



THE USE OF ACUPUNCTURE AND ACUPRESSURE

FOR

THE TREATMENT OF BABIES AND CHILDREN

6 HOURS CPD

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PRE-COURSE INFORMATION

Introduction

This is a purpose written course designed to facilitate the use of acupressure and acupuncture for health professionals working in the field of paediatrics; or those working alongside children in musculo-skeletal management. The course will facilitate the learning needs of:

- Healthcare practitioners who have already achieved Foundation Acupuncture Training. Introducing traditional Chinese medicine (TCM) techniques and points together with Western Acupuncture theory (WA), applicable for MSK dysfunction, pain and febrile disorders, with emphasis on needling modifications to suit the needs of the younger patient.
- Healthcare practitioners with no acupuncture training where acupressure and manual trigger point deactivation will be taught to manage MSK dysfunction, pain and febrile disorders, with emphasis on teaching parents, guardians and carers, to meet the needs of the younger patient.

Pre Course Information

This course has been brought about by parents asking me to teach them techniques for the management of MSK dysfunction, pain and febrile disorders. The course is designed to facilitate those with foundation acupuncture training and those who are wishing to use acupressure and manual techniques without acupuncture needling. The course is restricted to those healthcare professionals who are currently working with children or with specialised training in paediatric care.

Learning outcomes

1. An introduction to meridian theory and traditional Chinese Medicine (TCM) in babies
2. An introduction to meridian theory and traditional Chinese Medicine (TCM) in children
3. A revision of clinical reasoning in the approach to childhood pain
 - a. Acute nociception
 - b. Persistent pain
 - c. Complex regional pain
 - d. Complex pain states associated with oncology and palliative care
4. An understanding of TCM clinical reasoning in the approach to childhood:
 - a. Qi
 - b. Invasion of pathogens
 - c. Trauma
 - d. Common febrile disorders
5. Practical application of needling
6. Practical application of acupressure
7. Practical application of manual trigger point release for myofascial pain
8. Clinical case scenarios and problem solving
9. A review of the evidence and literature to support protocols and interventions

The Meridian System

The meridian system consists of a number of interconnecting pathways from the external surface of the skin to the internal organs acting as a constant method of maintaining and restoring imbalance and homeostasis. This system is not dissimilar from the interconnecting

facial system, forming a continuous sheath enclosing all structures of the body, all organs, blood vessels and nerves and communicating with each structure to maintain homeostasis. In TCM, this system allows the smooth passage of Qi which is a movement of substances serving to nourish, hydrate, maintaining health and homeostasis. A healthy child is full of Qi. Constantly moving and unstoppable, radiating energy, if illness strikes it is often short - lived and recovery is rapid.

There are 59 identified channels that interconnect, maintaining a fluid movement of Qi, if illness or trauma takes place some of these areas may have less movement where others have more, by using needles at strategic point or acupressure we are able to stimulate this movement and restore flow.

The Organ System

Each meridian takes its name from a specific organ that supplies it.

Yin organs: are considered to be solid organs lung, spleen, heart, kidney, liver and pericardium. These transform, regulate and store fundamental substances such as Qi, blood and fluids, maintaining homeostasis.

Yang organs: are hollow organs stomach, large intestine, small intestine, bladder, gallbladder and triple heater. These organs break down, absorb, transport and excrete unused products. These work intermittently.

These yin organs are paired with yang organs:

- 3 yin and 3 yang channels lie on each side of the upper body and trunk
- 3 yin and 3 yang channels lie on the lower body and torso, mirrored on each side of the body.
- Each connect with upper and lower parts of the quadrants
- Each channel has superficial and internal branches
- The internal branches pass through the organs
- Superficial branches lie on the surface of the body and emerge as acupuncture points.

Timetable

Time	Subject	Learning outcomes
08:45 - 9:00	Welcome and registration	
9:00 - 9:30	Introduction to Course Acupuncture group Acupressure group	1
9:30 - 10:30	Revision of pain mechanisms Sleep disorders Childhood pain	3
10:30 - 11:0	Myofascial pain mechanisms	7
11:00 - 11:15	Coffee	Coffee
11:15 - 12:15	Understanding Meridian Theory TCM approach to children	1, 2 & 4
12:15 - 12:45	Clinical reasoning and clinical scenarios	8
12:45 - 1:30	Lunch	Lunch
1:30 - 2:30	Practical acupressure Practical needling De Qi	5 & 6
2:30 - 3:15	Upper limb Lower limb Practical needling and acupressure Pain and myofascial presentation	7
3:15 - 3:30	Tea	Tea
3:30: - 4:15	Upper spine Lower spine Pain and myofascial presentation	7
4:15 - 5:00	Febrile disorders Sore throat Fever Stomach upsets Colic Asthma	4 & 9
5:00	Evaluation & certificates	

Suggested pre - course reading

1. Kemper D., (2001) Complementary and alternative medicine for children: does it work? *Arch Dis Child*; **84**:6–9.
2. Loh C. H., (2009) Use of traditional Chinese medicine in Singapore children: perceptions of parents and paediatricians *Singapore Med J.* **50**(12):1162 - 8

Optional reading

1. Zhand J., L. Ac., O.M.D (1994) *Smart Medicine for a Healthier Child*. New York: Avery Publishing

REGISTRATION QUESTIONNAIRE

All students are asked to complete the following form and return it to the course organiser.
Please inform the tutor of any specific learning needs before the onset of the course

Student Name	
Course Title & Dates	
Student contact address	
Student contact E-Mail	
Student contact telephone number	
HPC Number [where applicable]	
Professional Society [e.g. CSP, GOC] Number	
Details of Foundation Acupuncture Training	
Do you know of any reason that you should not receive Acupuncture needling?	
I give my consent to receive acupuncture needling from the course tutor and from fellow students under tutor supervision.	Signed