



## The Foundations of Oriental Medicine Expanded Content Outline

(Effective January 1, 2012)

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 Knowledge, Skills and Abilities (KSA) statements.

### 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)

- Knowledge of the concept of Shen (Spirit) including terminology, functions, relations with the organs and meridians and vital substances (Qi, essence, blood, etc.)
- Knowledge of manifestations of pathologies of Shen and associated patterns of disharmony
- Ability to identify patterns of disharmony based on observations of the Shen (Spirit)
- Ability to assess Shen (Spirit) by observing outward manifestation

##### A 1 (b): Face, complexion, and luster

- Knowledge of associations of the face with the organs, meridians, Shen (Spirit), and other vital substances (Qi, blood, essence, body fluid)
- Knowledge of pathological manifestations of color, moisture, texture, and organ-indicative locations and their associated patterns of disharmony
- Ability to observe and assess normal and/or abnormal conditions and changes of the face and complexion

##### A 1 (c): Tongue (body and coating)

- Knowledge of associations of the tongue with the organs, meridians, and vital substances (Qi, blood, essence, body fluid)
- Knowledge of normal and/or abnormal manifestations and patterns of the tongue and sub-lingual area
- Knowledge of pathological manifestations of the tongue and tongue coating including



color, size, moisture, texture, shape, position, state of movement, organ-indicative locations, and their associated patterns

- Ability to observe and assess normal and/or abnormal conditions and changes of the tongue

**A 1 (d): Eyes, nose, mouth, lips, teeth, and throat**

- Knowledge of associations of the eyes, nose, mouth, lips, teeth and throat with the organs, meridians, Shen (Spirit), and vital substances (Qi, blood, essence, body fluid)
- Knowledge of pathological manifestations of the eyes including color, moisture, states of movement, and their associated patterns of disharmony
- Knowledge of pathological manifestations of nose, mouth, lips, teeth and throat, including associated patterns of disharmony
- Ability to observe and assess normal and/or abnormal conditions and changes of the eyes, nose, mouth, lips, teeth and throat
- Ability to evaluate Shen of patient by observing outward manifestation

**A 1 (e): Auricular characteristics**

- Knowledge of associations of the auricular characteristics with the organs, meridians, and vital substances (Qi, blood, essence, body fluid, Shen – spirit)
- Knowledge of normal and/or abnormal manifestations and patterns of auricle
- Knowledge and ability to identify clinically significant points on the auricle
- Ability to assess and identify normal and/or abnormal conditions and changes of auricle

**A 1 (f): Physical characteristics (movement, weight, expression/demeanor, and general behavior)**

- Knowledge of traditional Chinese medicine (TCM) theory regarding physical characteristics (movement, weight, expression/demeanor and general behavior)
- Knowledge of pathological significance of physical characteristics (movement, weight, expression/demeanor and general behavior)
- Ability to observe and assess physical characteristics



**A 1 (g): Skin, flesh, hair, scalp, and nails**

- Knowledge of associations of the skin condition and characteristics with the organs, meridians, and vital substances (Qi, blood, essence, body fluid, Shen – spirit)
- Knowledge of associations of hair, scalp, and nails with the organs, meridians and vital substances (Qi, blood, essence, body fluid, etc.)
- Knowledge of normal and/or abnormal manifestations and patterns of the skin
- Knowledge of symptoms and signs of hair, scalp, and nails (including color, moisture, texture, growth, strength, etc.)
- Ability to assess and identify normal and/or abnormal conditions and changes of the skin
- Ability to examine and assess the symptoms and signs of the hair, scalp, and nails

**A 1 (h): Head, torso, abdomen, limbs, hands and feet**

- Knowledge of associations of the head, torso, abdomen, limbs, hands and feet with the meridians, organs, bones, muscles, sinews, skin regions of organs
- Knowledge of symptoms and signs of the head, torso, abdomen, limbs, hands and feet concerning pain, sensation, structure, range of motion, muscles, sinews, bones
- Knowledge of the symptoms and signs of the head, torso, abdomen, limbs, hands and feet with patterns
- Ability to examine and assess the head, torso, abdomen, limbs, hands and feet to identify the symptoms and signs
- Knowledge of the association of abdominal symptoms and signs with patterns of disharmony
- Ability to examine and assess the abdomen to identify the symptoms and signs

**A 1 (i): Secretions and excretions (sweat, urine, stool, phlegm, etc.)**

- Knowledge of normal and abnormal secretions and excretions (phlegm, sputum, saliva, sweat, discharge, stool, urine, etc.) and their origin, production, formation, patterns, pathological influences, involved organs and meridians
- Knowledge of the natures and pathological patterns of secretions and excretions (phlegm, sputum, saliva, sweat, discharge, stool, urine, etc.)
- Ability to examine and assess secretions and excretions to determine pathologies



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

### **A 2 (a): Respiratory sounds**

- Knowledge of associations of the respiratory sounds with the organs, meridians, and vital substances (Qi, blood, body fluids, etc.)
- Knowledge of symptoms, pathology and patterns of respiratory sounds
- Ability to listen to and assess respiratory sounds to identify patterns of disharmony

### **A 2 (b): Tonal qualities, strength of voice and speech (quality, manner, pattern, contents)**

- Knowledge of associations of the voice with the organs, meridians, and vital substances (Qi, blood, body fluid)
- Knowledge of associations of the speech (quality, manner, pattern, contents), with the organs, meridians, Shen, and vital substances (Qi, essence, blood, body fluid)
- Knowledge of symptoms, pathology and patterns of the tonal quality and strength of the voice, abnormal speech (quality, manner, pattern, contents)
- Ability to listen to and assess disorders of the voice and speech (quality, manner, pattern, themes, contents)
- Ability to evaluate tone and strength of vocal and speech using Five Element theory

### **A 2 (c): Abdominal sounds and joint sounds**

- Knowledge of associations of the abdominal sounds with the functions and dysfunctions of the organs and meridians regarding Qi movement, food digestive process, and water metabolism
- Knowledge of association of the joint sounds with the functions and dysfunctions of the organs, meridians, related muscles, sinews, body fluid, essence, and blood
- Knowledge of patterns regarding abnormal abdominal sounds
- Ability to listen to and assess abdominal sounds to identify the patterns
- Ability to assess joint sounds

### **A 2 (d): Body, breath and mouth odor**

- Knowledge of associations of body odors with functions and dysfunctions of the organs, meridians, water metabolism, food digestion, and external and internal pathogenic factors
- Ability to assess general body odor to identify patterns of disharmony



- Knowledge of body odor in relation to pathogenic factor according to Five Element theory
- Knowledge of associations of breath and mouth odor with functions and dysfunctions of the organs, meridians, with Qi movement, food digestion, and with external and internal pathogenic factors
- Ability to assess breath and mouth odors
- Ability to identify pathogenic influence by assessing odor of breath, mouth

#### **A 2 (e): Odor of secretions and excretions**

- Knowledge of associations of odor of secretions and excretions with the functions and dysfunctions of the organs and meridians, with water metabolism, food digestion, and with external and internal pathogenic factors
- Knowledge of patterns of disharmony in regard to abnormal odors of secretions and excretions
- Ability to assess odors of secretions and excretions to identify patterns of disharmony
- Ability to identify pathogenic influence by assessing odor of secretion/excretions
- Ability to conduct the Smelling Exam of the Four Examinations
- Knowledge of signs and symptoms that can reveal a disharmony, including those not reported by a patient

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

#### **A 3 (a): Sensations of hot or cold, chills or fever**

- Knowledge of interrelations, etiologies and pathologies of hot, cold, chills and fever
- Knowledge of associations of hot, cold, chills and fever with patterns of disharmony
- Ability to assess hot, cold, chills and fever to determine patterns of disharmony such as external or internal disharmony
- Knowledge of signs and symptoms that can reveal a disharmony, including those not reported by a patient

#### **A 3 (b): Patterns and nature of perspiration or sweating**

- Knowledge of perspiration or sweating regarding the patterns, natures, physiologies, and pathologies
- Ability to determine if the symptom may indicate need for immediate emergency care



**A 3 (c): Nature, intensity, and location of pain, discomfort, or sensations (e.g., fatigue, heaviness, dizziness, numbness, tingling, etc.)**

- Knowledge of the identifications and differentiations of various kinds of pain and abnormal sensations
- Knowledge of the pathologies, patterns of disharmonies of pain, discomfort, numbness or tingling
- Ability to determine affected meridians or Zang Fu
- Ability to determine if the nature of pain or sensation may indicate need for referral or immediate emergency care

**A 3 (d): Secretions and excretions (sweat, mucus, sputum, etc.)**

- Knowledge of secretions and excretions (phlegm, sputum, saliva, etc.) regarding the origin, production, formation, pathological influence, involved organs and meridians
- Knowledge of the natures and pathological patterns of secretions and excretions (phlegm, sputum, saliva, etc.) according to the color, thickness, odor, combination with blood

**A 3 (e): Sleep patterns and difficulties**

- Knowledge of sleep regarding the physiology, pathology and abnormal patterns

**A 3 (f): Thirst, appetite, digestion, including temperature and taste preference of beverages and foods**

- Knowledge of the physiology, pathology and abnormal patterns of appetite, thirst, and related patterns of disharmony

**A 3 (g): Preferences and cravings for tastes or flavors (e.g., salty, sour, sweet, pungent, bitter, bland, etc.)**

- Knowledge of preferences and cravings for tastes and flavors and their association with physiology, pathology and abnormal patterns

**A 3 (h): Musculoskeletal conditions**

- Knowledge of the physiology and pathology of musculoskeletal system
- Ability to determine affected meridians or Zang Fu



**A 3 (i): Abdominal conditions and bowel elimination (e.g., difficulty and frequency, gassiness, constipation, diarrhea, etc.) and characteristics of stool**

- Knowledge of the normal process of digestion regarding the functions and cooperation of the organs involved
- Knowledge of common physiology, pathology and patterns of bowel movements
- Knowledge of identifications of abdominal bloating or distress based on the locations and dysfunctions of the organs, and on causative pathogens
- Knowledge of the physiology, pathology and patterns of the stool characteristics
- Ability to determine if the nature of the abdominal conditions and bowel movements may indicate need for immediate emergency care

**A 3 (j): Urination (e.g., difficulty, frequency, pain, etc.), characteristics of urine and urogenital conditions**

- Knowledge of common physiology, pathology and patterns of urine, urination and urogenital conditions
- Ability to determine if the nature of the symptom may indicate need for referral or immediate emergency care

**A 3 (k): Sexual and reproductive health**

- Knowledge of female and male reproductive systems regarding the related organs, meridians, physiology and pathology
- Knowledge of menstruation, pregnancy and obstetrics regarding the physiology, pathology, symptoms, and patterns of disharmony
- Knowledge of the mechanisms and effects of commonly used birth control methods
- Knowledge of libido and sexual activity; onset, timing, and characteristics of menstruation/menopause; vaginal conditions, gynecological and obstetric history, including birth control methods, pregnancies, births and surgeries
- Knowledge, ability and skill to appropriately inquire about sexual issues
- Knowledge of pregnancy regarding the physiology, pathology, symptoms and patterns of disharmony
- Knowledge of the effect of the different stages of pregnancy on the body and treatment precautions



- Knowledge of concurrent medical treatment relative to pregnancy
- Ability to determine if the nature of the symptom may indicate need for referral or immediate emergency care

### **A 3 (l): Pediatric issues and geriatric issues**

- Knowledge of physiology, pathology and symptomology specific to pediatric and geriatric issues
- Ability to evaluate the development of the child (e.g., standing, walking, speaking, teeth, fontanel)
- Ability to evaluate “activities of daily living” in geriatric patients
- Ability to evaluate excretions and secretions
- Ability to evaluate unusual behaviors and movements (e.g., seizures, slurred speech)
- Ability to evaluate cognition
- Ability to evaluate support system (e.g., spiritual, social, medical, financial)

### **A 3 (m): Respiratory conditions**

- Knowledge of respiratory conditions including breathing and chest constriction regarding the organs and meridians involved, the physiological and pathological factors, and relations with patterns of disharmony
- Ability to determine if the nature of the symptom may indicate need for referral or immediate emergency care

### **A 3 (n): Ears, eyes, nose, mouth, lips, throat, and teeth**

- Knowledge of associations of the ear, eyes, nose, mouth, lips, throat, and teeth with organs, meridians, vital materials (Qi, blood, essence, yin and yang, etc.)
- Knowledge of hearing, vision, and functions of nose, mouth, lips, throat, and teeth regarding the physiology, pathology, symptoms and patterns of disharmony
- Knowledge of patterns and pathologies that give rise to tinnitus, vision problems and dysfunctions of nose, mouth, lips, throat, and teeth
- Knowledge of patterns of disharmony of the ears, eyes, nose, mouth, lips, throat, and teeth



- Ability to determine if the nature of the symptom may indicate need for referral or immediate emergency care

### **A 3 (o): Skin conditions**

- Knowledge of association of the skin condition with organs, meridians, vital substances (Qi, blood, body fluid, yin, yang, etc.)
- Knowledge of patterns of disharmony that is associated with skin diseases including etiology and pathology

### **A 3 (p): Emotions, cognitive abilities and lifestyles**

- Ability to recognize signs of cognitive difficulties
- Knowledge of the associations of the emotions and spirit with the organs and meridians
- Knowledge of the associations of cognitive processes with the organs, vital substances and meridians
- Ability to recognize potential signs of emotional instability
- Knowledge of and ability to recognize symptoms and signs of mental and/or emotional conditions and discuss the matter with the patient
- Knowledge of appropriate amounts of rest and activity, and the benefits of stress management activities
- Knowledge of influence on health from occupational and recreational activities, living situation, family, community support, etc.
- Skill and ability to organize the patient's medical history in a standard format appropriate for reporting significant medical status details to other healthcare providers
- Knowledge of and ability to recognize potential signs of trauma, domestic violence, sexual abuse, elder abuse, etc.

### **A 3 (q): Weight loss/gain**

- Knowledge of the clinical significance of weight gain or loss

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

### **A 4 (a): Radial pulses, using traditional Chinese medicine (TCM) practice**

- Knowledge of locations and association of radial pulses with organs, meridians, and vital



substances (Qi, blood, essence, Shen, etc.)

- Knowledge of qualities of radial pulse (including speed, depth, strength, and shape) as indicators of patterns of disharmony and of normal and abnormal states of organ and meridian function

**A 4 (b): Areas of tenderness**

- Knowledge of patterns of pathology/disharmony and patterns of disharmony indicated by pain, body sensations (e.g., numbness, tingling, sensitivity), temperature changes, or quality of tissue (e.g., hard/soft, supple/brittle)
- Ability to conduct the Touching Exam of the Four Examinations

**A 4 (c): Abdomen according to traditional Chinese medicine (TCM) and/or Japanese practices**

- Knowledge of the abdominal location of zones or divisions representing organs and meridians
- Knowledge of the normal condition of the abdomen
- Knowledge of symptoms and signs of the abdominal zones or divisions indicative of etiological factors (six pathogenic factors, Qi and blood stagnation, food retention, phlegm, emotions, trauma), dysfunctions of the organs and meridians, and neoplasm
- Knowledge of the normal condition of the abdomen
- Knowledge of traditional Japanese practice of hara diagnosis
- Ability to conduct the Touching Exam of the Four Examinations
- Knowledge of the symptomatic patterns of abdomen concerning the locations and meridians/organs, deficiency and excess (kyo and jitsu), yin and yang, according to traditional Japanese practice (hara diagnosis)

**A 4 (d): Acupuncture channels and points (e.g., pathway, mu, shu, xi, ashi)**

- Knowledge of acupuncture points regarding normal and abnormal levels of the presence of Qi and blood, and the diagnostic indications of specific points regarding the related meridians and organs
- Knowledge of sensations of acupuncture points regarding etiology, pathology and indications of patterns of disharmony



- Skill and ability to palpate the points at the appropriate levels to assess the patient's condition
- Ability to distinguish qualities in the points (e.g., temperature, Qi level, empty or full, and the different levels in appropriate points)
- Knowledge of the anatomical locations of the pathways of meridians, related meridians and organs, normal and abnormal levels of the presence of Qi and blood
- Ability to assess the condition of the meridians with regard to tenderness, pain and abnormal sensation (e.g., numbness, tingling, sensitivity), quality of tissue (e.g., hard/soft, supple/brittle) and temperature

**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**

- Knowledge of the principles of Yin and Yang including definitions, associations and applications
- Knowledge of Yin and Yang pathologies and their manifestations
- Ability to recognize and categorize symptoms according to Yin Yang theory
- Ability to organize the patient's signs and symptoms into distinct patterns
- Ability to identify the disease pattern or category that most accurately encompasses and explains the patient's signs and symptoms

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

- Knowledge of Five Element theory including correspondences, cycles, applications to physiology and relations to organs and meridians
- Knowledge of Five Element pathologies and their manifestations
- Ability to evaluate signs and symptoms based upon to Five Elements theory



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

- Knowledge of the theory of Essential substances (Qi, Blood, Fluids/Jin-Ye, Essence/Jing) including, patterns, physiological functions, formation, interrelationships and relationships with organs and meridians
- Ability to recognize and categorize symptoms according to Essential substance patterns and theory

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

- Knowledge of the theory of Spirit/Shen including, patterns, functions, formation, interrelationships and relationships with organs and meridians
- Ability to recognize and categorize symptoms according to patterns and theory

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

- Knowledge of channel theory (Jing-Luo) (including Extraordinary channels, Luo-connecting channels, divergent channels, muscle channels, skin regions), including functions, location, and corresponding organs
- Knowledge and ability to recognize and categorize symptoms according to channel theory

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

- Knowledge of Zang Fu Organ theory including patterns, physiological functions of organs, interrelationships, and correspondences with tissues, fluids, sense organs, emotions, and areas of the body
- Ability to recognize and categorize signs and symptoms according to Zang Fu theory

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

- Knowledge of pathogenic factors (e.g., wind, heat, phlegm, anger, improper diet, etc.) including terminologies, definitions, characteristics, manifestations, interrelationships, and effects on organs, meridians and vital substances
- Ability to recognize and categorize symptoms according to pathogenic factors



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

- Knowledge of the theories of the mechanism of disorders (Bing Ji) including the basic pathologic mechanism (Yin and Yang, Evil Qi and Genuine Qi, Qi and Blood, and Body Fluids), the pathological mechanism of exogenous febrile diseases (Six Stages, Four Levels, Triple Heater), the pathological mechanism of the five endogenous evils, and the pathological mechanism of the Zang Fu organs
- Ability to configure the patient's signs and symptoms into patterns and explain their mechanisms

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

- Knowledge of the Eight Principles including terminology, definitions and characteristics
- Knowledge of Eight Principle pathologies including signs and symptoms and tongue and pulse manifestations
- Ability to evaluate signs and symptoms based upon Eight Principles (Ba Gang) [Yin and Yang, Excess (Shi) and Deficiency (Xu), Interior and Exterior, Heat and Cold]

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

- Knowledge of Four Levels differentiation in relationship to meridians and organs, and interrelationships among Four Levels
- Knowledge of Four Levels pathologies and manifestations
- Ability to recognize and categorize patient symptoms according to Four Levels patterns and theory
- Knowledge of appropriate application of Four Levels differentiation

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

- Knowledge of the theory of Six Stages differentiation (Shang Han Lun) including relationship of six stages to meridians and organs, and interrelationships of the stages
- Knowledge of Six Stages pathologies and manifestations
- Ability to recognize and categorize patient symptoms according to Six Stages patterns and theory
- Knowledge of appropriate application of Six Stages differentiation



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

- Knowledge of San Jiao differentiation in relationship to meridians and organs, and interrelationships among San Jiao
- Knowledge of San Jiao pathologies and manifestations
- Ability to recognize and categorize patient symptoms according to San Jiao patterns and theory

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

- Knowledge of associations of the time of day and the circadian rhythms with the dominance and weakness of the organs, meridians and acupuncture points as they affect the circulation of Qi and blood, and the balance of yin and yang
- Knowledge of impacts of the time of day and the circadian rhythms on the body, diseases and treatment

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

- Ability to prioritize signs and symptoms
- Knowledge of the distinctions among the patient's chief complaint, general symptoms and the key syndrome (Zhu Zheng)

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

- Ability to prioritize signs and symptoms
- Knowledge of the distinctions among the patient's chief complaint, general symptoms and the key syndrome (Zhu Zheng)
- Knowledge of the pattern differentiation (e.g., Eight Principle, Zang Fu, Five Element, Vital Substance, Pathogenic Factor and Channel Patterns)
- Knowledge of signs and symptoms and their associated patterns

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

- Knowledge of disease categories of Chinese Medicine (cough, asthma, bi syndrome, lin bing, etc.)
- Ability to form a diagnostic impression of disease based upon signs and symptoms



**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:**

- Knowledge and ability to formulate treatment principle
- Knowledge of when to use which therapeutic approach
- Knowledge of the contraindications of various modalities

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

- Knowledge of Eight Principles theory
- Ability to determine and formulate treatment principle based upon Eight Principles theory
- Knowledge of Five Elements theory
- Ability to determine and formulate treatment principle based upon Five Elements theory

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

- Knowledge of impact of constitutional strength/weakness on diseases and treatment

**C 1 (c): Emotional/spiritual factors**

- Ability to consider patient's emotional/spiritual focus in formulating treatment strategy
- Knowledge of emotional/spiritual correlations with physical manifestations

**C 1 (d): Seasonal/environmental factors**

- Knowledge of impacts of seasonal and environmental factors on diseases and treatment
- Knowledge of the relevance of seasonal and environmental factors to health

**C 1 (e): Root and branch theory**

- Ability to distinguish between root symptoms and branch symptoms
- Knowledge of root and branch theory relative to treatment principle



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

- Knowledge of adverse effects, allergies and therapeutic contraindications associated with medications
- Knowledge of the healing process
- Ability to recognize positive and negative changes after treatment, and to understand their mechanisms
- Ability to make appropriate modifications to treatment plan based upon variations in patient's progress

**C 2 (a): Concurrent therapies and use of medications and supplements**

- Knowledge of drug, drug-herb, and drug-food interactions
- Knowledge of impact of patients' age (for example, neonates, geriatrics) in evaluating drug and no-drug therapy
- Ability to determine how medication and supplement use may impact patient's treatment compliance
- Ability to determine how medication and supplement use may impact patient's response to treatment

**C 2 (b): Substance use, including smoking, alcohol, and recreational drugs**

- Knowledge of the physiological effects of smoking, alcohol and substance abuse
- Knowledge of the challenges and strategies of treatment for substance abuse
- Knowledge of the effect of alcohol, tobacco and recreational drugs on the body according to Chinese medical principles
- Ability to determine how substance use may impact patient's treatment compliance
- Ability to determine how substance use may impact patient's response to treatment

**C 2 (c): Mental and/or emotional factors and significant life events**

- Knowledge of emotional/spiritual correlations with physical manifestations
- Ability to determine how mental/emotional factors use may impact patient's treatment compliance



- Ability to determine how mental/emotional factors may impact patient's response to treatment

**C 2 (d): Living circumstances, and family and social or other support systems**

- Knowledge of information to be obtained from patient's representative (for example demographic information, allergies, etc.)
- Ability to determine how living circumstances and support systems (or lack thereof) may impact patient's treatment compliance
- Ability to determine how living circumstances and support systems (or lack thereof) may impact patient's response to treatment

**C 2 (e): Progress or response to treatment**

- Knowledge of normal and abnormal progression of healing process
- Ability to adjust treatment based on progression of healing process
- Ability to obtain appropriate information regarding onset, frequency, severity, duration and functional changes, aggravation and amelioration, and response to the treatment including both conventional and alternative medicine
- Knowledge Oriental medical treatments for health conditions and expected changes in symptoms

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

**C 3 (a): Oriental medicine theory**

- Knowledge of theories of Chinese medicine
- Ability to communicate appropriate information for the patient's level of understanding and experience

**C 3 (b): Healing process and progression**

- Ability to summarize the healing process in terms of the patient's condition
- Knowledge of the healing process for the patient's condition
- Ability to assess the progress of the patient's condition
- Knowledge of the changes to be expected in the healing process and how to evaluate them



- Ability to communicate information appropriate to the patient's condition and level of understanding and experience, including any important changes in health status

**C 3 (c): Dietary principles (Oriental and Western)**

- Knowledge of Oriental medicine and/or Western medicine dietary principles
- Ability to communicate information appropriate to the patient's condition and level of understanding

**C 3 (d): Relaxation, breathing, meditation, exercise, and body mechanics**

- Knowledge of relaxation, meditation and/or breathing techniques, TaiJi, Qigong including precautions
- Ability to demonstrate and facilitate relaxation, meditation and/or breathing techniques appropriate to the patient's condition
- Ability to instruct the patients in relaxation, meditation and/or breathing techniques, TaiJi, Qigong appropriate to their condition

**C 3 (e): Lifestyle recommendations and self-treatment techniques**

- Knowledge of the effects of lifestyle on the patient's condition
- Ability to communicate appropriate information for the patient's level of understanding and experience
- Knowledge of self-acupressure, self-massage and other self-help techniques
- Ability to demonstrate self-acupressure, self-massage and other self-help techniques appropriate to the patient's condition



## 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.*

*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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