

PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

Preamble

This document describes the professional acupuncture profile of the TCM Practitioner. It characterizes the profession in accordance with the definition made by the World Health Organization (WHO), referring to the philosophical base underlying the diagnostic procedures and specific therapeutic measures it employs. It also establishes the knowledge, skills and professional attitudes central to the clinical practice of Acupuncture, in relation to those of teaching and research, which all professional TCM Practitioners in Portugal should be able to demonstrate when they initiate their activity.

Introduction

According to the WHO (1999) *“Acupuncture is an important element of traditional Chinese medicine. It began to be used more than 2500 years ago, and its theory was already well developed at a very early time, as is shown in many of the Chinese classics. It was introduced to neighbouring countries in Asia in the 6th Century, being readily accepted, and by the early 16th Century it had reached Europe. Over the past two decades acupuncture has spread worldwide, which has encouraged the further development of this therapy, particularly through studies from modern medical perspectives and research methodologies”.*

“Many elements of traditional medicine are beneficial, and WHO encourages and supports countries to identify safe and effective remedies and practices for use in public and private health services. It has paid particular attention to supporting research in and the proper application of acupuncture and, in 1991, the Forty-fourth World Health Assembly urged Member States to introduce measures for its regulation and control”. (Resolution WHA44.34)

“With the increasing use of acupuncture, the need for a common language to facilitate communication in teaching, research, clinical practice and exchange of information had become pressing and, in 1989, WHO convened a Scientific Group which approved a Standard International Acupuncture Nomenclature which is being widely disseminated and applied.”

“The Scientific Group also recommended that the Organization develop a series of statements and guidelines on acupuncture relating to basic training, safety in clinical practice, indications and contraindications, and clinical research.” in basic Guidelines on training and safety in acupuncture WHO (1999).

This document further aims to help to resolve the regulation of Acupuncture in Portugal, as recommended by the Organization, pursuant to framework law n° 45/2003.

The principal activities of the TCM Practitioner are detailed below, and his/her corresponding clinical, social, relational and personal skills are described in

Table 1.

<i>Professional Competences Required for Traditional TCM Practitioner</i>	
A – Activities	<ol style="list-style-type: none"> 1. Carrying out studies and research on concepts, theories and methods 2. Promoting health 3. Putting into practice the knowledge gained in the domain of life sciences 4. Providing social services 5. Preparing scientific communications and reports 6. Teaching subject (theory and practice) at various levels 7. Supervising students, trainees and other workers
B – Perform (Know-how to do) (Technical-professional knowledge)	<ol style="list-style-type: none"> 1. Ability to carry out studies and research projects 2. Ability to apply prevention and rehabilitation resources and methods 3. Ability to engage in the Clinical Practice of Acupuncture <ol style="list-style-type: none"> 3.1. Ability to Assess the Client <ul style="list-style-type: none"> • Ability to take a clinical history and assess Energetic, Emotional and Mental status • Ability to carry out a Physical Examination 3.2. Ability to perform a Diagnosis 3.3. Ability to establish Therapeutic Principles and Strategies and Produce and Manage a Treatment Plan 3.4. Ability to carry out Treatment 3.5. Ability to Use the Normative Framework 4. Capacity for social and community intervention in relation to prevention and potentializing the public's health 5. Ability to prepare scientific communications and reports 6. Ability to apply teaching methods and techniques 7. Ability to supervise and assess students and other professionals
C – Social perform (know-how to do) (social and relational skills)	<ol style="list-style-type: none"> 1. Ability to establish and maintain professional relations 2. Ability to establish and maintain relations with society and healthcare provision systems
D – Knowing how to be and knowing how to learn (personal skills)	<ol style="list-style-type: none"> 1. Ability to develop professional and ethical behaviour 2. Ability to develop critical and research thinking 3. Ability to maintain skills throughout life 4. Ability to devise a professional development plan
E – Knowing (theoretical knowledge)	<ol style="list-style-type: none"> 1. Knowledge of Traditional Acupuncture Sciences 2. Knowledge of Basic Sciences 3. Knowledge of Clinical Sciences 4. Knowledge of Professional Ethics and Deontology (Deontological Code and Good Clinic Practices)

Characterization of the profession

Acupuncture

I – GENERAL

1. Specific concept

“Acupuncture is a traditional Chinese medical therapy”

WHO strategy on traditional medicine – 2002-2005

Acupuncture concerns the art of detecting and characterizing disturbances of energetic equilibrium using the energy and network of meridians and acupuncture points (acupoints) in order to prevent and treat energetic, physical, mental imbalances, and to care for health in accordance with Chinese medical art, using various techniques for the regulation, manipulation and stimulation of meridians and acupoints present in the human body.

2. Philosophical base underlying the practice of Acupuncture

Acupuncture is based on the philosophical principles of Traditional Chinese Medicine

3. Specific theoretical bases of Acupuncture Diagnostics

The diagnostic methods used are based on the following theories:

- Yin/Yang
- Five movements
- Qi, Xue and Jin Ye
- The 8 diagnostic principles
- The system of meridians and collaterals - Jing-Luo
- General syndromes and Zang-Fu syndromes
- Energetic Pathology and Ethiopathogeny
- The six energy levels
- The four layers
- The three heaters

4. Specific Diagnostic Procedures

- Asking questions according to the theories of Traditional Chinese Medicine
- Visual examination
- Audio-olfactory examination
- Palpation
- Syndrome differentiation

5. Specific Acupuncture Therapies

- Choosing therapeutic principles according to the diagnosis and specific theories of Traditional Chinese Medicine
- Needle insertion, moxibustion, suction caps
- Needle insertion in reflexology zones
- Prescription of formulas manufactured according to the therapeutic principles.

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A - Normal activities of the profession

1. Carrying out studies and research on concepts, theories and methods

Carrying out studies on the concepts, theories and methods that form the basis of Acupuncture, perfecting them, developing them and applying this knowledge in the domain of professional activity:

- Studying the theories and methods that form the basis of Acupuncture and their application in the comprehension and resolution of physical, energetic imbalances and disorders that affect human beings.
- Generating studies to promote the quality of life by natural and bioenergetic means, with a view to the holistic development of the person.
- Establishing links for the scientific and cultural with other health professionals.
- Maintaining and valorising the historic link between Portugal and the Orient.

2. Promoting health

Improving, developing and applying the precepts of Acupuncture, in the light of the specific theories on which it is based, in the prevention, treatment and care of human health.

- Offer an opinion on the application of prevention methods and measures in the promotion of quality of life.
- Participate in the preparation and application of laws and regulation relating to public health, with a view to protecting and promoting community health.
- Support people's normal development and help them to protect their health.

3. Putting into practice the knowledge gained in the domain of life sciences

3.1. Assessing the client

The TCM Practitioner takes the client's history, carries out a physical examination, assesses his/her energetic, emotional and mental state to find what complaint is present and symptom interrelationship. Identify the medication and dietary supplements the client is taking and determine their effect on the energetic state of the client.

3.1.1. Ability to take the clinical history of the client and assess Energetic, Emotional and Mental status

- Take the client's history by systematically gathering data on the symptoms so as to achieve the purpose of the examination accurately, fully and in a structured manner.

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A - Normal activities of the profession

- Assess the overall condition of the client by making enquiries about his/her health history and that of their family, about emotional factors, habits and environment, so as to determine their impact on the complaint suffered.
- Detect changed mental and/or emotional states and their impact on the physical/energetic condition of the client.
- Gather information on the essential spiritual, cultural, social, economic and occupational aspects of the client.
- Guide the enquiries so as to be able to form a specific hypothesis about the energetic condition of the client.

3.1.2. Carrying out the physical examination

- Carry out a full physical and energy examination of the client, doing so systematically, to find the physical and clinical signs that allow a diagnosis to be made.

3.1.3. Assess the Western Pharmacology and dietary and herbal supplement

- Identify the types of Western pharmacology and dietary and herbal supplements the client is taking to determine their effect on his/her physical energetic state.
- Identify the side effects of the pharmaceutical products.

3.1.4. Consider the results of the diagnostic tests

- Where necessary, use the results of the diagnostic tests to identify pathological, physical and energetic disorders.

3.2. Perform an Acupuncture diagnosis

The TCM Practitioners assesses the clinical manifestations to determine the relative strength and progress of the disorder.. Evaluate the disorders according to the fundamentals of Acupuncture to arrive at a final diagnosis. Show knowledge of how the Western Medicine disorder is related to the Acupuncture disorder.

3.2.1. Form and impression of the diagnosis

- Analyze the information obtained from the clinical history, the physical examination and the assessment of the energetic, emotional and mental state of the client in the light of the specific theories of Acupuncture.

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- Critically analyze, interpret and integrate the information obtained from the clinical history, the physical examination and the assessment of the energetic, emotional and mental state of the client, taking his/her individual social and cultural characteristics into consideration.
- Determine the severity of the condition, assessing the level of penetration by the pathogenic factor and integrate the symptoms of the physiological systems so as to find which systems and meridians are implicated and their interrelationships.

3.2.2. Differentiate general syndromes and organ syndromes

- Find the causal factors, differentiate between the root and the manifestation of the disorder and distinguish the primary from the secondary conditions by assessing and hierarchizing the symptoms so as to establish the treatment focalization and strategy.
- Identify the interrelations in the affected organs or systems in accordance with the specifics of Acupuncture theories, assessing constitutional weakness or influences due to pathogenic influence.
- Integrate the information gathered to identify the external, internal or combined origin of the energetic imbalance and find the origin of the syndromes.

3.2.3. Reconcile and articulate the theories of Acupuncture and conventional medicine

- Convey and explain the concepts of Acupuncture theories and how they are reconciled and articulated with those of Conventional Medicine to the client and other professionals.

3.2.4. Distinguish between common symptoms and situations and serious, urgent and emergency symptoms

- Assess and identify serious, urgent and emergency situations and act accordingly
- Recognize his/her limits in the light of the seriousness of the diagnosis reached, and seek the help of another health professional if intervention in an area not specific to him/her is required.
- Identify conditions that pose a threat to life by evaluating signs and symptoms that require urgent medical treatment.
- Respond to emergency situations, giving first aid treatment to at-risk clients.
- Recognize conditions in an individual client (regardless of age) that pose a risk to public health.

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3.3. Establish therapeutic principles and strategies and produce and manage the treatment Plan

The TCM Practitioner establishes the appropriate treatment strategies for each client on the basis of the diagnosis reached, and draws up, implements and manages an appropriate Plan of treatment according the context and his/her personal skills.

- Clearly define the therapeutic goals to be followed by establishing the principles of treatment arising from the assessment of the physical and energetic syndromes of disorder.
- Be aware of the practical aspects of prescribing treatment (viz. the legal requirements),
- Establish treatment strategies appropriate to each client, arising from the diagnosis reached, the individual, economic, social and cultural context.
- Generate studies to promote the quality of life by natural, bioenergetic and cultural means, with a view to the holistic development of the person.
- Consider the opinions and beliefs of clients when describing treatment options.
- Ensure the client understands the treatment strategy chosen and obtain his/her commitment and consent so as to guarantee conditions for the treatment to be efficacious.
- Take on the role of teacher with respect to the client, offering appropriate advice about healthy living, self-care strategies and about the factors that are contributing to the suffering.
- Refer the client to other professionals as appropriate, whenever he/she deems necessary.
- Organize information so that research plans can be drawn up.

3.4. Carrying out treatment in Acupuncture

The TCM Practitioner uses his/her knowledge of the therapeutic effects of the points and the combination of points to relieve pain, regulate function and treat disorders. He/she uses anatomical points of reference and body measurements to locate the points on the body surface. He/she identifies the clinical indications that may suggest the use of alternative modes of treatment. The TCM Practitioner prescribes manufactured and patented traditional herbal remedies that correspond to the points and therapeutic principles in the treatment scheme. He/she combines the remedies according to the condition of the client.

3.4.1. Carrying out the treatment

- Clearly identify the therapeutic purposes of the treatment.
- Choose the therapeutic products, means and methods to be used and identify any contraindications, bearing in mind the assessment of the client, and his/her constitution, age, sex, environmental factors, comorbidities, interactions, side effects and dangers of medicalization.

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- Choose the route of administration, dose, frequency of sessions or administration, and duration of treatment.
- Establish a follow-up scheme.
- Re-assess the accuracy of the diagnosis and, if necessary, adjust the overall treatment plan.
- Systematically appraise the results of the diagnostic procedures usually employed and distinguish between normal and abnormal results (including the results of the physical, energetic, emotional and mental examination).
- Assess the effectiveness of the treatment and the self-care.
- Recognize contraindications to avert the treatment causing harm.
- Recognize unwanted effects of the treatment so as to find alternative treatment strategies.
- Be aware of the specific aspects of prescribing in recurring or chronic disorders.

3.5. Using the normative framework in diagnosis and treatment

The TCM Practitioner understands and complies with the laws and standards that govern hygiene and the control of pathogenic agents. He/she applies the guidelines for the keeping of client records. He/she adheres to the legal requirements for reporting known or suspected abuse of children, the elderly or dependent persons in relation to safe clinical practice and to ethical and deontological directives contained in the respective Safe Clinical Practice and Deontological Codes.

4. Providing Social Services

Promote the improved adaptation of individuals, families and other groups in the social environment in which they live, helping them to prevent and resolve their health problems through:

- the knowledge of a better way to use their personal, natural and social resources, for their physical, emotional, social and spiritual well-being;
- the encouragement of interrelations, facilitating the development of interpersonal and group relations, empowering individuals to take on new roles and stimulating new forms of communication and expression;
- organization, promoting interaction between citizens and organizations, instigating assistance with social goals and developing the participation and organizational capacity of individuals and groups.

5. Preparing Scientific Communications and Reports

Dynamizing, organizing, taking part in scientific and professional meetings, conferences. Presenting scientific papers and prepare reports within the scope of the Acupuncture profession.

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A - Normal activities of the profession

6. Teaching Subjects (Theory and Practice) at Various Levels

Teaching, planning, defining educational methods and techniques, assessing programmes and students' progress in the Acupuncture curriculum.

7. Supervising Students, Trainees and Other Workers

- Supervising and coordinating trainees in the sphere of imparting the art of healing and promoting health.
- Supervising other workers.

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B – Technical-Professional Acupuncture Skills of the TCM Practitioner (Perform - Know-how)

1. Ability to Carry out Studies and Research Projects

- Plan and carry out research projects on the use of traditional theories of Acupuncture in clinical practice.
- Plan and carry out research projects on the analysis of clinical cases.
- Develop innovative projects and methodologies on the utilization of Portugal's natural resources, on the basis of the traditional theories of Acupuncture
- Construct, validate and apply questionnaires in the study of the effects of Acupuncture for public health.
- Collaborate in studies, enquiries and research projects that foster relations between Portugal and Orient.

2. Ability to Apply Prevention and Rehabilitation Resources and Methods

- Know how to use and impart Traditional Acupuncture methods for preventing illness and restoring health.
- Know means and methods to promote changes of attitudes and lifestyle habits prejudicial to the preservation of health.

3. Ability to Engage in the Clinical Practice of Acupuncture

3.1. Assessing the Client

3.1.1. Taking the clinical history of the user and assess the energetic, emotional and mental status

1. Assess the complaints presented by the client by collecting information relating to the symptoms so as to establish the focalization of the examination.
2. Assess the general condition of the client by asking about his/her health history so as to establish its influence on the complaint presented.
3. Find the impact of emotional factors, mental states, spiritual and cultural aspects meaningful to the client's life on the development of the symptoms.
4. Find the client's sleep patters to determine their cause and their effect on the development of syndromes.
5. Collect information on the influence of the physical environment by asking about exposure to them, so as to find their impact on the development of syndromes.

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6. Collect information on diet, assessing eating habits so as to find their contribution to the development of syndromes.
7. Gather information regarding lifestyle habits, history and familiar relationships and about social, economical and occupational aspects of patient's life to determine contribution to syndrome development
8. Evaluate digestion by identifying gastrointestinal responses to determine Middle Jiao function
9. Evaluate level of appetite by determining patient's preferences for food to determine nature of condition.
10. Evaluate nutritional patterns to determine the impact on digestive function.
11. Evaluate predominant tastes in the mouth to determine the main Zang Fu affected.
12. Evaluate preferences for or aversions to flavors or temperatures to determine nature of imbalance.
13. Evaluate thirst by determining patient's preferences for liquids to determine nature of condition.
14. Evaluate gynecological history to determine imbalances.
15. Evaluate urogenital history to determine imbalances..
16. Evaluate urine characteristics to determine nature of imbalance.
17. Evaluate bowel function to determine nature of imbalance.
18. Evaluate for the presence of fever or chills to determine the nature of disharmony.
19. Evaluate patterns of perspiration to determine nature of disharmony.
20. Evaluate eye function by asking questions regarding ocular changes to determine the nature of disharmony.
21. Evaluate auditory functioning by asking questions regarding changes in acuity to determine the nature of disharmony.
22. Evaluate nature of pain to recognise urgent conditions and implications on disharmonic patient energetic conditions.

3.1.2. Performing a Physical Examination.

23. Evaluate level of energy by observing patient's demeanour to determine quality of Qi.
24. Observe the face and eyes to determine the outward manifestation of the Shen.
25. Observe the face to discriminate characteristics that aid to patterns differentiation.
26. Evaluate constitution by observing physical characteristics to determine Five Element associations.

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27. Evaluate voice by listening for tonal qualities and strength to determine nature of disharmony.
28. Assess phlegm characteristics to identify the nature of pathogenic influence.
29. Evaluate pulmonary efficiency by assessing respiration to differentiate between patterns.
30. Identify condition of the cutaneous region by examining skin to determine evidence of obstruction or injury.
31. Identify dermatological condition by examining skin to determine evidence of obstruction or injury.
32. Perform range of motion examination to identify areas of restricted movement.
33. Palpate joints to assess functional integrity.
34. Perform orthopedic assessment by evaluating neuromuscular skeletal systems to identify pathology.
35. Evaluate tongue coating by examining qualities to identify abnormalities in functioning.
36. Analyze variations in tongue body to determine systemic disharmonies.
37. Assess radial pulse qualities by palpation to determine disharmony.
38. Palpate areas of tenderness to determine the quality and nature of patient's pain and the disharmonic energies.
39. Examine ear microsystem by evaluating for changes in reactivity to determine the corresponding system involved.
40. Examine hand microsystem by evaluating for changes in reactivity to determine the corresponding system involved.
41. Examine foot microsystem by evaluating for changes in reactivity to determine the corresponding system involved.

3.1.3. Evaluating for Western Pharmacology, Dietetic Supplements and Phitotherapy

42. Identify the impact of Western Pharmacology, Dietetic Supplements and Phitotherapy prescribed by other health professionals.
43. Identify the systems involved by energetic action of western pharmacologic, dietetic supplements and phytotherapy.
44. Identify effects and side effects of Western medications to determine need to refer for re-evaluation.

3.1.4. Ponder over the results of Diagnostic Tests

45. Evaluate results of laboratory panels by reviewing ranges of values.

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46. Evaluate results of radiographic imaging tests by reading report to identify suspected pathology.
47. Evaluate results of electrographic diagnostic tests to identify potential pathology or abnormality.
48. Measure vital signs to identify baseline values and pathologies.
49. Perform auscultation to identify cardiopulmonary or abdominal pathologies.
50. Perform abdominal palpation to identify organ pathology.
51. Perform neurological examination by evaluating reflexes and cutaneous sensation to identify pathology.

3.2. Developing a Diagnosis on Acupuncture

3.2.1. Forming a Diagnostic Impression on Acupuncture

52. Identify interrelationship of affected Organs by evaluating constitutional weaknesses or changes resulting from pathogenic influences.
53. Identify principle patterns by evaluating symptoms to determine balance of Yin and Yang.
54. Determine causative factors by integrating diagnostic information to identify source of underlying disease patterns.
55. Integrate symptoms of physiological systems to determine stage of disease progression.
56. Identify severity of condition by evaluating level and movement of pathogenic penetration.
57. Identify affected channel by evaluating diagnostic information to determine disharmony.
58. Differentiate between root and branch of disease by evaluating symptoms to determine focus of treatment.
59. Differentiate between primary and secondary conditions by prioritizing symptoms to develop treatment strategy.
60. Determine acute pernicious influences by evaluating for symptoms of illness to determine treatment strategy.
61. Integrate diagnostic findings to form clinical impressions to describe patient's current health status.

3.2.2. Differentiation of General and Organs Syndromes

62. Determine Five Element imbalances by evaluating systems of correspondences to determine impact on patient condition.
63. Determine Zang Fu diagnosis by evaluating patterns in symptomatology to identify affected Organs.

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64. Determine Eight Principles diagnosis by evaluating symptom parameters to determine the nature and strength of disease.
65. Determine relative strength of Qi and Blood by evaluating diagnostic findings to determine the nature of the condition.
66. Determine depth of penetration of pathogen by using Four Level differentiation to develop a treatment strategy.
67. Determine depth of penetration of pathogen by using Six Stage differentiation to develop a treatment strategy.
68. Determine location of pathogenic factor by evaluating patterns of disease manifestation of the San Jiao.
69. Determine Jing Ye diagnosis by integrating diagnostic findings.

3.2.3. Reconcile and articulate the theories of Acupuncture and conventional medicine

70. Provide patient with information regarding physiological systems to explain how the body functions.
71. Inform patient of Oriental medical diagnosis by relating Oriental concepts to Western medicine concepts.
72. Evaluate symptoms to determine indications of Western conditions that require referral for treatment.
73. Prepare reports regarding patient condition by translating specific Acupuncture Oriental medical diagnosis into terminology common to other health care providers.
74. Interact with health care providers to integrate treatment.

3.2.4. Distinguish between common symptoms and situations and serious, urgent and emergency symptoms

75. Identify conditions that pose a threat to life by evaluating signs and symptoms that require urgent medical treatment.
76. Perform cardio-pulmonary resuscitation administering mouth-to-mouth breathing and thoracic pressure to treat unresponsive clients.
77. Respond to emergency situations, giving first aid treatment to at-risk clients.
78. Differentiate potentially serious signs and symptoms (severity, urgency or emergency) relating to:
 - General changes
 - Pain, especially:

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78. Differentiate potentially serious signs and symptoms (severity, urgency or emergency) relating to: *(Continued)*

- headache; chest pain, abdominal pain, lumbar pain and pain in the limbs and joints.
- Weight changes - excessive loss or gain
- Fever due to infection or other causes.
- Changed state of consciousness, especially:
 - psychomotor agitation, mental confusion, drowsiness and coma.
- Non-traumatic haemorrhage, especially:
 - haemoptysis, digestive tract haemorrhage, haematuria, meno- and metrorrhagia.
- Oedema, especially:
 - Localization, consistency and inflammation signs.
- Traumas, especially:
 - Wounds, burns, contusions, fractures.
- Poisoning, especially by:
 - Psychotropics, opiates, herbicides, corrosives and others
- Changes to Systems
 - Changes in the skin and mucous membranes, especially:
 - Colour, temperature and moistness, skin rashes.
 - Cardio-respiratory changes, especially:
 - Cough, hoarseness, dyspnoea, palpitations, blood pressure, hypotension-shock, cardio-respiratory arrest.
 - Gastroenterological changes, especially:
 - Nausea and vomiting, changes in the intestinal tract, hernia.
 - Genitourinary changes, especially:
 - Urinary and genital changes.
 - Non-traumatic musculoskeletal changes, especially:
 - Rheumatism, muscular atrophies, skeletal deformities and inflammatory processes.
 - Neurological changes, especially:
 - Attacks, paralysis, balance disorders, sensitivity disorders, disorders of the sensory organs.
 - Endocrinological changes, especially:

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78. Differentiate potentially serious signs and symptoms (severity, urgency or emergency) relating to: *(Continued)*

- Diabetes, changes in the hypofysis, the thyroid, the suprarenal and gonads.
- infectious-contagious disorders, especially:
 - Acute and chronic infections.

3.3. Establish therapeutic principles and strategies and produce and manage a treatment Plan

3.3.1. Treatment Plan (scheme)

79. Establish the principles for treatment, in accordance with the TCM diagnosis, assessing the disorder syndromes so as to find the treatment objectives.
80. Choose the specific TCM principles for treatment so as to apply them safely and systematically.
81. Prepare a therapy scheme according to the therapeutic principles and strategies, anticipating the interconnection of the different treatments, self-care and follow-up.
82. Prepare a therapy scheme according to the therapeutic principles and strategies, anticipating the interconnection of the different systems or health professionals implicit in the management of the client's health.
83. Recognize and advise the client about self-care strategies and the many factors that contribute to illness and develop specific strategies for his/her improvement.
84. Establish strategies when preparing and managing the therapeutic scheme that will motivate effective participation on the part of the client during the healing process.
85. Prepare information records that will allow the analysis of clinical cases and epidemiological work relating to the different clinical conditions observed.

3.4. Carrying out the treatment

3.4.1. Point Selection Principles

86. Develop a treatment plan by formulating a plan of action to address therapeutic needs of the patient.
87. Develop a point prescription based on treatment principles to correct imbalances.
88. Select distal/proximal points to address affected channels.
89. Select local points by evaluating clinical indication to treat condition.

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90. Select adjacent point near the affected area to augment treatment protocol.
91. Select points from different channels to combine treatment of root and branch.
92. Select contralateral points to balance treatment prescription.
93. Select points above and below the waist to balance treatment prescription.
94. Select front and back points to enhance treatment prescription.
95. Select points in the center to treat conditions occurring in the extremities.
96. Select points on the extremities to treat conditions occurring in the center.
97. Select points along the muscle channels by identifying correspondences between Ashi points and features of the muscle channel system according to the Theory of Muscle Channels.

3.4.2. Point Categories in Acupuncture Treatment

98. Select points along corresponding channels to affect Cutaneous regions.
99. Select Front-Mu (Alarm) points to address systemic imbalances of an acute nature.
100. Select Back-Shu (Associated) points to address systemic imbalances of a chronic nature.
101. Select coupled points by combining Front-Mu (Alarm) and Back-Shu (Associated) points to balance Yin and Yang.
102. Select Lower He-Sea (Uniting) points to connect channel with respective Fu Organs.
103. Combine points from different categories to provide balanced treatment.
104. Select Five Shu (Five-Transporting) points to treat imbalances of the Five Elements.
105. Select Confluent points of the Eight Extra Channels by evaluating symptoms to treat conditions of the miscellaneous channels.
106. Select Extra Points to treat corresponding conditions.
107. Select Intersecting/Crossing points to treat diseases manifesting in multiple channels.
108. Select Luo-Connecting points that access Divergent channels to strengthen internally-externally related channels.
109. Select Luo-Connecting points to treat conditions associated with paired Yin and Yang channels.
110. Select Yuan-Source (Primary) points to access fundamental Qi for the channel.
111. Select Xi-Cleft (Accumulation) points to treat acute conditions of the related channel and corresponding Organs.
112. Select the Eight Influential Point to affect related anatomical areas (tissues).
113. Select Window of the Sky or Ghost points to treat disturbances of Shen.
114. Select Four Seas points to affect corresponding Qi, Blood, Nourishment, and Marrow.
115. Select Mother/Son (Four Needle Technique) points by identifying complimentary points to address imbalances.

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3.4.3. Point Location and Needling Techniques

116. Locate points by implementing anatomical landmarks and proportional measurements to identify area for needle insertion.
117. Identify length of needle retention by evaluating patient constitution and condition to determine time needed for efficacy of result.
118. Position patient by moving into recommended configuration to provide for proper needle insertion.
119. Select needling techniques according to the therapeutic principles and physical and energetic condition of the patient.
120. Select simple or complex needling techniques according with: the therapeutic principles, the patient response and the specialist experience.
121. Insert needle according to standard depths and the patient reaction to accurately stimulate point.
122. Apply therapeutic needle technique by manipulating needle to produce intended effect.

3.4.4. Performing Auxiliar Treatment

123. Apply moxibustion to enhance the effects of treatment.
124. Perform electroacupuncture by electrically stimulating selected points to enhance effectiveness of treatment.
125. Perform cupping technique by placing instrument over area to increase effectiveness of treatment.
126. Recommend adjunctive therapies patient can implement to support treatment.
127. Recommend lifestyle changes patient can implement to restore or maintain health.

3.4.5. Implementing Microsystems in Treatment

128. Select scalp points by identifying clinical indications to treat patient condition.
129. Select auricular points by identifying clinical indications to treat patient condition.
130. Select hand reflex points by identifying clinical indications to treat patient condition when adequated
131. Select feet reflex points by identifying clinical indications to treat patient condition when adequated.
132. Perform one of the abdominal techniques by choosing extra points based on abdominal reflexology to address tender areas.

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3.4.6. Treatment Observation and Modification

133. Monitor patient's reactions to treatment or no reactions by evaluating changes in symptoms and in vital signs to identify indications of distress or wrong therapeutic strategy.
134. Reevaluate patient condition with case adjusted periodicity by examining changes in symptomatology to determine adjustments to treatment plan.

3.4.7. Acupuncture Treatment Contraindications

135. Identify conditions contraindicated for needling by evaluating condition and constitution to avoid injury.
136. Identify conditions contraindicated for electroacupuncture to determine alternate treatment strategy.
137. Identify conditions contraindicated for cupping to avoid deleterious treatment effects.
138. Identify conditions contraindicated for moxibustion by evaluating condition and constitution to avoid injury.
139. Identify conditions contraindicated for adjunctive therapies to determine alternate treatment strategy.

3.4.8. Prescribing Traditional Manufactured Formulas in accordance with Points and Therapeutic Principles of the Treatment Plan

3.4.8.1. Identification of Materia Medica and Traditional Manufactured Formulas

140. Identify characteristics of materia medicas and formulas by evaluating attributes to determine therapeutic effect.
141. Distinguish between herbs and formulas from same classification by identifying unique features to differentiate effectiveness related to client condition.
142. Interpret herbal composition of formulas by identifying chief, deputy, assistant and message herbs to provide hierarchy of ingredients and their main functions.
143. Identify complementarity and equivalence of herb qualities and point functions to provide integrated treatment.
144. Identify similarities between traditional medicinal prescriptions and Western medications by evaluating therapeutic properties to augment patient treatment.
145. Identify contraindications for materia medica and formulas by assessing a patient's constitution and energetic condition.

II - PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

B – Technical-Professional Acupuncture Skills of the TCM Practitioner (Perform - Know-how)

3.4.8.2. Prescribing and Administering Materia Medica and Traditional Manufactured Formulas

146. Prescribe herbs and formulas by matching clinical indications with client energetic condition to treat disharmony and pathology.
147. Identify dosage of herbal prescriptions by evaluating energetic condition and constitution.
148. Evaluate patient response in time by assessing for changes to determine herbal treatment modifications.
149. Monitor effects of traditional manufactured formulas when combined with Western medications to determine potential side effects.
150. Assemble material medical formulas by combining proportions of effective dosages of materia medica in accordance with the therapeutic strategy and the diagnosis elaborated.
151. Combine herbs and formulas to address complex patterns.

3.5. Observe the Normative Framework

152. Apply the ethical and deontological directives contained in the respective Deontological Code.
153. Take the precautions set forth in the Code for the Safe Practice of Acupuncture.
154. Apply the standards established in the laws and regulations relating to the practice of Acupuncture.

4. Capacity for Social and Community Intervention in Relation to Prevention and Potentializing the Public's Health

- Ability to carry out actions of social intervention as provided for within the scope of his/her clinical practice (see social know-how).

5. Ability to Prepare Scientific Communications and Reports

- Prepare scientific communications and reports on the theories underlying the practice and teaching of Acupuncture.
- Prepare clinical communications and reports within the scope of professional practice.
- Organize and take part in scientific meetings.

6. Ability to Apply Teaching Methods and Techniques

- Prepare programs on topics related to Acupuncture.

II - PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

B – Technical-Professional Acupuncture Skills of the TCM Practitioner (Perform - Know-how)

- Define the educational methods and techniques to be used in accordance with the goals, programme contents and targets.
- Develop the topics to be covered.
- Assess the programmes and the progress of the students or trainees.
- Coordinate the students and trainees.

7. Ability to Supervise and Assess Students and Other Professionals

- Master and employ educational technical methods to supervise and assess students and other professionals

II - PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

C - Social know-how (Social and relational skills)

1. Professional Relations(Social know-how)

The TCM Practitioner must be able to:

- Help to maintain a good working atmosphere that promotes the individual values and encourages significant interactions.
- Show respect for individuals and recognize their rights to take their own decisions in the contexts of their own lives.
- Especially observe Articles 34 and 35 of the Deontological Code for Acupuncture in professional relations with colleagues and other health professionals.
- Be willing and open to work colleagues in order to:
 - cooperate;
 - accept the expertise of others;
 - articulate his/her personal participation with that of others, in their respective actions.
- Demonstrate an ability to work effectively in a team, either with professional colleagues or with other professionals.
- Collaborate interdisciplinarily, based on understanding and respecting the roles of other health professionals.
- Especially observe Articles 24, 27 and 30 of the Deontological Code for Acupuncture in his/her relations with clients.
- Involve clients' families and other health care providers in the overall planning of therapeutic action.
- Communicate effectively, orally and in writing, with clients and their families, with health professionals and with the general public, both individually and in groups.
- Show that he/she understands the importance of verbal and non-verbal communication to obtain or impart information.
- Use languages as an instrument that potentiates the healing of the client.
- Advise clients with due sensitivity and in an effective manner, give information that will ensure that clients and families are fully enlightened when they are authorizing any procedure.
- Adapt the style of communication with clients according to their personal, social, cultural and ethnic characteristics, and any disabilities they may have.
- Deal appropriately with clients' complaints.

II - PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

C - Social know-how (Social and relational skills)

2. Relations with Society and Health Care Provision System

The TCM Practitioner must be able to:

- Interact with the different sectors of the Social Services and Health Care System.
- Observe Article 36 of the Deontological Code for Acupuncture in his/her relations with health care establishments.
- Observe Article 37 of the Deontological Code for Acupuncture in his/her relations with the Professional Body to which he/she belongs.
- Observe Article 31 of the Deontological Code for Acupuncture in relation to financial matters.

II - PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

D - Knowing how to be and Knowing how to learn (Personal skills)

The TCM Practitioner must be able to:

- Respect the human being as whole, regardless of the sex, race, illness, age, sexual orientation, religion, culture or socio-economic status of the client.
- Respect the values of the community, including holding the diversity of human characteristics and cultural values in due esteem.
- Provide health care of the very highest quality with patience, sympathy, generosity, humility, delicacy, delivery, tolerance, sincerity, integrity, honesty, empathy and compassion, no matter what the illness, prognosis, age, gender, sexual orientation, ethnicity, religion, culture or socio-economic status of the client.
- Accept personal responsibility for the treatment of the client.
- Be diligent and punctual.
- Retain the emotional stability needed for professional practice.
- Be committed to the relief of pain and suffering.
- Show an ability for self-reflection, especially with respect to professional qualities and controlling ideas, feelings and personal reactions in the face of suffering and illness.
- Show competence in terms of clinical rationalization in his/her ability to:
 - recognize, define and establish priorities in relation to problems;
 - analyze, interpret, objectively assess and establish priority with respect to information, appreciating his/her limits;
 - recognize the limits of knowledge and the importance of hierarchizing problems in professional practice.
- Adapt, adjust and apply the knowledge gained to new situations.
- Understand the influence of factors such as complexity, uncertainty and probability in decisions taken in clinical practice.
- Recognize the risks of exercising the profession, the importance of his/her own health and the effect of this on his/her ability to practise safely and efficiently.
- To undertake to defend professional values.
- Demonstrate a sound understanding aspects related to handling time and resources.
- Cope with the uncertainty of working in a context that is in a permanent state of change.
- Successfully get involved in self-learning, identify and demonstrate strategies to achieve the goals of life-long learning.
- Identify real learning needs, take responsibility for continuing training and show initiative. For this, the TCM Practitioner must be receptive to feedback and criticism, and demonstrate understanding of his/her personal strengths, vulnerabilities and areas where improvement is needed.

II - PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

D - Knowing how to be and Knowing how to learn (Personal skills)

- Show a pro-active attitude in terms of seeking information of relevance to his/her profession, in the literature, from contacts or from other sources, and with respect to assessing this information and imparting it to third parties.

II – PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

E – Knowing (Knowledge)

This refers to a body of theoretical knowledge which essentially comprises the Traditional Theories of Acupuncture, Basic Sciences, Clinical Sciences and the information in the Deontological Code for and Safe Practice of Acupuncture.

1. Traditional Acupuncture Knowledge

The TCM Practitioner must:

- Know and understand the philosophical base underlying the practice of Acupuncture
- Know the specific theoretical bases of Acupuncture diagnosis and treatment.
- Know the specific processes of diagnosis in Acupuncture.
- Know the theories relating to the principles and methods of treatment in Acupuncture.
- Know the specific processes of treatment in Acupuncture required for the prevention and treatment of disorders and energetic syndromes.
- Know the differentiation and treatment of common disorders.
- Know the medical materials and traditional remedies, manufactured and patented and currently in use in Acupuncture, and their prescription criteria.
- Know the theories and methods for using the main Microsystems of Acupuncture reflex therapy.
- Know the methods for prescribing and the combination strategies of the different auxiliary therapeutics in Acupuncture.
- Know the theories, methods and practices regarding prevention and rehabilitation in Acupuncture.

2. Knowledge of the Basic Sciences - Medical and Related Sciences

The TCM Practitioner must:

- Know, understand and describe the normal structure and functions of the difference systems in the human body.
- Know, understand and describe the molecular, cellular, biochemical and physiological mechanisms that maintain homeostasis in the human body.
- Know, understand and discuss the determinants and most important risk factors for the energetic equilibrium of the human being with the environment.
- Know, understand and discuss the normal phases of development and the effects of growing and aging in the individual, the family and the community.
- Know, understand and interpret the normal psychological development and the main risks of disturbing it throughout life.
- Know and explain the principles, means and methods for prevention and health care throughout life.

II – PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

E – Knowing (Knowledge)

- Know and understand research techniques, including: experimental plans to assess and analyze causal relationships between variables and the appropriate statistical methods to assess the significance of the findings.
- Know how to interpret the results of research procedures.

3. Knowledge of Conventional Sciences

The TCM Practitioner must be able to:

- Describe common diagnostic techniques and their clinical applications in conventional medical practice and understand their clinical significance in the practice of Acupuncture.
- Discuss the distribution of diseases in the community and approach prevention from the holistic and orthodox points of view.
- Explain how the structure and function of tissues can change and produce genetic changes, irregularities in cell growth, tissue lesions, inflammation and reconstruction.
- Describe the general nervous, endocrine and metabolic responses to aging, stress, and injuries to the tissues.
- Describe the principles of infection and the way in which changes in the body's natural and acquired defences (immunity) can lead to disease.
- Discuss the consequences of changes in the circulation arising from narrowing and obstruction of the vessels, excess weight, loss of fluids and organic failure.
- Describe diseases, using knowledge and comprehension of them to aid in differential diagnosis of typical signs and symptoms that affect protection systems and support; the body (skin, joints and bones); control systems (nervous and endocrine systems) and the maintenance systems (cardiovascular, respiratory, gastrointestinal and urinary).
- Understand and explain the etiopathogeny of the most important acute and chronic disorders.
- Understand the methodology for taking clinical histories.
- Know how to conduct a clinical examination of the most important body systems
- Know how to interpret basic pathological laboratory data.
- Know the most important actions and secondary effects of the leading classes of conventional medicines, and where to find information on them (Therapeutic Symposium, etc.).
- Recognize potentially serious signs and symptoms (situations of severity, urgency and emergency) and know when to refer clients to conventional medical practitioners.
- Explain the aims and organization of the National Health System and how it functions, and main projects under development.
- Understand the main ethical and deontological issues related to the clinical practice of Acupuncture.

II – PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

E – Knowing (Knowledge)

- Understand the psychodynamic and energetic issues of the therapeutic relation and how to manage them.
- Understand the important determinants for health and the factors that influence illness and the provision of clinical care, in particular those of a personal, biological, psychological, spiritual, environmental, social, economic and cultural nature.
- Explain the distribution of diseases in the community, especially in Portugal, and approach prevention from the holistic and conventional points of view.
- Analyze the prevalence and incidence of diseases over an annual cycle and the life cycle, and the systematic approaches that can be used to prevent or modify them.
- Understand the signs and symptoms of dysfunctional patterns at the level of family and social relations (abuse, violence, addiction, etc.).

3.1. Ability to Engage in the Clinical Practice of Acupuncture

3.1.1. Assessing the client in the Specific Semiologic Picture of Acupuncture

3.1.1.1. Knowledge's related to taking the clinical history of the user

1. Knowledge of the categories of common chief complaints.
2. Knowledge of the effect of medical history on current health status.
3. Knowledge of the impact of genetics and heredity on symptom development.
4. Knowledge of the clinical indications of pathology resulting from emotions.
5. Knowledge of the patterns of sleep associated with disharmony and pathology.
6. Knowledge of exogenous factors that lead to pathology.
7. Knowledge of the impact of improper diet on the development of pathology.
8. Knowledge of methods for dietary evaluation.
9. Knowledge of the effects of overstrain and stress on the development of disharmonies and pathological conditions.
10. Knowledge of methods for assessing areas of the epigastrium and abdomen.
11. Knowledge of clinical indications of disharmony and pathology in the
12. Middle Jiao.
13. Knowledge of characteristics of appetite associated with pathology.
14. Knowledge of the relationship between eating patterns and digestive disharmony.
15. Knowledge of the association between tastes in the mouth and pathology.
16. Knowledge of the association between flavours, temperatures, and imbalances.
17. Knowledge of the association between characteristics of thirst and patterns of disharmony.

II – PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

E – Knowing (Knowledge)

18. Knowledge of the clinical manifestations of pathology associated with menstruation characteristics.
19. Knowledge of the association between characteristics of pregnancy and childbirth and symptom development.
20. Knowledge of pre- and postmenopausal symptomatology.
21. Knowledge of the anatomy, physiology, and function of the urinary system.
22. Knowledge of symptoms of urogenital pathology.
23. Knowledge of urine characteristics indicative of pathology. 23. Knowledge of stool characteristics associated with imbalance.
24. Knowledge of pathologies associated with patterns of bowel elimination.
25. Knowledge of the association between fever and/or chills and pathogenic influences.
26. Knowledge of patterns of perspiration associated with interior and exterior patterns.
27. Knowledge of ocular anatomy and structures
28. Knowledge of ocular symptomatology and pathology.
29. Knowledge of the anatomical structures of the external, middle, and inner ear.
30. Knowledge of auricular symptomatology and pathology.
31. Knowledge of clinical manifestations of pain resulting from pathological influences and from different emergent conditions.

3.1.1.2. Knowledge's related to the Performance of a Client Physical Examination in the Specific Semiologic Picture of Acupuncture

32. Knowledge of the different types, function, formation and circulation of Qi and it's role in promoting vitality.
33. Knowledge of the origins of Shen.
34. Knowledge of the clinical manifestations of impaired Shen.
35. Knowledge of the association between the appearance of the face and energetic imbalances.
36. Knowledge of the properties associated with the Five Movements.
37. Knowledge of the laws of movement that govern the Five Movements.
38. Knowledge of the interrelationship between the Organs and the Five Elements.
39. Knowledge of the nature of relationships among the Five Movements that lead to the disharmony and pathology.
40. Knowledge of the association between body odors and nature of disharmony or disease.
41. Knowledge of the association between clinical manifestations of phlegm and the area of body affected.
42. Knowledge of the clinical indications of impaired pulmonary function.
43. Knowledge of cutaneous symptomatology that indicate channel pathology.

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E – Knowing (Knowledge)

44. Knowledge of the association between characteristics of the skin and patterns imbalance or pathological conditions.
45. Knowledge of the anatomy and physiology of the musculoskeletal system.
46. Knowledge of methods of assessing musculoskeletal function and integrity..
47. Knowledge of the mechanisms of disease association with the musculoskeletal system.
48. Knowledge of methods for assessing the baseline and changes in the integrity of joint movements.
49. Knowledge of pathogenic factors that affect the synovial membrane and articular cartilage.
50. Knowledge of the effect of inflammation, degeneration, or articular disruption on the degree of joint mobility.
51. Knowledge of the role of the central nervous system in regulating voluntary movements .
52. Knowledge of clinical indications of neuromuscular system dysfunction.
53. Knowledge of acquired or congenital conditions that impairs body alignment or mobility.
54. Knowledge of the relationship between changes in the tongue coating and imbalances or pathological changes in the body
55. Knowledge of tongue topography correspondence with internal Organs.
56. Knowledge of methods of detecting pathological conditions associated with variations of tongue body.
57. Knowledge of the areas and levels for obtaining pulse information.
58. Knowledge of the association between pulse characteristics and energetic imbalance or pathology
59. Knowledge of methods for integrating tongue and pulse characteristics to discern diagnostic information.
60. Knowledge of methods for discerning patterns based on nature and quality of pain.
61. Knowledge of the interconnection of Organs and tissues
62. Knowledge of methods for determining channel imbalance according to abdominal observation
63. Knowledge of the relationship between areas of the ear and corresponding body structures and systems.
64. Knowledge of the association between appearance of the ear and indications of pathology or somatic energetic imbalances.
65. Knowledge of the anatomical correspondences between areas of the palm and internal Organs.
66. Knowledge of the anatomical correspondences between areas of the foot and internal Organs.

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E – Knowing (Knowledge)

3.1.1.3. Knowledge's related to Evaluating Western Pharmacology and Dietary and Herbal Supplements

67. Knowledge of Western medication nomenclature
68. Knowledge of the classification of commonly prescribed Western medications.
69. Knowledge of the pharmacological effect of commonly prescribed Western medications.
70. Knowledge of the mechanisms of actions of commonly prescribed Western medications.
71. Knowledge of the potential for idiosyncratic or allergic reactions to medications.
72. Knowledge of common and uncommon side effects of commonly-prescribed medications.

3.1.1.4. Knowledge's related to ponder over the results of Diagnostic Tests

73. Knowledge of laboratory panels used for diagnostic purposes.
74. Knowledge of the clinical significance of laboratory test results in detecting pathology.
75. Knowledge of clinical situations requiring nuclear medicine tests to obtain diagnostic information.
76. Knowledge of the clinical significance of X-ray, ultrasound, or computed tomography (CT) results in detecting organ or tissue pathology.
77. Knowledge of clinical situations requiring electroencephalogram (EEG) or electrocardiograph (EKG) testing.
78. Knowledge of the clinical significance of electroencephalogram (EEG) and electrocardiograph (EKG) results in detecting pathology.
79. Knowledge of vital sign values consistent with identified normal and abnormal ranges.
80. Knowledge of clinical manifestations of vital sign values that indicate life-threatening conditions.
81. Knowledge of the anatomical location and function of the cardiopulmonary system.
82. Knowledge of clinical indications of cardiopulmonary dysfunction.
83. Knowledge of the anatomical location and function of organs within the abdominal region.
84. Knowledge of clinical indications of gastrointestinal disturbances.
85. Knowledge of clinical indications of pathology associated with abnormal abdominal physiological tenderness, pressure, or pain.
86. Knowledge of the relationship between cerebellar function and muscular activity.
87. Knowledge of sensory responses to stimuli tests that indicate neurological dysfunction.
88. Knowledge of the effect of central nervous system damage on the alignment and mobility of the body.
89. Knowledge of methods for assessing reflex reactions that indicate integrity of the sensory and motor pathways.
90. Knowledge of the physiological pathways and functioning of cranial nervous system.

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E – Knowing (Knowledge)

91. Knowledge of the clinical indications of cranial nerve dysfunction.

3.2. Knowledge's related to the Performance of Diagnosis in Acupuncture

3.2.1. Knowledge's related to Forming a Diagnostic Impression

92. Knowledge of the impact of the relationship between the Organs and channels in disease progression and transformation.
93. Knowledge of the principles of relationships, patterns, and changes of Yin and Yang aspects.
94. Knowledge of the relationship between Yin and Yang Organs and vital substances.
95. Knowledge of the internal and external causes of disease.
96. Knowledge of the antipathogenic and pathogenic factors associated with conditions.
97. Knowledge of the etiologies and manifestations associated with conditions.
98. Knowledge of the physiological processes associated with disease progression.
99. Knowledge of how disease progresses from superficial to deep levels of penetration.
100. Knowledge of clinical manifestations associated with disease of the channels.
101. Knowledge of the anatomical distribution of muscles, tendons, and ligaments with bones, joints, and internal Organs.
102. Knowledge of the distribution, functions, and clinical significance of the channels.
103. Knowledge of the connection between the etiology of diseases and clinical manifestations.
104. Knowledge of principles for treating root *versus* branch symptoms.
105. Knowledge of methods for prioritizing symptoms according to acuteness or seriousness.
106. Knowledge of the types of acute pernicious influences.
107. Knowledge of methods of integrating assessment information in developing a differential diagnosis.

3.2.2. Knowledge's related to Differentiation of General and Organs Syndromes

108. Knowledge of the clinical manifestations of Five Movements imbalance.
109. Knowledge of the physiological relationship between the Zangfu organs and the channels.
110. Knowledge of the physical functions associated with the Organs in traditional Oriental medicine.
111. Knowledge of the signs and symptoms associated with pathology of the Organs.
112. Knowledge of methods for identifying simultaneous Organ disharmonies.
113. Knowledge of the signs and symptoms associated with Interior and Exterior patterns.
114. Knowledge of methods for differentiating patterns of Hot and Cold conditions.
115. Knowledge of methods for differentiating Empty and Full patterns.

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E – Knowing (Knowledge)

116. Knowledge of methods for differentiating Yin and Yang patterns of disharmony.
117. Knowledge of the functions associated with the forms of Qi.
118. Knowledge of the characteristics and functions associated with Blood.
119. Knowledge of the disharmonies associated with Qi and Blood.
120. Knowledge of patterns of disharmony associated with the Six Stages.
121. Knowledge of the clinical manifestations of disease at the Four Levels.
122. Knowledge of the clinical manifestations of disease at the San Jiao.
123. Knowledge of the pathogenic factors which result in disharmonies of Jing Ye.
124. Knowledge of the clinical indications associated with disharmonies of Jing Ye.

3.2.3. Knowledge's related to the reconciliation and articulation of the theories of Acupuncture and conventional medicine.

125. Knowledge of the physiology, function, and anatomical location of organs and tissues.
126. Knowledge of the function of physiological systems.
127. Knowledge of the basic chemistry elements and compounds of the human body.
128. Knowledge of the composition and formed elements of blood.
129. Knowledge of the interrelationship between Western disease processes and Traditional Oriental Medicine syndromes.
130. Knowledge of methods for relating and differentiating disease processes in Western and Oriental Medicine.
131. Knowledge of laws regulating practice techniques for Traditional Chinese Medicine.
132. Knowledge of clinical indications of Western pathology.
133. Knowledge of Western medical terminology.
134. Knowledge of requirements for writing medical reports.
135. Knowledge of Western medical diagnostic codes.
136. Knowledge of medical protocol for referring patients.

3.2.4. Knowledge's related to distinguish between common symptoms and situations and serious, urgent and emergency symptoms.

137. Knowledge of symptomatology and clinical indications of emergency serious, urgent and emergency conditions.
138. Knowledge of symptoms that indicate anaphylactic shock.
139. Knowledge of methods for administering cardiopulmonary resuscitation.
140. Knowledge of methods for providing first aid treatment.

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E – Knowing (Knowledge)

3.3. Knowledge's related to the establishment of therapeutic principles and strategies and to the produce and manage a treatment plan

3.3.1. Knowledge's related to produce and manage a treatment Plan

141. Knowledge of methods for determining treatment principle based on patterns of disharmony.
142. Knowledge of effectiveness of combining treatment strategies in developing a treatment plan.

3.4. Knowledge's related to the Performance of Acupuncture Treatment Plan

3.4.1. Knowledge's related to Point Selection Principles

143. Knowledge of the function and clinical indications of points.
144. Knowledge of the classification and nomenclature of acupuncture points.
145. Knowledge of the association between points and internal organs and channels.
146. Knowledge of the synergistic effects of needling points according the principles of opposites.
147. Knowledge of methods for combining distal and proximal points in the treatment of imbalance.
148. Knowledge of the therapeutic effects of using local points in acupuncture treatment
149. Knowledge of the therapeutic effect of using adjacent points in treatment.
150. Knowledge of principles for combining points from different channels.
151. Knowledge of the therapeutic effects of needling contralesional points.
152. Knowledge of methods for combining points above and below the waist to treat disease.
153. Knowledge of the method for balancing the points on the upper part of the body with those of the lower part.
154. Knowledge of the effect of unbalanced point prescription methods for obtaining therapeutic results.
155. Knowledge of the effect of using points on the front and back to regulate internal Organs.
156. Knowledge of treatment strategies that use centrally located points which relate to the extremities.
157. Knowledge of treatment strategies that use points in the extremities which relate to the center.
158. Knowledge of the relationship between reactive Ashi points and point selection in the treatment of Muscles channels

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E – Knowing (Knowledge)

159. Knowledge of the interaction between the Cutaneous regions and the twelve regular meridians.

3.4.2. Knowledge's related to Point Categories in Acupuncture Treatment

- 160. Knowledge of the effect of using Front-Mu points in treatment.
- 161. Knowledge of the effect of using Back-Shu points in treatment.
- 162. Knowledge of methods for combining Front-Mu and Back- Shu points to balance treatment.
- 163. Knowledge of treatment principles for using Lower He-Sea points.
- 164. Knowledge of techniques for combining points according to channel dynamics.
- 165. Knowledge of the efficacy of using particular points during progressive phases of treatment.
- 166. Knowledge of the channel dynamics of the Five Shu (Five Transporting) points.
- 167. Knowledge of the effect of using Confluent points of the Eight Extra channels.
- 168. Knowledge of effect of using Extra points in treatment.
- 169. Knowledge of treatment strategies for using Intersecting/Crossing points of the channel.
- 170. Knowledge of the effect of using Lou-Connecting points in treatment.
- 171. Knowledge of the relationships between the Lou- Connecting points and the Twelve Primary channels.
- 172. Knowledge of how Qi is dispersed to the Zang-Fu Organs via the Yuan-Source points.
- 173. Knowledge of the effect of using Yuan-Source points in providing treatment.
- 174. Knowledge of treatment strategies for using of Xi-Cleft points in treatment.
- 175. Knowledge of the effect of using Influential points in treatment.
- 176. Knowledge of the effectiveness of Window of the Sky and Ghost Points in treating disharmony and pathology.
- 177. Knowledge of treatment strategies for using the Four Seas points.
- 178. Knowledge of the effect of using Mother/Son points in treatment.

3.4.3. Knowledge's related to Point Location and Needling Techniques

- 179. Knowledge of the physical landmarks and gross unit proportions used in point location.
- 180. Knowledge of the anatomical location of points.
- 181. Knowledge of simple and complex needle manipulations.
- 182. Knowledge of the needle retention methods for pathological conditions.
- 183. Knowledge of Impact of patient constitution and condition on length of needle retention.
- 184. Knowledge of patient positions for locating acupuncture points.
- 185. Knowledge of the needling depths recommended for treating disharmonies or diseases.
- 186. Knowledge of precautions for needling over vital organs and blood vessels.
- 187. Knowledge of the association between stimulation techniques and treatment principles.

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E – Knowing (Knowledge)

3.4.4. Knowledge's related to the performance of an Auxiliary Treatment

188. Knowledge of the clinical indications for using moxibustion.
189. Knowledge of techniques for using moxibustion in treating disharmonies.
190. Knowledge of the clinical indications for using electroacupuncture.
191. Knowledge of principles for adjusting electrical stimulation intensity according to disorder in electroacupuncture.
192. Knowledge of the clinical indications for using cupping.
193. Knowledge of the methods of cupping manipulation.
194. Knowledge of techniques for performing abdominal puncture (Turtle, for instance).
195. Knowledge of therapeutic functions of adjunctive therapies.
196. Knowledge of impact of stress reduction in maintenance of health.
197. Knowledge of dietary qualities and sources of nutrition.
198. Knowledge of the function of fluids and electrolyte balances in the body.
199. Knowledge of the interrelationship between body composition and nutritional needs.
200. Knowledge of the effect of illness on food acceptance and utilization.

3.4.5. Knowledge's related to the Implementation of Treatment Microsystems

201. Knowledge of the lines of measurement that run through the scalp region.
202. Knowledge of the location of stimulation sites corresponding to areas on the cerebral cortex for treating disease..
203. Knowledge of the function and clinical indications for scalp points.
204. Knowledge of the functions and clinical indications of ear points.
205. Knowledge of methods for selecting ear points according to anatomical location of disease.
206. Knowledge of the correspondence between areas of the hand and internal Organs
207. Knowledge of the function and indications for hand points.
208. Knowledge of the correspondence between areas of the foot and internal Organs.
209. Knowledge of the function and indications for foot points.

3.4.6. Knowledge's related to Treatment Observation and Modification

210. Knowledge of physical manifestations of patient distress.
211. Knowledge of techniques for managing patient distress.
212. Knowledge of alternate point prescriptions and treatment rotation methods.

3.4.7. Knowledge's related to Acupuncture Treatment Contraindications

213. Knowledge of association between conditions and contraindicated points for needling.
214. Knowledge of anatomical locations or areas contraindicated for needling.

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E – Knowing (Knowledge)

- 215. Knowledge of points and conditions that should be needled with caution.
- 216. Knowledge of conditions contraindicated for use of electroacupuncture.
- 217. Knowledge of conditions contraindicated for use of cupping.
- 218. Knowledge of conditions contraindications for use of moxibustion.
- 219. Knowledge of the anatomical locations or areas contraindicated for use of moxibustion.

3.4.8. Knowledge's related to the Prescription of Traditional Manufactured Formulas in accordance with Points and Therapeutic Principles of the Treatment Plan

3.4.8.1. Knowledge's related to the Identification of Materia Medica and Traditional Manufactured Formulas

- 220. Knowledge of the qualities and properties of materia medica and formulas.
- 221. Knowledge of the classification of material medica and formulas according to therapeutic properties.
- 222. Knowledge of the channel attribution of material medica and formulas.
- 223. Knowledge of the function of herbal constituents in guiding formula to channel or Organ.
- 224. Knowledge of the association between principle formulas and variation or associated formulas.
- 225. Knowledge of the synergistic and antagonist relationship of ingredients in herbal formulas.
- 226. Knowledge of the hierarchical principles governing herbal medicine ingredients
- 227. Knowledge of the association between therapeutic actions of points and Traditional formulas
- 228. Knowledge of potential interaction effects of Acupuncture traditional formulas and Western medications.
- 229. Knowledge of the association between actions of Western pharmaceuticals and Acupuncture Traditional Formulas.
- 230. Knowledge of cautions and contraindications associated with the prescription of material medica and formulas.

3.4.8.2. Knowledge's related to the Prescription and Administration of Materia Medica and Traditional Manufactured Formulas

- 231. Knowledge of the clinical indications for prescribing formulas.
- 232. Knowledge of the effect of dosage on the therapeutic effectiveness of materia medica and formulas.
- 233. Knowledge of standards for determining dosage of herbs and formulas.

II – PROFESSIONAL ACUPUNCTURE PROFILE OF THE TCM PRACTITIONER

E – Knowing (Knowledge)

- 234. Knowledge of the compositional qualities of herb formula ingredients.
- 235. Knowledge of the relationship between traditional manufactured formulas and treatment principles.
- 236. Knowledge of methods for modifying herbal formulas to treat changes in a patient's condition.
- 237. Knowledge of the actions of emperor, minister, assistant and envoy materia medica in traditional formulas.
- 238. Knowledge of the effects of modifying the dosage of ingredients in an herbal formula.

4. Knowledge's related to the Observation of the Normative Framework

- 239. Knowledge of ethical and deontological directives contained in the respective Deontological
- 240. Knowledge the precautions set forth in the Code for the Safe Practice of Acupuncture.
- 241. Knowledge the standards established in the laws and regulations relating to the practice of Acupuncture