

**2014**  
**NCCAOM<sup>®</sup> Reinstatement Examination**  
**Content Outline**  
**for the**  
**Diplomate of Acupuncture Certification**



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## Reinstatement Examination for Acupuncture

**Note to Candidate:** This document serves as a guide to assist in examination preparation for candidates who have met NCCAOM® eligibility requirements. Below are the content outlines for the three (3) sections of the Reinstatement Examination for Acupuncture.

### Foundations of Oriental Medicine (FOM) - 50 items

#### **DOMAIN I: Clinical Examination Methods (10% of total FOM section)**

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 FOM section)**

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 FOM section)**

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**



## **Biomedicine (BIO) - 50 items**

**Please note:** In regards to Clean Needle Technique (CNT), the Biomedicine module focuses on universal precautions and emergency situations in comparison to the Acupuncture with Point Location module which focuses on actual needling and its emergencies (e.g., needle angle and depth).

### **DOMAIN I: Biomedical Model (90% of total BIO section)**

A. Clinical Application of Biomedical Sciences (including anatomy, physiology, pathology, pathophysiology, etc.), Pharmacology, and Nutrients and Supplements **(30%)**

1. Biomedical sciences
2. Pharmacology
3. Nutrients and supplements

B. Patient History and Physical Examination **(25%)**

Understand clinically relevant information gathered through history taking and physical examination.

*Candidates are expected to understand all aspects of the physical examination process.*

*They are not expected to be able to perform all aspects of the physical examination themselves.*

1. Patient history
2. Physical examination
  - a. General systems examination (e.g., vital signs, pulmonary, cardiovascular, gastrointestinal, integumentary, etc.)
  - b. Musculoskeletal examination
  - c. Neurological examination
3. Imaging, laboratory tests, and other medical studies
  - a. Imaging
  - b. Laboratory tests
  - c. Other medical studies



**C. Clinical Assessment Process (30%)**

Interpret clinically significant information gathered during history taking and physical examination to recognize pathological conditions. **(Refer to Appendix C: Medical Conditions)**

**D. Clinical Decision-Making and Standard of Care (5%)**

Analyze information to determine appropriate patient management.

**DOMAIN II: Office Safety and Professional Responsibilities (10% of total BIO section)**

Recognize and implement appropriate office safety standards and demonstrate knowledge of professional responsibilities.

A. Risk Management and Office Safety

B. Infection Control

C. Federal Regulations

D. Reporting and Record-Keeping

E. Ethics and Professionalism



## **Appendix A: Pharmaceuticals**

Appendix A is a list of commonly used pharmaceutical categories. The exam will focus on but may not be exclusively limited to the list below.

- allergy/sinus medications
- angina medications
- antiasthmatic medications
- antibacterial medications
- anticancer medications
- anticoagulant medications
- antidepressants
- antidiabetic medications
- antidiarrheal medications
- antifungal medications
- antihyperlipidemic medications
- antihypertension medications
- antinausea medications
- anti-Parkinson medications
- antiprotozoal medications
- antipsychotics
- antiseizure medications
- antiviral medications
- appetite control/weight management medications
- cardiac medications
- central nervous system (CNS) stimulants/attention deficit medications
- cough medications
- drugs of abuse
- gastrointestinal medications
- hormonal replacement therapy
- immune modulators
- mood stabilizer medications
- non-steroidal anti-inflammatory drugs (NSAIDs)
- opioids
- osteoporosis medications
- sedatives, anxiolytic and sleep medications
- sexual dysfunction medications
- smoking cessation medications
- steroids
- stool softeners/laxatives
- thyroid medications
- topical skin medications



## **Appendix B: Nutrients and Supplements**

Appendix B is a list of commonly used nutrients and supplements. The exam will focus on but may not be exclusively limited to the list below.

- amino acids (e.g., L-glutamine, lysine, choline)
- antioxidants (e.g., coenzyme Q10, selenium)
- bone health (e.g., glucosamine sulfate, chondroitin sulfate)
- digestive support (e.g., enzymes, fiber, probiotics)
- hormones (e.g., melatonin, wild yams, DHEA)
- minerals (e.g., calcium, magnesium, potassium)
- mood support (e.g., St. John's Wort, Sam E, 5 HTP)
- vitamins (e.g., A, B1-B12, C, D, E, K)
- Western herbs (e.g., saw palmetto, milk thistle)





## **Appendix C: Medical Conditions**

The conditions (not system headings) listed below are categorized based on how frequently AOM practitioners reported seeing them in the clinical setting per the 2013 Job Analysis. This list is meant to serve as a study guide for the NCCAOM Biomedicine section to help prioritize focus of study. The exam will focus on but may not be exclusively limited to the conditions below.

The conditions marked with an asterisk (\*) signify diseases commonly associated with **red flag signs and/or symptoms**. Candidates are strongly advised to familiarize themselves with these conditions and the red flag signs and symptoms associated with them.

### **CATEGORY 1 Frequently Seen Conditions**

#### **Cardiovascular**

- \*Arrhythmias (e.g., atrial fibrillation, premature ventricular contraction, tachycardia, bradycardia)
- \*Blood pressure disorders (hypertension and hypotension)
- Atherosclerosis (e.g., coronary artery disease, peripheral vascular disease)

#### **Endocrine and Metabolic conditions**

- Thyroid disorders (e.g., Hashimoto's thyroiditis, Graves' disease)
- Pancreatic disorders (e.g., diabetes)
- Obesity
- Hyperlipidemia

#### **Gastrointestinal conditions**

- Gastroesophageal reflux disease
- Gastritis
- Inflammatory bowel disease (e.g., Crohn's disease, ulcerative colitis)
- Food sensitivity/allergies (e.g., celiac disease, lactose intolerance)
- Irritable bowel syndrome

#### **Mental and Behavioral conditions**

- \*Mood disorders (e.g., depression, bipolar)
- Anxiety



## CATEGORY 1 Frequently Seen Conditions (Con't.)

### Musculoskeletal conditions

- Affecting upper extremities (e.g., frozen shoulder, bicipital tendinitis, carpal tunnel syndrome, epicondylitis)
- Affecting lower extremities (e.g., meniscal injuries, compartment syndrome, bursitis)
- Affecting the axial structures (e.g., whiplash, disc herniation, spinal stenosis, spondylolisthesis, TMJ)
- Osteoarthritis
- Osteoporosis

### Neurological conditions

- \*Stroke
- \*Radiculopathies (e.g., nerve root, sciatica)
- Peripheral neuropathy
- Headache (e.g., cluster, tension, migraine, sinus, trauma)
- Sleep disorders (narcolepsy, sleep apnea, insomnia)

### Pulmonary conditions

- Asthma
- Respiratory tract infections (e.g., sinusitis, viral infections, strep throat, bronchitis, pneumonia)
- Allergies
- \*Pneumothorax

### Reproductive conditions

- Menstrual
- Infertility (e.g., polycystic ovarian syndrome, endometriosis)
- Menopause

### Miscellaneous

- Multi-system conditions (Lyme disease, chronic fatigue, fibromyalgia, temporal arteritis)



## CATEGORY 2 Moderately Seen Conditions

### Cardiovascular

- \*Myocardial infarction
- \*Angina pectoris
- \*Heart failure
- \*Deep vein thrombosis
- Raynaud's disease
- \*Aneurysms

### Dermatological conditions

- Noncontagious skin conditions (cellulitis, shingles, acne, eczema, psoriasis, alopecia)

### Gastrointestinal conditions

- Peptic ulcer (e.g., H. pylori, Campylobacter)
- \*Diverticular disease (e.g., diverticulosis, diverticulitis)
- Hemorrhoids
- Gallbladder conditions (e.g., cholelithiasis, cholecystitis)

### Hematological conditions

- Anemia
- Bleeding disorders

### Infectious Disease

- Sexually transmitted infections
- Tuberculosis

- \*Viral infections (e.g., infectious mononucleosis, influenza, meningitis, conjunctivitis)

### Mental and Behavioral conditions

- Attention deficit disorder (ADD)/Attention deficit hyperactivity disorder (ADHD)
- Post-traumatic stress disorder (PTSD)

### Neurological conditions

- \*Transient ischemic attack (TIA)
- Parkinson's disease
- \*Vertigo
- Bell's palsy
- Trigeminal neuralgia
- \*Concussion and traumatic brain injury (TBI)

### Pulmonary conditions

- Chronic obstructive pulmonary disease

### Reproductive conditions

- Uterine (fibroids and bleeding)

### Miscellaneous

- Autoimmune disorders [systemic lupus erythematosus (SLE), rheumatoid arthritis (RA)]



### CATEGORY 3 Least Frequently Seen Conditions

#### Dermatological conditions

- \*Contagious skin conditions (lice, fungal infections, scabies)
- \*Skin cancers (e.g., basal cell, squamous cell, melanoma)
- Burns

#### Endocrine and Metabolic conditions

- Adrenal disorders (e.g., Cushing's, Addison's)

#### Gastrointestinal conditions

- \*Appendicitis
- Hepatitis
- Cirrhosis
- \*Pancreatitis

#### Hematological conditions

- Leukemia/lymphoma
- Hemochromatosis

#### Infectious Disease

- \*Bacterial infections (e.g., staph, MRSA, impetigo, meningitis)
- Childhood infectious conditions (measles, mumps, rubella, pertussis)
- Parasitic infections
- Foodborne illness

#### Mental and Behavioral conditions

- Autism spectrum
- \*Suicidality
- \*Eating disorders (anorexia nervosa, bulimia nervosa)

#### Neurological conditions

- Multiple sclerosis (MS)
- Dementia (e.g., Alzheimer's disease)
- Epilepsy

\*Oncology (lung, stomach, colon, pancreas, breast, prostate, uterine, bone, liver, cervical)

#### Ophthalmology/ENT

#### Reproductive conditions

- \*Complications related to pregnancy
- Breast conditions (e.g., mass, mastitis)
- Male Infertility
- Erectile dysfunction (ED)
- Prostate conditions (benign prostatic hyperplasia, prostatitis)

#### Urinary/Renal conditions

- \*Kidney Stones
- \*Infections (UTI, cystitis, pyelonephritis)
- Incontinence



## **Acupuncture with Point Location (ACPL) - 50 items**

**Please note:** In regards to Clean Needle Technique (CNT), the Acupuncture with Point Location module focuses on actual needling and its emergencies (e.g., needle angle and depth) in comparison to the Biomedicine module which focuses on universal precautions and emergency situations.

### **DOMAIN I: Safety and Professional Responsibilities (10% of total ACPL section)**

Apply standards of safe practice and professional conduct.

- A. Management of Acupuncture Office Emergencies
- B. Infection Control/Precautions
- C. Patient Education and Communication

### **DOMAIN II: Treatment Plan (70% of total ACPL section)**

Develop a comprehensive treatment plan using acupuncture points based on patient presentation and initial assessment.

- A. Treatment Plan: Develop an Initial Treatment Plan
  - 1. Point selection based on differentiation and/or symptoms **(35%)**
    - a. Cautions and contraindications
    - b. Point category
    - c. Channel theory
    - d. Function and/or indication of points and point combinations
    - e. Ashi points
    - f. Extra points **(Refer to Appendix of Extra Points)**
    - g. Auricular points
    - h. Scalp areas
  - 2. Treatment techniques and mode of administration **(25%)**
    - a. Cautions and contraindications
    - b. Patient position
    - c. Point locating techniques
    - d. Needle selection
    - e. Needling technique



f. Moxibustion

- 1.) Direct
- 2.) Indirect
- 3.) On needle handle

g. Additional acupuncture modalities

- 1.) Cupping
- 2.) Guasha
- 3.) Bleeding
- 4.) Intradermal needles, ear balls, seeds, pellets, tacks
- 5.) Electro acupuncture
- 6.) Heat
- 7.) Topical applications

h. Related modalities

- 1.) Asian bodywork therapy and other manual therapies
- 2.) Exercise/breathing therapy
- 3.) Dietary recommendations according to Traditional Chinese Medicine theory

**B. Patient Management (10%)**

1. Re-assessment and modification of treatment plan
2. Referral and/or discharge of patient as appropriate

**DOMAIN III: Point Identification/Location (20% of total ACPL section)**

(To include both image based questions and questions describing point location measurements by description.)

A. Identification of Points by Images (10%)

B. Identification of Points by Description (10%)



## **Appendix: Extra Points**

*(Please Note: Additional Extra Points not listed in the Appendix may appear on the exam as distractors to the correct answer.)*

Anmian	Pigen
Bafeng	Qianzheng
Baichongwo	Qiduan
Bailao	Qipang
Baxie	Qiuhou
Bitong	Sanjiaojiu
Bizhong	Shanglianquan
Dagukong	Shangyingxiang
Dangyang	Shiqizhuixue/Shiqizhuixia
Dannangxue	Shixuan
Dingchuan	Sifeng
Erbai	Sishencong
Erjian	Taiyang
Haiquan	Tituo
Heding	Waihuaijian
Huanzhong	Wailaogong
Huatuojiaji	Weiguanxiashu
Jiachengjiang	Xiaogukong
Jianqian/Jianneiling	Xiyan/Neixiyan
Jingbailao	Yaotongxue
Jinjin and Yuye	Yaoyan
Juquan	Yiming
Kuangu	Yintang
Lanweixue	Yuyao
Luozhen	Zhongkui
Neihuaijian	Zhoujian
Neiyingxiang	Zigongxue