



**ALIED TRAINING
FOUNDATION
ACUPUNCTURE COURSE**

**M-LEVEL ACCREDITED
to the
UNIVERSITY of HERTFORDSHIRE**

**ACUPUNCTURE
for the
MANAGEMENT of PAIN**

PRE-COURSE INFORMATION

COURSE OVERVIEW

<p>Introduction to Acupuncture for the Management of Pain</p>	<ul style="list-style-type: none"> • Notional 40 hours of face to face teaching • Notional 40 hours of self directed learning and practice • First & last part separated by 6 weeks clinical practice, • Completion of 1 case history of 2,500 words, • Competency test
<p>Pre requisites</p>	<ul style="list-style-type: none"> • Registered Healthcare Professional, • Qualified for a minimum of one year, • Ability to participate and receive needling, • Signed health-screening form, • The facilities to practise Acupuncture with patients throughout the course.
<p>Practical requirement</p>	<ul style="list-style-type: none"> • All students must be able to participate in active needling within their place of practice
<p>Theoretical requirements</p>	<ul style="list-style-type: none"> • Lectures, • Demonstrations, • Clinical reasoning skills, • Self directed clinical management, • Action learning groups, • Presentation skills, • Reflective practice, • Critical Appraisal.
<p>Contact time</p>	<ul style="list-style-type: none"> • Lectures, • Demonstration, • Theory, • Practical
<p>Self Directed learning</p>	<ul style="list-style-type: none"> • Practical with patients, • Theoretical case histories, • Development of an Acupuncture policy, • Acupuncture consent form, • Critical appraisal of relevant research, • Knowledge of proven protocols, • Clinical reasoning skills.

COURSE CONTENT

STRUCTURE

This course introduces theoretical and practical principles of Acupuncture treatment, its scientific and philosophical background as well as its place within therapeutic management and contemporary healthcare.

This course is run over five or six days, in two or three parts, with some six weeks between the first and final parts. The break[s] enable all participants to apply the needling skills they have accumulated within a clinical setting and to work on self-directed learning. An interim competence certificate will be supplied to those who pass the needle competency test, if required. All students must ensure that they are able to practise needling skills at their place of work between course parts. An adequate Acupuncture policy with safe disposal of needles must be in place before attending the course.

The course requires ALL students to receive and administer needling. Students should not attend the course if there is any reason that prevents full participation.

The course is NOT suitable for participants who are pregnant.

A Health Screening form is attached. This form must be completed and sent to the Course Organiser at least 5 working days before the course start date.

The form will be kept confidential.

This course is designed to offer a sound, safe and effective background in the use of Acupuncture techniques within a Western Scientific, evidence based framework for the management of pain. Basic Traditional Chinese Philosophies and terms will be referenced, but will not be taught in depth. This course will offer Healthcare Professionals an added dimension to their core skills in the management of acute and chronic pain conditions and should always be used within the scope of practice. With this end in mind the course will:

- Offer scientific, evidence based underpinning for the use of Acupuncture intervention,
- Review current research paper for the efficacy of Acupuncture,
- Critically appraise recent research in the area of musculo-skeletal pain management,
- Relate the neuro-physiologic application of Acupuncture to acute and chronic pain processes,
- Provide the student with a rationale for the management of pain,
- Provide and assess the level of safety, competence and confidence of participants within the field of Acupuncture intervention,
- Provide the basic theory of Traditional Chinese Medicine [TCM] from which students may progress and build upon with Post-Basic & Advanced courses and which will facilitate further educational development at Master's Level.

DOCUMENTATION

MANUAL

The Course Manual is supplied in a ring-binder made up of several sections: -

- Volume 1 – Covering an Overview of the Course, Background to Acupuncture and the Regulatory aspects.
- Volume 2 – Covering Theories of Acupuncture and Trigger Points
- Volume 3 - Covering the Meridians.

POWERPOINT PRESENTATIONS

All theoretical discussions within the manual will be reinforced by PowerPoint presentations. This enables students to take extra notes and identify areas that may require increased explanation or clarification. It allows for tutor interpretation and the use of anecdotal case studies to reinforce the theoretical principles enhancing learning strategies.

Copies of the PowerPoint presentations will be available for student download from the ALIED website <http://www.alied.co.uk> and an appropriate password will be supplied on full registration for the course. Students are advised that these presentations are copyright © ALIED Limited and their use is restricted to personal study by the recipient.

The PowerPoint presentations are provided as an *aide memoire* for students. They are not intended to be a word for word copy of the course delivered by the tutor, who will adapt the content to cover the required topics, whilst accommodating the different needs of students on individual courses. The PowerPoint presentations should be used as a reference to facilitate learning of particular points on the course.

OPTIONAL ACCESSORIES

DVD - Myofascial Trigger Point Acupuncture, Jennie Longbottom. <http://www.alied.co.uk>

PRE-COURSE READING

- Longbottom, J E [2010] Acupuncture in Manual Therapy, Elsevier Science, ISBN-10: 0443067821.
- Bradnam, L [2007] A Proposed Clinical Reasoning Model of Western Acupuncture, JAACP- Autumn 2007.

TIMETABLE – 5 DAY COURSE

Time	Day One	Day Two
9.00	Registration	Large Intestine Meridian Point location Anatomical considerations Needling with supervision
9.30	Welcome & Introduction Explanation of M-Level accreditation Overview of candidates An Introduction to Acupuncture	Clinical application of Large Intestine Meridian Upper Quadrant pain
10.00	Acupuncture legislation Statutory Regulation	Myofascial Pain and Trigger Points Physiology
10.30	Safety Guidelines Dangers Contraindications Safety research Adverse reactions Critical incidents	Practical identification of Muscles along Large Intestine Meridian Upper Trapezius Levator Scapulae Brachioradialis
11.00	COFFEE	COFFEE
11.15	TCM Theory Overview of the basic philosophies Interrelation with treatment	Practical trigger point needling with supervision
		Needling at Cervical Spine Anatomical Considerations
12.00	Mapping the Meridians Evidence base PRACTICAL Handling the Needle Needling techniques Demonstration Needling Locating Marking	Bladder Meridian
12.45	LUNCH	LUNCH
1.30	Measuring Marking points Safety and Anatomy Recording the treatment	Bladder Meridian Needling Significant points on meridians discussed Evidence for efficacy Application to pain physiology and dorsal horn inhibition
2.00	Practical Needling on partners Safe effective Acupuncture Safe effective Trigger Points	
2.30		Recent research on Low Back Pain
3.15	TEA	TEA
3.30	Large Intestine Meridian	Application of Bladder Meridians to musculo-skeletal management
4:30	CLOSE	CLOSE

Time	Day Three	Day Four
9.00	Myofascial trigger points along Bladder Meridian Quadratus Lumborum	Needle Competency Test retake if required
9.30	Multifidus Rhomboids Clinical application of Bladder Meridian and trigger point deactivation	Piriformis Glutei Tensor Fascia Lata Lower Quadrant
10.00	Gall Bladder Meridian	Practical Needling Clinical scenarios integrating acupuncture and trigger point needling
10.30	Practical Needling	The Stomach Meridian
11.00	COFFEE	COFFEE
11.15	Management of Headache Tension headache Myofascial headache	Practical Needling Treatment of Myofascial Trigger points in Groin
	Management of Migraine	Neuropathic pain
12.00	Migraine application to Meridians and TCM philosophy	Clinical reasoning and problem solving scenarios Acute Sub acute Chronic
12.45	LUNCH	LUNCH
1.30	Clinical reasoning scenarios Integrating Bladder and Gall Bladder Meridians	Spleen Meridian practical needling
2.00	Theoretical Needle Competency Test	Integrating Stomach and Spleen Meridians with Trigger point application
2.30		Developing an acupuncture protocol Adapting the theoretical application to clinical scenarios
3.15	TEA	TEA
3.30	Practical Needle Competency Test	Bringing it all together
4.30		Discussion
5.00	CLOSE	CLOSE

Time	Day Five
9.00	Feedback from clinical practice Adverse Effects Clinical problems
9.30	The Kidney Meridian Needling and Clinical application Plantar fasciitis Lower limb trigger points
10.30	Soleus Gastrocnemius
11.00	Liver Meridian Needling application Managing the Lower Quadrant case scenarios
11.30	COFFEE
11.45	The Triple Energizer Meridian Practical needling
12.00	The Lung Meridian Practical needling
12.45	LUNCH
1.30	The Heart and Pericardium Meridians Auricular Acupuncture
2.00	
2.30	
3.15	TEA
3.30	Management of stress and anxiety Insomnia Emotional dysfunction
4.30	Clinical scenarios in management of Upper Quadrant dysfunction integrating acupuncture and trigger point intervention
5.00	CLOSE

HEALTH SCREENING & STUDENT DETAIL QUESTIONNAIRE

All students must complete the following form and return it with their course application.

All students are required to give and receive needling on this course. Students who may be fasting for religious or health reasons must inform the tutor before the course.

The Foundation Course is NOT suitable for pregnant students, as the health of foetus & mother are paramount.

Any Educational Needs MUST be disclosed at the start of the course.

Answers to questions will remain confidential to the Tutor. This questionnaire is intended to:

- Safeguard your health and well-being during Acupuncture needling
- Inform the tutor of previous health issues that may prevent needling
- **Inform the tutor of any specific learning needs before the onset of the course**
- Prevent any adverse effects from the needling
- Offer a safe and effective learning environment for students and tutors
- Maintain mutual respect for each other.

Student Name	
Course Title & Dates	
Student contact address	
Student contact E-Mail	
Student contact telephone number	
HCPC Number [or equivalent]	
Professional Society [e.g. CSP, GOC] Number	
Special Dietary Requirements	
Educational Needs	
Do you know of any reason that you should not receive Acupuncture needling?	
Are you receiving any medication that may interact with Acupuncture needling?	
Are you pregnant or actively trying to conceive?	
Have you had adverse effects to needles before?	
I give my consent to receive acupuncture needling from the course tutor and from fellow students under tutor supervision.	Signed

CONVERTING FOUNDATION TRAINING TO MASTERS LEVEL POINTS

This course has successfully gained accreditation with the University of Hertfordshire [UH] and the Foundation Acupuncture Course attracts M-Level credits.

- Students wishing to take advantage of these points, which potentially may be used at any UK University, depending on the nature of the Masters study undertaken, are required to inform the tutor by the end of the Foundation Training,
- The process at UH is handled by the Head of Department of Allied Health Professions and Midwifery, Dr Karen Beeton,

Dr Karen Beeton
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E-Mail k.s.beeton@herts.ac.uk

- Students are required to notify Dr Beeton via e mail with:
 - a) Contact details
 - b) Professional qualifications,
- A registration fee of £100 will be charged.
- Students will be issued a UH student number that allows full access to the research database,
- The Foundation Course has been accredited at Masters level, therefore all the assessments will be marked at the same level whether the Masters points are being pursued or not,
- These points are valid for up to six years,
- The final submission of the 2,500 case study will be moderated by the University and the Tutor,
- The whole process will be fully explained by the Tutor on the course.