case Study problem solving Practical needling Developing protocols Certificates and evaluation	LO5