



The Acupuncture with Point Location Content Outline

Effective January 1, 2020

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.

Domain I: Safety and Professional Responsibilities (15% of Exam)

- A. Professional practice
 - 1. Describe risks and benefits of acupuncture treatment and adjunctive therapies (e.g., ear seeds, moxibustion, exercises)
- B. Acupuncture-related adverse events
 - 1. Recognize and manage adverse events (e.g., burns, pneumothorax, hemorrhage, needle shock, stuck needle)
 - 2. Recognize risk factors for individual patients (e.g., blood thinners, diabetes)
- C. Infection control
 - 1. Apply infection control procedures to acupuncture practice (e.g., bloodborne pathogens, Universal Precautions, CDC and OSHA Guidelines)
 - 2. Practice according to Clean Needle Technique (CNT) standards and procedures
- D. Case management
 - 1. Patient education and communication
 - a. Communicate diagnosis, treatment plan, and prognosis using patient-appropriate language
 - b. Communicate/collaborate with patient to set treatment goals and expectations
 - 2. Follow-up care
 - a. Refer and/or discharge patient as appropriate
 - b. Communicate and collaborate with other health care providers to identify the most effective treatment for patient (e.g., evidence-informed practice, applying integrative patient care)



Domain II: Treatment Plan (50% of Exam)

- A. Strategies and treatment methods
 1. Determine strategies and treatment methods
 2. Determine modifications based on special populations (e.g., pediatrics, geriatrics, pregnancy, special needs)
- B. Acupuncture treatment strategies according to diagnosis
 1. Perform point selection based on differentiation/symptoms, functions and indications
 2. Select points according to traditional Chinese medicine concepts
 - a. Channel Theory
 - b. Five Elements Theory
 - c. Point Categories
 - i. Five Transporting (*Shu*)/Antique points (e.g., *Jing*-Well, *Ying*-Spring, *Shu*-Stream, *Jing*-River, *He*-Sea)
 - ii. Extra points (**Refer to Appendix of Extra Points**)
 - iii. Eight Influential points
 - iv. Eight Confluent points
 - v. Four Seas points
 - vi. Front-*Mu* (Alarm) points, Back-*Shu* (Associated) points and their combination(s) (e.g., excess/deficient, systemic imbalances)
 - vii. Source (*Yuan*) and Connecting (*Luo*) points
 - viii. Tonification and/or sedation points
 - ix. Five elements
 - x. Xi-Cleft points
 - d. Root and Branch Theory
 - e. Organ Theory (*Zang Fu*)
 - f. Eight Principles
 - g. Point Combinations (e.g., Four Gates, Mother/Son, Entry/Exit)



- h. Tender Points (*Ash*)
- i. Chinese organ clock
- 3. Select points according to other acupuncture concepts
 - a. Auriculotherapy
 - b. Local, adjacent, distal
 - c. Mirroring (e.g., elbow-for-knee, right-for-left, front-for-back)
 - d. Scalp acupuncture
- 4. Select points according to biomedical concepts
 - a. Trigger points
 - b. Motor points
 - c. Myofascial treatments
 - d. Effects on blood flow, neurohormonal regulation, and brain connectivity
- C. Cautions and contraindications
 - 1. Identify cautions and contraindications (e.g., pregnancy, organ damage, inflamed or non-intact skin)
- D. Treatment plan modifications
 - 1. Re-evaluate and modify treatment plan based on response

Domain III: Treatment Techniques (20% of Exam)

- A. Acupuncture
 - 1. Determine position of patient for treatment
 - 2. Select needles to achieve desired treatment goals (e.g., length, gauge, filiform or other types of needles)
 - 3. Needling technique
 - a. Apply insertion techniques (e.g., angle, depth, stretching skin)
 - b. Apply needle manipulation (e.g., arrival of Qi, reinforcing, reducing, lifting and thrusting)
 - c. Determine needle retention time



- d. Apply needle removal techniques (e.g., order, speed, pressure)
 - e. Adjust technique based on patient presentation (e.g., stimulation method, intensity, needle retention time)
- B. Moxibustion
- 1. Identify functions, indications, and contraindications
 - 2. Determine and apply techniques (e.g., direct, indirect, warming needle)
- C. Adjunctive therapies
- 1. Identify functions, indications, contraindications, and application
 - 2. Determine and apply techniques during treatment
 - a. Bleeding
 - b. Cupping
 - c. Ear seeds, balls, magnets
 - d. Electroacupuncture
 - e. Gua Sha
 - f. Heat
- D. Asian bodywork therapy
- 1. Recognize appropriate application of Asian bodywork therapy (e.g., Tui Na, Shiatsu, acupressure)

Domain IV: Acupuncture Point Location (15% of Exam)

- A. Acupuncture point location methods
- 1. Identify points on images
 - 2. Identify points according to cun measurement and anatomical landmarks



Appendix: Extra Points

The exam will focus on but may not be exclusively limited to the list below.

Anmian	Luozhen
Bafeng	Pigen
Baichongwo	Shiqizhuixue/Shiqizhuixia
Bailao	Sifeng
Baxie	Sishencong Taiyang
Bitong	Weiguanxiashu
Dannangxue	Xiyan/Neixiyan
Dingchuan	Yaotongxue
Erbai	Yaoyan
Erjian	Yintang
Heding	Yuyao
Huatuojiaji	Zigongxu
Jianqian/Jianneiling	
Lanweixue	