



## The Acupuncture with Point Location Expanded Content Outline

(Effective as of February 1, 2014)

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 Acupuncture with Point Location examination, along with the competency statements.

**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 Exam)

Apply standards of safe practice and professional conduct.

#### A. Management of Acupuncture Office Emergencies

- Recognize and manage acupuncture office emergencies [e.g., moxa burns, heat lamp burns, needle shock, organ puncture, fainting, stuck needle(s)]
- Recognize the signs and or symptoms of internal hemorrhage or clotting disorders
- Recognize risk factors for individual patients (e.g., patients taking blood thinners, diabetes)

#### B. Infection Control/Precautions

- Recognize and apply knowledge of infection control and precautions (e.g., bloodborne pathogens, communicable diseases, universal precautions, needle stick)

#### C. Patient Education and Communication

- Communicate and discuss risks and benefits concerning acupuncture treatment with individual patient
- Communicate and discuss findings with individual patient
- Obtain legal informed consent
- Inform patient of initial treatment/procedure done
- Inform patient when there is a change in condition or treatment that may require a new plan of action



## DOMAIN II: Treatment Plan (70% of Total Exam)

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%)

- Identify pattern and develop treatment plan based on differentiation (e.g., syndrome/pattern, meridian/channel pathology, circadian rhythm)
  - a. Cautions and contraindications
    - Recognize cautions and contraindications (e.g., pregnancy, organ damage)
    - Determine appropriate points, needling methods and modalities for safe treatment
  - b. Point category
    - Demonstrate knowledge and use of Antique/Five Transporting (Shu) points (e.g., Jing-Well, Ying-Spring, Shu-Stream, Jing-River, He-Sea)
    - Demonstrate knowledge of theories and applications of source (Yuan) and connecting (Luo) points
    - Demonstrate knowledge of theories and applications of Front-Mu (Alarm) points, Back-Shu (Associated) points and their combination(s) (e.g., excess/deficient, systemic imbalances)
  - c. Channel theory
    - Demonstrate application of channel theory
  - d. Function and/or indication of points and point combinations
    - Demonstrate knowledge of functions, indications and application of points and point combinations (e.g., distal/local, Window of the Sky, Five Elements, circadian rhythms, Six Stages, Four Levels)
  - e. Ashi points
    - Demonstrate application or the use of Ashi points (including trigger points and motor points)
  - f. Extra points (**Refer to Appendix of Extra Points**)
    - Demonstrate the knowledge of indications and application of Extra points



g. Auricular points

- Demonstrate knowledge of functions, indications, applications, precautions and contraindications of auricular acupuncture points and anatomical areas

h. Scalp areas

- Demonstrate knowledge of functions, indications, applications, precautions and contraindications of scalp acupuncture

2. Treatment techniques and mode of administration (25%)

- Demonstrate knowledge of treatment techniques and modes of administration

a. Cautions and contraindications

- Recognize cautions and contraindications for individual patient
- Recognize cautions based on anatomy

b. Patient position

- Demonstrate knowledge of appropriate patient position

c. Point locating techniques

- Demonstrate knowledge of point location (e.g., anatomical landmarks, Cun measurement, palpation)

d. Needle selection

- Recognize and demonstrate knowledge of appropriate needle selection (e.g., filiform, three-edged, plum-blossom, press tack, intradermal)
- Recognize and demonstrate knowledge and appropriate use of needles (e.g., length, gauge, filiform, three-edged, plum-blossom, press tack, intradermal)

e. Needling technique

- Demonstrate knowledge of needling techniques (e.g., insertion, angle, depth, stretching skin)
- Demonstrate knowledge of needle manipulation (e.g., arrival of Qi, reinforcing, reducing, lifting and thrusting, plucking, rotating, twirling)
- Demonstrate knowledge of appropriate needle retention
- Demonstrate knowledge of safe and appropriate needle removal



f. Moxibustion

1.) Direct

- Demonstrate knowledge of functions, indications, contraindications and application of direct moxibustion (e.g., thread, cone, rice grain)

2.) Indirect

- Demonstrate knowledge of functions, indications, contraindications and application of indirect moxibustion (e.g., stick/pole, on ginger, box)

3.) On needle handle

- Demonstrate knowledge of functions, indications, contraindications and application of moxibustion on needle handle

g. Additional acupuncture modalities

- Demonstrate knowledge of functions, indications, contraindications and application of other acupuncture modalities

1.) Cupping

- Demonstrate knowledge of functions, indications, contraindications and application of cupping

2.) Guasha

- Demonstrate knowledge of functions, indications, contraindications and application of Guasha

3.) Bleeding

- Demonstrate knowledge of functions, indications, contraindications and application of bleeding

4.) Intradermal needles, ear balls, seeds, pellets, tacks

- Demonstrate knowledge of functions, indications, contraindications and application of intradermal needles, ear balls, seeds, pellets, tacks

5.) Electro acupuncture

- Demonstrate knowledge of functions, indications, contraindications and application of electro acupuncture



6.) Heat

- Demonstrate knowledge of functions, indications, contraindications and application of heat (e.g., TDP/heat lamp)

7.) Topical applications

- Demonstrate knowledge of functions, indications, contraindications and application of topical applications (e.g., liniment, plaster)

h. Related modalities

1.) Asian bodywork therapy and other manual therapies

- Demonstrate knowledge of indications and contraindications of Asian bodywork therapy and other manual therapies

2.) Exercise/breathing therapy

- Demonstrate knowledge of exercise/breathing therapy (e.g., Qi Gong, Tai Ji)

3.) Dietary recommendations according to Traditional Chinese Medicine theory

- Demonstrate knowledge of dietary recommendations according to Traditional Chinese Medicine theory

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

1. Re-assessment and modification of treatment plan

- Reevaluate and modify treatment plan (e.g., diagnostic assessment, point selection, needling technique, other modalities, treatment frequency)

2. Referral and/or discharge of patient as appropriate

- Recognize and evaluate the need for referral
- Demonstrate the knowledge of referral to other healthcare providers
- Recognize and evaluate appropriate discharge of patient



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

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

A. Identification of Points by Images (10%)

- Identify by cun and anatomical landmarks

B. Identification of Points by Description (10%)

- Identify by cun and anatomical landmarks



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



## Acupuncture with Point Location 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 guides.*

### Primary Sources

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