

**2018
NCCAOM[®] Reinstatement Examination
Content Outline
for the
Diplomate of Chinese Herbology Certification**



NCCAOM[®]
2025 M Street NW, Suite 800
Washington D.C., 20036
(202) 381-1140 - Direct
(888) 381-1140 - Toll Free
(202) 381-1141 - Fax



Reinstatement Assessment for Chinese Herbology

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 Assessment for Chinese Herbology examination.

Foundations of Oriental Medicine (FOM) - 50 items

Domain A: Diagnostic Examination (25% of total FOM section)

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 (45% of total FOM section)

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 FOM section)

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



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 A: Western Medical Assessment (55% of total BIO section)

Sub Domain A1: History-taking (5%)

- A 1 (a): Identifying information**
- A 1 (b): Chief complaint and present illness**
- A 1 (c): Past medical history**
- A 1 (d): Family history**
- A 1 (e): Personal and social history**
- A 1 (f): System review**

Sub Domain A2: Physical assessment, pathology and diagnostics (35%)

- A 2 (a): Vital signs, weight, and nutritional status**
- A 2 (b): Organ assessment and system pathology**
- A 2 (c): Orthopedic evaluation**
 - A 2 (c) (1):** Measurement of strength
 - A 2 (c) (2):** Reproduction of pain or other signs that reproduces symptoms
 - A 2 (c) (3):** Trigger and motor points
 - A 2 (c) (4):** Assessment of range of motion
- A 2 (d): Neurological evaluation**
- A 2 (e): Diagnostic testing**
 - A 2 (e) (1):** Imaging studies
 - A 2 (e) (2):** ** Laboratory studies

Sub Domain A3: Ominous signs and patient referral (15%)

- A 3 (a): Medical**
- A 3 (b): Mental health**
- A 3 (c): Abuse**



Domain B: Pharmaceuticals and Supplementations (15% of total BIO section)

Sub Domain B1: Pharmaceuticals

B 1 (a): Classification of prescription and non-prescription (OTC) medications

B 1 (b): Common mechanisms of action, action and side effects of prescription and non-prescription (OTC) medications, including drugs of abuse

Sub Domain B2: Supplements

B 2 (a): Classification of dietary supplements

B 2 (b): Known mechanisms of action and side effects of supplements

Domain C: Safety (15% of total BIO section)

Sub Domain C1: CPR and office emergencies

Sub Domain C2: Bloodborne pathogens and communicable diseases

Domain D: Practice Management Issues (15% of total BIO section)

Sub Domain D1: Legal and ethical issues

D 1 (a): Federal and state regulations

D 1 (a) (1): Occupational Safety & Health Administration (OSHA)

D 1 (a) (2): Health Insurance Portability and Accountability Act (HIPAA)

D 1 (a) (3): Reporting requirements

D 1 (a) (4): Business operations

D 1 (a) (5): Maintenance of proper medical records

D 1 (a) (6): Licensure requirements

D 1 (b): Ethical issues

Sub Domain D2: Other practice management issues

D 2 (a): Communication with patients and other professionals (e.g., third party payers, other healthcare providers, attorneys, etc.)

D 2 (b): NCCAOM rules and regulations



Chinese Herbology (CH) - 50 items

Domain A: Herbal Safety and Professional Preparations (10% of total CH section)

Sub Domain A1: Safe practices of Chinese herbal medicine

A 1 (a): Identify precautions and contraindications

A 1 (b): Side effects of herbal medicines

A 1 (c): Herb-drug interactions

Sub Domain A2: Maintain an herbal dispensary of raw herbs and/or granules

Sub Domain A3: Maintain patent medicine herbal dispensary

Sub Domain A4: Manage inventory of herbal products

Sub Domain A5: Maintain medical records of patients, including medications

Sub Domain A6: Identification of herbal products

Sub Domain A7: Evaluation of quality of herbs and herbal products

Sub Domain A8: Identify products containing endangered species

Sub Domain A9: Maintain herbal dispensary supplies and environment (e.g., tools, scales, etc.)

Sub Domain A10: Monitor stored herbs for contamination

Sub Domain A11: Monitor herbs and herbal products for expiration dates

Sub Domain A12: Storage of herbs and herbal products

Sub Domain A13: Maintain records of discarded products

Domain B: Herbs, Herbal Formulas and Prescriptions (75% of total CH section)

Sub Domain B1: Prescribe and dispense Chinese herbs for individual patients

B 1 (a): Tastes, properties, direction, and channels entered of individual Chinese herbs

B 1 (b): Functions and indications of individual Chinese herbs

B 1 (c): Functions and indications of combinations of Chinese herbs

B 1 (d): Treatment strategies (Ba Fa) of Chinese herbal medicine

B 1 (e): Dynamics of Chinese herbal formulas

B 1 (f): Functions, indications and ingredients of Chinese herbal formulas



(see Appendix of Formulas - Reference of common Chinese herbal formulas at end of file)

Sub Domain B2: Proper administration of herbal prescriptions

B 2 (a): Dosage of herbs and formulas

B 2 (b): Appropriate form of administration

B 2 (c): Preparation of herbs and herbal formulas

Sub Domain B3: Understand expected treatment outcomes and reactions to treatment for individual patients

Sub Domain B4: Differentiate characteristics of Western vs. Chinese medicinal herbs

Domain C: Evaluation and Modification of Treatment (15% of total CH section)

Sub Domain C1: Evaluation and modification of Chinese herbal treatment

Sub Domain C2: Consult with patient on additional areas of concern

Sub Domain C3: Communicate with patients and other healthcare providers about Chinese herbal treatment

Sub Domain C4: Advise patients of potential side-effects, precautions and interactions (e.g., foods, supplements and/or medications)

Sub Domain C5: Use of herbs in dietary therapy and dietary recommendations based on traditional Chinese medicine

Sub Domain C6: Use of external herbal applications

Sub Domain C7: Provide patient with copy of the herbal formula prescription



Appendix of Formulas: Reference of Common Chinese Herbal Formulas

- Ba Zhen Tang (Eight-Treasure Decoction)
- Ba Zheng San (Eight-Herb Powder for Rectification)
- Bai He Gu Jin Tang (Lily Bulb Decoction to Preserve the Metal)
- Bai Hu Tang (White Tiger Decoction)
- Bai Tou Weng Tang (Pulsatilla Decoction)
- Ban Xia Bai Zhu Tian Ma Tang (Pinellia, Atractylodis Macrocephalae, and Gastrodia Decoction)
- Ban Xia Hou Po Tang (Pinellia and Magnolia Bark Decoction)
- Ban Xia Xie Xin Tang (Pinellia Decoction to Drain the Epigastrium)
- Bao He Wan (Preserve Harmony Pill)
- Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five (Tenths) Decoction)
- Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi Decoction)
- Cang Er Zi San (Xanthium Powder)
- Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction)
- Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver)
- Chuan Xiong Cha Tiao San (Ligusticum Chuanxiong Powder to be Taken with Green Tea)
- Da Bu Yin Wan (Great Tonify the Yin Pill)
- Da Chai Hu Tang (Major Bupleurum Decoction)
- Da Cheng Qi Tang (Major Order the Qi Decoction)
- Da Jian Zhong Tang (Major Construct the Middle Decoction)
- Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood)
- Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)
- Dao Chi San (Guide Out the Red Powder)
- Ding Chuan Tang (Arrest Wheezing Decoction)
- Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction)
- Du Qi Wan (Capital Qi Pill)
- Er Chen Tang (Two-Cured Decoction)
- Er Miao San (Two-Marvel Powder)



- Er Xian Tang (Two-Immortal Decoction)
- Er Zhi Wan (Two-Ultimate Pill)
- Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction)
- Gan Mai Da Zao Tang (Licorice, Wheat, and Jujube Decoction)
- Ge Gen Huang Lian Huang Qin Tang (Kudzu, Coptis, and Scutellaria Decoction)
- Ge Gen Tang (Kudzu Decoction)
- Ge Xia Zhu Yu Tang (Drive Out Blood Stasis Below the Diaphragm Decoction)
- Gui Pi Tang (Restore the Spleen Decoction)
- Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)
- Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction)
- Gui Zhi Tang (Cinnamon Twig Decoction)
- Huang Lian E Jiao Tang (Coptis and Ass-Hide Gelatin Decoction)
- Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
- Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
- Ji Chuan Jian (Benefit the River (Flow) Decoction)
- Juan Bi Tang (Remove Painful Obstruction Decoction from Medical Revelations)
- Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction)
- Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
- Jin Suo Gu Jing Wan (Metal Lock Pill to Stabilize the Essence)
- Ju Pi Zhu Ru Tang (Tangerine Peel and Bamboo Shaving Decoction)
- Li Zhong Wan (Regulate the Middle Pill)
- Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction)
- Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
- Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
- Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver)
- Ma Huang Tang (Ephedra Decoction)
- Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction)
- Ma Zi Ren Wan (Hemp Seed Pill)
- Mai Men Dong Tang (Ophiopogonis Decoction)



- Mu Li San (Oyster Shell Powder)
- Nuan Gan Jian (Warm the Liver Decoction)
- Ping Wei San (Calm the Stomach Powder)
- Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin)
- Qi Ju Di Huang Wan (Lycium Fruit, Chrysanthemum and Rehmannia Pill)
- Qiang Huo Sheng Shi Tang (Notopterygium Decoction to Overcome Dampness)
- Qing Wei San (Clear the Stomach Powder)
- Qing Gu San (Cool the Bones Powder)
- Qing Hao Bie Jia Tang (Artemisia Annuua and Soft-Shelled Turtle Shell Decoction)
- Qing Qi Hua Tan Wan (Clear the Qi and Transform Phlegm Pill)
- Qing Ying Tang (Clear the Nutritive Level Decoction)
- Qing Zao Jiu Fei Tang (Eliminate Dryness and Rescue the Lungs Decoction)
- Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences)
- San Zi Yang Qin Tang (Three-Seed Decoction to Nourish One's Parents)
- Sang Ju Yin (Mulberry Leaf and Chrysanthemum Decoction)
- Sang Piao Xiao San (Mantis Egg-Case Powder)
- Sang Xing Tang (Mulberry Leaf and Apricot Kernel Decoction)
- Shao Fu Zhu Yu Tang (Drive-Out Blood Stasis in the Lower Abdomen Decoction)
- Shao Yao Gan Cao Tang (Peony and Licorice Decoction)
- Shao Yao Tang (Peony Decoction)
- Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes Macrocephala Powder)
- Shen Tong Zhu Yu Tang (Drive Out Blood Stasis from a Painful Body Decoction)
- Sheng Hua Tang (Generation and Transformation Decoction)
- Sheng Mai San (Generate the Pulse Powder)
- Shi Quan Da Bu Tang (All Inclusive Great Tonifying Decoction)
- Shi Xiao San (Sudden Smile Powder)
- Shou Tai Wan (Fetus Longevity Pill)
- Si Jun Zi Tang (Four-Gentleman Decoction)
- Si Ni San (Frigid Extremities Powder)
- Si Ni Tang (Frigid Extremities Decoction)
- Si Shen Wan (Four-Miracle Pill)



- Si Wu Tang (Four-Substance Decoction)
- Su Zi Jiang Qi Tang (Perilla Fruit Decoction for Directing Qi Downward)
- Suan Zao Ren Tang (Sour Jujube Decoction)
- Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai)
- Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
- Tian Tai Wu Yao San (Top-quality Lindera Powder)
- Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
- Tiao Wei Cheng Qi Tang (Regulate the Stomach and Order the Qi Decoction)
- Tong Xie Yao Fang (Important Formula for Painful Diarrhea)
- Wan Dai Tang (End Discharge Decoction)
- Wen Dan Tang (Warm the Gallbladder Decoction)
- Wen Jing Tang (Warm the Menses Decoction)
- Wu Ling San (Five-Ingredient Powder with Poria)
- Wu Pi San (Five-Peel Powder)
- Wu Wei Xiao Du Yin (Five-Ingredient Decoction to Eliminate Toxin)
- Wu Zhu Yu Tang (Evodia Decoction)
- Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction)
- Xiao Chai Hu Tang (Minor Bupleurum Decoction)
- Xiao Cheng Qi Tang (Minor Order the Qi Decoction)
- Xiao Feng San (Eliminate Wind Powder from True Lineage)
- Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)
- Xiao Qing Long Tang (Minor Blue-Green Dragon Decoction)
- Xiao Yao San (Rambling Powder)
- Xie Bai San (Drain the White Powder)
- Xie Xin Tang (Drain the Epigastrium Decoction)
- Xing Su San (Apricot Kernel and Perilla Leaf Powder)
- Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
- Yi Guan Jian (Linking Decoction)
- Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)
- Yin Qiao San (Honeysuckle and Forsythia Powder)
- You Gui Wan (Restore the Right (Kidney) Pill)



- You Gui Yin (Restore the Right (Kidney) Decoction)
- Yu Nu Jian (Jade Woman Decoction)
- Yu Ping Feng San (Jade Windscreen Powder)
- Yue Ju Wan (Escape Restraint Pill)
- Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction)
- Zhen Wu Tang (True Warrior Decoction)
- Zhi Bai Di Huang Wan (Anemarrhena Phellodendron and Rehmannia Pill)
- Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)
- Zhi Sou San (Stop Coughing Powder)
- Zhu Ling Tang (Polyporus Decoction)
- Zhu Ye Shi Gao Tang (Lophatherus and Gypsum Decoction)
- Zuo Gui Wan (Restore the Left (Kidney) Pill)
- Zuo Gui Yin (Restore the Left (Kidney) Decoction)
- Zuo Jin Wan (Left Metal Pill)