

THE NCCAOM
CERTIFICATION IN
ACUPUNCTURE



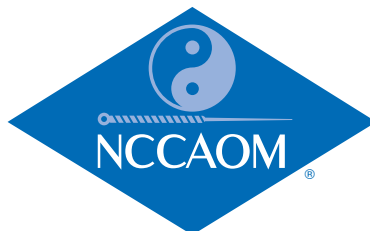
About Acupuncture

The practice of acupuncture in the United States incorporates medical traditions from China, Japan, Korea, and other countries.¹ Acupuncture is one of the essential elements of Oriental medicine and the oldest, most commonly used medical procedure in the world. Originating in China more than 3,000 years ago, the practice of Oriental medicine includes acupuncture, electro-acupuncture, cupping, manual therapies such as acupressure, moxibustion, exercises such as tai chi or qi gong, as well as Chinese herbal preparations and dietary therapy.¹

Acupuncture is the stimulation of specific points on the body, by insertion of very fine, sterile, stainless steel needles to elicit a predictable physiological response. This stimulus may also be administered to the points using mild electrical stimulation (with or without needles), pressure techniques with the hands (acupressure) or the application of heat by various methods.

Acupuncturists assess a patient's syndrome or pattern of disharmony by using a set of diagnostic skills that involve four areas; questioning, palpation, visual inspection, and olfactory-auditory data collection. An acupuncturist determines the necessary treatment principle and strategy to prompt the patient back to functional harmony by discriminating the exact pattern of the body's physiological response to pathogenic factors.

The acupuncturist's skill at determining the appropriate points to treat is based upon his/her ability to accurately distinguish the presenting pattern, knowledge of correct points to address that pattern and knowledge of the proper type of stimulus for each point. This possession of this knowledge and skills is the key distinction between a professional, certified acupuncturist and other health care providers who employ acupuncture only as a modality (stimulating points for their general effect without adjusting their choice of points to the specific patient's need).



Use of Acupuncture

The Institute of Medicine recently identified 79 systematic reviews of acupuncture placing acupuncture third in usage among all complementary and alternative (CAM) therapies.²

Acupuncture has been shown to provide generalized oxygenation and increased blood flow to specific areas of treatment. It also aids production of cortisone and other anti-inflammatory secretions and can increase the internal production of endorphins, the body's natural painkillers. In addition, a 2010 study from the University of Rochester in New York found that acupuncture can help relieve pain by triggering a natural pain-killing chemical called adenosine.³

A 2006 Toronto Star Newspaper report cited a British Medical Journal article stating that acupuncture is an effective treatment for tension headaches. The newspaper also referenced the medical journal, *Lancet*, which reported that acupuncture could reduce pain and improve joint function.⁴

A 2006 patient survey from the Alternative Medicine Integration Group based in Florida, found that 94% of study patients being treated by CAM therapies (including acupuncture) agreed that the program treatment helped reduce levels of pain.⁵



Acupuncture Can Relieve the Following Complaints

The World Health Organization recognizes acupuncture and Oriental medicine as effective for over 43 common ailments including: ⁶

Respiratory Disorders

Sinusitis, Rhinitis
Common cold
Tonsillitis
Sore throat
Hay fever
Bronchitis
Bronchial Asthma

Disorders of the Eyes

Acute conjunctivitis
Myopia in children
Cataracts without complications
Central retinitis

Mental- Emotional Disorders

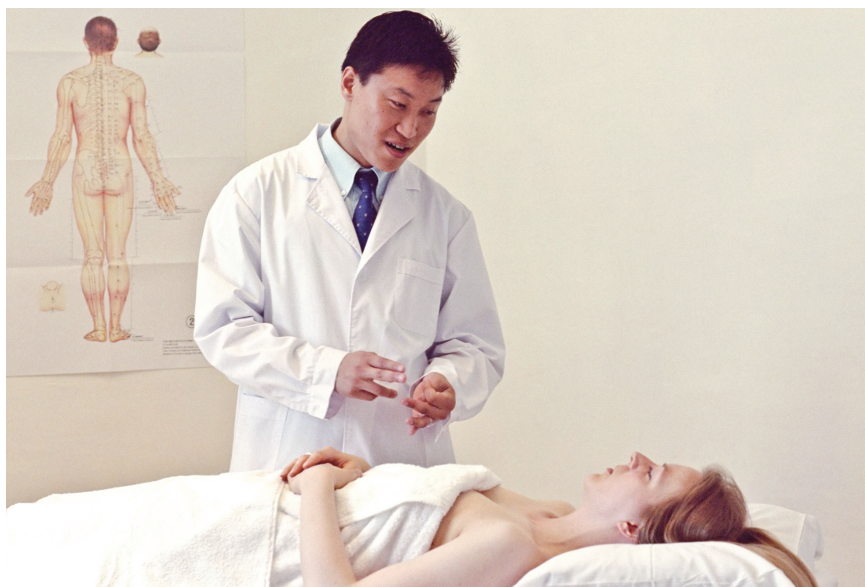
Anxiety
Depression
Stress
Insomnia
Addictions
Weight control

Musculo-skeletal Disorders

Frozen shoulder, tennis elbow
Low back pain
Osteoarthritis and joint pains
Stiff neck
Tendinitis
Bursitis
Sprains
Injuries from auto accidents
Chronic fatigue syndrome
Fibromyalgia

Gastro-intestinal Disorders

Acute and chronic gastritis
Hyperacidity
Hiccoughs
Acute uncomplicated duodenal ulcer
Chronic duodenal ulcer (pain relief)
Acute and chronic colitis
Acute bacillary dysentery
Constipation
Diarrhea
Paralytic ileus



Neurological Disorders

Headache and Migraine
Dizziness
Trigeminal neuralgia
Facial palsy (within 3-6 months)
Pareses following stroke
Peripheral neuropathies
Meniere's disease
Neurogenic bladder dysfunction
Nocturnal enuresis
Intercostal neuralgia
Sciatica

Disorders of the Mouth

Toothache
Post extraction pain
Gingivitis
Acute and chronic pharyngitis

Ear Disorders

Ringling in ears
Deafness
Meniere's disease
Earache

Reproductive System Disorders

Infertility
Premenstrual syndrome (PMS)
Irregular Menses
Menstrual cramps
Pelvic inflammatory disease (PID)
Menopausal symptoms
Morning sickness
Urinary incontinence
Impotence

Is use of acupuncture growing?

The American Hospital Association's Health Forum 2007 Complimentary and Alternative Medicine Survey of Hospitals found that 35% of the hospitals offering complementary medicine provide acupuncture as an outpatient service to the patients. Additionally, acupuncture is represented as one of the top six modalities in both outpatient and inpatient settings amongst those hospitals.⁷

In the United States and abroad, the use of acupuncture and Oriental medicine is gaining widespread acceptance. In the United States there is an estimated 27,000 certified or licensed acupuncturists.

In the past two decades, acupuncture has grown in popularity in the United States. The 2007 National Health Interview Survey conducted by the National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health (NIH) stated that acupuncture is being widely practiced by thousands of practitioners for relief or prevention of pain and for various other health conditions.

According to the 2007 National Health Interview Survey, the largest and most comprehensive survey of CAM use by American adults to date, acupuncture use has increased between 2002 and 2007 among adults. In 2007, almost 4 out of 10 adults had used CAM therapy in the past 12 months. Acupuncture is one of the CAM therapies that has seen an increase in usage during this time period.²

Identifying a Qualified Acupuncturist

How do I find a qualified acupuncturist?

Look for a Diplomate of Acupuncture (NCCAOM)[™] or Diplomate of Oriental Medicine (NCCAOM)[™]. You can find a Diplomate of Acupuncture (NCCAOM)[™] or a Diplomate holding one or more other NCCAOM certifications by going to the NCCAOM Certification Registry Search Engine at www.nccaom.org.

The additional designation of licensed acupuncturist (L.Ac.) is awarded by a state regulatory board. The NCCAOM website provides a table with state regulatory requirements and contact information. Currently, 44 states, including the District of Columbia, require NCCAOM certification or the passing of the

NCCAOM examinations as a requirement for licensure to practice acupuncture. Each state board has a unique set of requirements for licensure. State rules and regulations are subject to change; therefore, one should always confirm current requirements for licensure with the appropriate state board. More information on state requirements is available at www.nccaom.org.

What training does an NCCAOM Diplomate of Acupuncture have?

Comprehensive training in traditional differential diagnosis and proper treatment methods requires that a Diplomate of Acupuncture (NCCAOM)[™] completes three to four academic years of education at the master's degree level in an acupuncture program accredited by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM). ACAOM is the only accrediting body recognized by the United States Department of Education as the authority for quality education and training in acupuncture and Oriental medicine. In addition to graduation from an ACAOM accredited program, a Diplomate of Acupuncture (NCCAOM)[™] must demonstrate professional competency by passing NCCAOM certification examinations in Foundations of Oriental Medicine, Acupuncture, and Biomedicine. The NCCAOM Diplomate training and competency verification is in sharp contrast to the acupuncture training of other healthcare professionals such as chiropractors or registered nurses or even medical doctors who typically receive 100-300 hours of abbreviated training. These other healthcare professionals provide acupuncture by treating a more limited number of points.⁸ Certified (and licensed) acupuncturists are also trained in standard medical history gathering, safety, and ethics, and recognition of when to refer patients to other health care professionals or consult with other medical practitioners.

References

1. National Institute of Health, National Center for Complementary and Alternative Medicine; <http://nccam.nih.gov/health/acupuncture/>; accessed March 15, 2009.
2. Barnes PM, Bloom B, Nahin R. CDC National Health Statistics Report #12. Complementary and Alternative Medicine, Use among Adults and Children: United States, 2007; December 10, 2008.
3. Nedergaard M, Goldman N, et al. *Nature Neuroscience*, Adenosine A1 receptors mediate local anti-nociceptive effects of acupuncture; May 30, 2010; University of Rochester, New York.
4. Toronto Star Newspapers, Acupuncture Effective for Pain Management; May 6, 2006.
5. Alternative Medicine Integration Group; <http://www.amibestmed.com/>; accessed March 16, 2009.
6. Traditional Medicine – Growing Needs and Potential, World Health Organization Policy Perspective on Medicines; #1 May 2002; World Health Organization, Geneva.
7. Health Forum 2007 Complementary and Alternative Medicine Survey of Hospitals Summary of Results: August 2008; Chicago, Illinois.
8. Know Your Acupuncturist, Council of Colleges of Acupuncture and Oriental Medicine; <http://www.ccaom.org>; accessed March 18, 2009.

NCCAOM and it's Diplomates

The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) is widely accepted as the most influential leader in the field of acupuncture and Oriental medicine. There are currently over 14,000 active NCCAOM Diplomates (NCCAOM certificate holders) practicing under an NCCAOM certification.

The NCCAOM, established in 1982, is a non-profit organization whose mission is to establish, assess, and promote recognized standards of competence and safety in acupuncture and Oriental medicine for the protection and benefit of the public. NCCAOM certification programs are accredited by the National Commission for Certifying Agencies (NCCA). NCCA's standards exceed the requirements set forth by the American Psychological Association and the United States Employment Opportunity Commission. As a requirement of accreditation the NCCAOM must submit annual reports to NCCA and must undergo a full reaccreditation every five years for each of its NCCA accredited programs. Additional information is available at www.noca.org.

Below are the service marks for the NCCAOM Certification Programs. The highlighted service mark is for the Acupuncture Certification Program.



All NCCAOM certifications carry the NCCA accreditation seal: Diplome of Acupuncture, Chinese Herbology, Oriental Medicine, and Asian Bodywork Therapy (NCCAOM)TM.



Public Protection Through Quality Credentials

76 S. Laura Street, Suite 1290 • Jacksonville, FL 32202, U.S.A. • (904) 598-1005 • (904) 598-5001 fax
Email: publicrelations@nccaom.org