



## The Foundations of Oriental Medicine Abbreviated Content Outline

(Effective January 1, 2012)

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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 abbreviated content outline for the Foundations of Oriental Medicine examination.

### Domain A: Diagnostic Examination (25% of total exam)

Using Traditional Oriental Diagnostic Methods to Determine Physiological Status and Pathologies

#### Sub Domain A1: Looking (observing and examining) (Wang)

- A 1 (a): Spirit (Shen)
- A 1 (b): Face, complexion, and luster
- A 1 (c): Tongue (body and coating)
- A 1 (d): Eyes, nose, mouth, lips, teeth, and throat
- A 1 (e): Auricular characteristics
- A 1 (f): Physical characteristics (movement, weight, expression/demeanor, and general behavior)
- A 1 (g): Skin, flesh, hair, scalp, and nails
- A 1 (h): Head, torso, abdomen, limbs, hands and feet
- A 1 (i): Secretions and excretions (sweat, urine, stool, phlegm, etc.)

#### Sub Domain A2: Listening and smelling (Wen)

- A 2 (a): Respiratory sounds
- A 2 (b): Tonal qualities, strength of voice and speech (quality, manner, pattern, contents)
- A 2 (c): Abdominal sounds and joint sounds
- A 2 (d): Body, breath and mouth odor
- A 2 (e): Odor of secretions and excretions

#### Sub Domain A3: Asking (Wen)



- A 3 (a):** Sensations of hot or cold, chills or fever
- A 3 (b):** Patterns and nature of perspiration or sweating
- A 3 (c):** Nature, intensity, and location of pain, discomfort, or sensations (e.g., fatigue, heaviness, dizziness, numbness, tingling, etc.)
- A 3 (d):** Secretions and excretions (sweat, mucus, sputum, etc.)
- A 3 (e):** Sleep patterns and difficulties
- A 3 (f):** Thirst, appetite, digestion, including temperature and taste preference of beverages and foods
- A 3 (g):** Preferences and cravings for tastes or flavors (e.g., salty, sour, sweet, pungent, bitter, bland, etc.)
- A 3 (h):** Musculoskeletal conditions
- A 3 (i):** Abdominal conditions and bowel elimination (e.g., difficulty and frequency, gassiness, constipation, diarrhea, etc.) and characteristics of stool
- A 3 (j):** Urination (e.g., difficulty, frequency, pain, etc.), characteristics of urine and urogenital conditions
- A 3 (k):** Sexual and reproductive health
- A 3 (l):** Pediatric issues and geriatric issues
- A 3 (m):** Respiratory conditions
- A 3 (n):** Ears, eyes, nose, mouth, lips, throat, and teeth
- A 3 (o):** Skin conditions
- A 3 (p):** Emotions, cognitive abilities and lifestyles
- A 3 (q):** Weight loss/gain

**Sub Domain A4: Touching (palpation) (Qie)**

- A 4 (a):** Radial pulses, using traditional Chinese medicine (TCM) practice
- A 4 (b):** Areas of tenderness
  
- A 4 (c):** Abdomen according to traditional Chinese medicine (TCM) and/or Japanese practices
- A 4 (d):** Acupuncture channels and points (e.g., pathway, mu, shu, xi, ashi)



**Domain B: Assessment and Analysis - Differentiation and Diagnosis**

(40% of total exam)

**Sub Domain B1: Fundamental theory of traditional Chinese medicine**

**B 1 (a): Yin Yang**

**B 1 (b): Five Elements (Five Phases/Wu Xing)**

**B 1 (c): Essential substances (Qi, Blood/Xue, Fluids/Jin-Ye, Essence/Jing)**

**B 1 (d): Spirit/Shen**

**B 1 (e): Channel theory**

**B 1 (f): Organ theory (Zang Fu)**

**B 1 (g): Pathogenic Factors**

**B 1 (h): Mechanisms of disorders (Bing Ji)**

**B 1 (i): Eight Principles (Ba Gang)**

**B 1 (j): Four Levels (Wei, Qi, Ying, Xue)**

**B 1 (k): Six Stages differentiation (Shang Han Lun)**

**B 1 (l): Triple Heater (San Jiao) differentiation**

**B 1 (m): Circadian rhythms (body clock) and/or time of day**

**Sub Domain B2: Identification of patient's chief complaint(s) (Zhu Su)**

**Sub Domain B3: Identification of key syndrome (Zhu Zheng) and Pattern Differentiation (Bian Zheng)**

**Sub Domain B4: Disease diagnosis according to Oriental medicine (Bian Bing)**

**Domain C: Treatment Principle, Treatment Strategy, Disease Prevention, and Patient Education (35% of total exam)**

**Sub Domain C1: Formulate treatment principle and strategy based upon:**

**C 1 (a): Oriental medicine disease diagnosis (Bian Bing) and pattern differentiation (Bian Zheng)**

**C 1 (b): Constitutional strength and weakness**



- C 1 (c): Emotional/spiritual factors**
- C 1 (d): Seasonal/environmental factors**
- C 1 (e): Root and branch theory**

**Sub Domain C2: Adjustment of treatment strategy, including consideration of patient's (also applies to C2a – C2e)**

- C 2 (a): Concurrent therapies and use of medications and supplements**
- C 2 (b): Substance use, including smoking, alcohol, and recreational drugs**
- C 2 (c): Mental and/or emotional factors and significant life events**
- C 2 (d): Living circumstances, and family and social or other support systems**
- C 2 (e): Progress or response to treatment**

**Sub Domain C3: Disease prevention and patient education**

- C 3 (a): Oriental medicine theory**
- C 3 (b): Healing process and progression**
- C 3 (c): Dietary principles (Oriental and Western)**
- C 3 (d): Relaxation, breathing, meditation, exercise, and body mechanics**
- C 3 (e): Lifestyle recommendations and self-treatment techniques**



## Foundations of Oriental Medicine Module 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.*

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*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 guide.*

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Bensky, Dan, Steven Clavey, Erich Stoger, and Andrew Gamble. *Chinese Herbal Medicine: Materia Medica. Third edition.* Seattle, WA: Eastland Press, 2004.

Cheng, Xinnong, ed. *Chinese Acupuncture and Moxibustion.* 3rd ed. Beijing: Foreign Languages Press, 2010.

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

Maciocia, Giovanni. *The Foundations of Chinese Medicine: A Comprehensive Text for Acupuncturists and Herbalists.* 2nd ed. Philadelphia: Elsevier Churchill Livingstone, 2005.

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.



## Notes