



The Foundations of Oriental Medicine Abbreviated Content Outline

(Effective as of February 1, 2014)

Note to Candidate: This document serves as a guide to assist in examination preparation for candidates who have met NCCAOM® eligibility requirements. Below is the content outline for the Foundations of Oriental Medicine examination, along with the competency statements.

DOMAIN I: Clinical Examination Methods (10% of Total Exam)

Collect and recognize clinically significant signs and symptoms.

A. Looking (Wang)

1. Spirit (Shen) appearance (including color)
2. Face, eyes, nose, ears, mouth, lips, teeth, and throat
3. Tongue (body and coating)
4. Physical characteristics of the body

B. Listening and Smelling (Wen)

1. Sounds
2. Odors

C. Asking (Wen)

1. Chief complaint
2. Current health conditions
3. Health history

D. Touching (Palpation) (Qie)

1. Radial pulses (including the 28 Qualities)
2. Abdomen
3. Meridians
4. Other body areas



DOMAIN II: Assessment, Analysis, and Differential Diagnosis Based Upon Traditional Chinese Medicine (TCM) Theory (45% of Total Exam)

Formulate a differential diagnosis (Bian Zheng).

- A. Knowledge and Application of Fundamental Theory of TCM Physiology (Sheng Li), Etiology (Bing Yin), and Pathogenesis (Bing Ji)
1. Yin/Yang theory (e.g., Interior/Exterior, Cold/Heat, Deficient/ Excess)
 2. Five Elements theory (Five Phases/Wu Xing)
 3. Organ theory (Zang Fu)
 4. Channel theory (Jing Luo) (including Regular channels, Extraordinary channels, Luo-connecting channels, divergent channels, muscle channels, and skin regions)
 5. Essential Substances theory [Qi, Blood (Xue), Fluids (Jin Ye), Essence (Jing), Spirit (Shen)]
 6. Causes of Disease: External (Six Excesses [Liu Yin]), Internal (Seven Emotions), and Miscellaneous (diet, excessive sexual activity, excessive physical work or lack of exercise, trauma, bites, parasites, Phlegm, Blood stasis)
- B. Formulation of a Differential Diagnosis Based upon Chief Complaint (Zhu Su), Prioritization of Major Symptoms (Zhu Zheng), Knowledge of TCM Diseases (Bian Bing), and Pattern Identification (Bian Zheng)
1. Eight Principles (Ba Gang) (i.e., Yin/Yang, Interior/Exterior, Cold/Heat, Deficient/ Excess)
 2. Organ theory (Zang Fu)
 3. Channel theory (Jing Luo) (including Regular channels, Extraordinary channels, Luo-connecting channels, divergent channels, muscle channels, and skin regions)
 4. Six Stages (Tai Yang, Yang Ming, Shao Yang, Tai Yin, Shao Yin, Jue Yin)
 5. Four Levels (Wei, Qi, Ying, Xue)
 6. Five Elements (Five Phases/Wu Xing)
 7. Qi, Blood, Body Fluids (Qi, Xue, Jin Ye)
 8. Triple Burner (San Jiao)
 9. Six Excesses (Liu Yin)



DOMAIN III: Treatment Principle (Zhi Ze) and Strategy (Zhi Fa) (45% of Total Exam)

Formulate treatment principle and strategy based upon differential diagnosis (Bian Zheng).

A. Treatment Principle Based upon Differential Diagnosis

1. Eight Principles (Ba Gang)
2. Organs (Zang Fu)
3. Meridian/Channel (Jing Luo)
4. Six Stages (Liu Jing)
5. Four Levels (Wei, Qi, Ying, Xue)
6. Five Elements (Wu Xing)
7. Qi, Blood, Body Fluids (Qi, Xue, Jin Ye)
8. Triple Burner (San Jiao)
9. Causes of Disease: External (Six Excesses [Liu Yin]), Internal (Seven Emotions), and Miscellaneous (diet, excessive sexual activity, excessive physical work or lack of exercise, trauma, bites, parasites, Phlegm, Blood stasis)

B. Treatment Strategy to Accomplish Treatment Principle



Foundations of Oriental Medicine Bibliography

The Content Outline is the primary resource for studying for this examination. The purpose of this Bibliography is only to provide the candidate with suggested resources to utilize in preparation for the examination. Candidates should feel free to consider other resources that cover the material in the Content Outline.

There is no single text recommended by NCCAOM. All NCCAOM modules and examinations reflect practice in the United States as determined by the most recent job analysis.

NCCAOM's item writers and examination development committee members frequently use the following texts as resources; however, the sources used are not limited to the books listed here. The NCCAOM® does not endorse any third-party study/preparation guides.

Cheng, Xinnong, ed. *Chinese Acupuncture and Moxibustion*. 3rd ed. Fifteenth Printing 2014. Beijing: Foreign Languages Press, 2012.

Clavey, Steven. *Fluid Physiology and Pathology in Traditional Chinese Medicine*. 2nd ed. Churchill Livingstone, 2003.

Deng, Tietao. *Practical Diagnosis in Traditional Chinese Medicine*. London: Churchill Livingstone, 1999.

Kaptchuk, Ted J. *The Web That Has No Weaver: Understanding Chinese Medicine*. 2nd ed. New York: McGraw-Hill, 2000.

Maciocia, Giovanni. *Diagnosis in Chinese Medicine: A Comprehensive Guide*. Philadelphia: Elsevier Churchill Livingstone, 2004.

---. *The Foundations of Chinese Medicine: A Comprehensive Text for Acupuncturists and Herbalists*. 3rd ed. Philadelphia: Elsevier Churchill Livingstone, 2015.

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Scheid, Volker, Dan Bensky, Andrew Ellis, and Randall Barolet. *Chinese Herbal Medicine: Formulas and Strategies*. 2nd ed. Seattle, WA: Eastland Press, 2009.

Wiseman, Nigel, and Andy Ellis. *Fundamentals of Chinese Medicine*. Revised Edition. Brookline, MA: Paradigm Publications, 1995.

Wu, Yan, and Warren Fischer. *Practical Therapeutics of Traditional Chinese Medicine*. Ed. Jake P. Fratkin. Brookline, MA: Paradigm Publications, 1997.