COVID – 19 CRISIS

WORKING TOGETHER

Town Hall Meeting:

June 17, 2020 5:00pm PDT | 7 PM CDT | 8 PM EDT
Quick Participation Tips

• Attendees who added any additional information like middle name(s), professional designations or anything else to their First and Last name during the registration process will NOT receive PDA points.
• Attention all NCCAOM Diplomates: the NCCAOM ID# cannot contain any characters, letters or leading zeroes, it may have from 3 to 6 digits only.
• All attendees must login into the live session through the "Join Webinar" link received after completing the Webinar registration form;
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• Attention family and friends: You can watch the presentation together, but each attendee must be logged into the session separately in order to receive PDA points;
• All Attendees are muted;
• You can ask questions using your dashboard. All questions will be answered during or after the meeting;
Presenters

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**Dr. Emilio Simongini**, MD,
Specialist in Acupuncture, Ophthalmology and Oncology Rome, Italy

**Peter Kington**, MRepMed, BHSc (Acupuncture), MLitt, BA, GCertHEd
President of Acupuncture Now Foundation – AU Brisbane, Australia

**Dr. Haihe Tian**, MD, PhD (China), Dipl. O.M. (NCCAOM)®
President of American TCM Association
How Europe and Australia handled Covid19 and Going Back to Work
Dr. Emilio Simongini, MD,
Specialist in Acupuncture, Ophthalmology and Oncology
Rome, Italy

How Europe and Australia handled Covid19 and Going Back to Work
Peter Kington, MRepMed, BHSc (Acupuncture), MLitt, BA, GCertHEd, President of Acupuncture Now Foundation – AU Brisbane, Australia

How Europe and Australia handled Covid19 and Going Back to Work
Let’s talk about COVID numbers....

Let’s talk about Australia...

- Commonwealth of Australia
- Federation
- Six states, two territories
- Three levels of government: federal, state and local
- Parliamentary democracy; Queen Elizabeth head of state
- 25 million people
- NSW 7.5 million + Vic 6.5 million = over half national population
- Population density:
  - USA 94/mi²
  - Australia 8/mi²
Let’s talk about the response...

- The “national cabinet”
  - Commonwealth jurisdiction
    - Funding, economic
  - State jurisdiction
    - Emergency services
- Evidence-based policy
- Lockdowns and physical distancing
- Public response
- Suppression v. eradication strategy
Let’s talk about acupuncture in Australia….

- National registration scheme
- Protected titles:
  - Chinese medicine practitioner
  - Chinese herbal medicine practitioner
  - Chinese herbal dispenser
  - Oriental medicine practitioner
  - Acupuncturist

Let's talk about COVID-19 and acupuncture...

- State >> AHPRA + NHMRC guidelines
- Essential v. non essential
- Allied health v. not allied health
  - Commonwealth – allied health
  - AHPRA – not allied health
  - State – not allied health
- Confusion: massage therapists, hairdressers and us
- Selective definition
- The public’s perception
My experience....

- *THAT* press conference
- Patient safety, care and wellbeing
- Personal situation – family considerations
- Financial aspect
- COVID-safe practice: what’s different?
- Personal sense of satisfaction – did my bit
Thank you!

www.peterkington.com.au

Dr. Haihe Tian, MD, PhD (China), Dipl. O.M. (NCCAOM)®, President of American TCM Association

Boosting the Wei Qi
Zheng Qi and Immune System

- This is a very special kind virus, different from the regular virus or bacteria
- Pestilence----Epidemic Qi, not the regular six exterior pathogens, such as wind, cold, heat, .....  
- Increase constitution (physique), boost immunity
- The most important, and the first of first is to avoid (keep it away, far away from you)
- Universal precaution: considerate everybody is positive patient, we need wear mask, wash hands, do not touch your eyes, nose and mouth.
- Because it does not matter how strong you are, in case you contact it, you will get infected, only difference is sooner or later, and the Zheng Qi will determine the severity and prognosis if you are sick
- Rethink: If your Zheng Qi is strong, pathogens could not attack you; in case the pathogen attacked you, your Zheng Qi must be weak. ??? How about the imbalance?
- *Boosting immune system is good for susceptible crowd, but it could not replace the other preventive methods,
- like controlling the source of infection, cutting the route of transmission, it is good for susceptible crowd (Actually we all are susceptible crowd)
Boosting immunity for the weakness

- Overall weak: increase the physique
- Moderate exercise (Tai Chi, Qi Gong, Yoga.....)
- Do not overuse the body
- Eat healthy
- Enough sleep
- Good air circulation (A/C VS. windows), about density of the virus
- Environmental health
- Keep positive moods
- No panic, no scary
- Keep high alert
- Try not to get regular cold or sick (because you will be suspected for this disease)
Boosting immunity for the weakness

- Wei Qi def.: Yu Ping Feng San
- Middle Qi def.: Si Jun Zi Tang (Liu Jun Zi Tang)
- Ren Sheng (Ginseng), Huang Qi (Astragalus), Gan Cao (Licorice root), Hong Jing Tian (Rhodiola)
- Blood def.: Si Wu Tang
- Qi and Blood def.: Ba Zhen Tang
- Yin def.: Sha Shen Mai Men Dong Tang, Bai He Gu Jin Tang
- Yang def.: depend on which organ def. Gui Zhi, Rou Gui
- Basic underlying diseases relate with high mortality rate.
- Do not make the immunity too strong either, it could cause abnormal immunity, inflammatory storm and auto-immune diseases.
Balancing for imbalance

- Dampness-----Huo Xiang Zheng Qi San, Er Chen Tang, San Ren Tang
- Cold (external or internal): Li Zhong Wan
- Heat ---- Huang Lian Shang Qing Wan
- Damp-heat, or Damp-cold
- Toxicity: Lian Qiao Bai Du San, Pu Ji Xiao Du Yin
- Qi stagnation: Sooth Liver----- Xiao Yao Wan, Xiao Chai Hu Tang
- Anxious, depress, sleepless---- An Shen Bu Xin Wan, Chai Hu Long Gu Mu Li Tang
Acupuncture and immunity

• Acupuncture is the great tool to regulate immunity.
• Acupuncture, acupuncture pressure and Moxibustion.
• General strengthen points: Ren12, Ren 4, 6, 8(Sheng Que), St 36, Du 4, Du 20
• Special points for corresponding organs or meridians. Lung, Spleen, Heart, Liver and Kidney’s weakness.
• Rebalancing and correcting points base on the problems(pathogens). dampness, phlegm, heat, cold, toxicity, Blood stagnation,
SMOKING METHOD: FOR THE AIR (ENVIRONMENT):
- CANG ZHU (ATRACTYLODES),
- AI YE (MUGWORT LEAF)

DIETARY CHANGES:
- NO GREASY FOOD,
- LESS DAIRY,
- LESS SUGAR,
- NO COLD

GET SUNSHINE

KEEP HAPPY (POSITIVE)

STAY HOME (LOCKDOWN WHOLE COMMUNITY AS NECESSARY)
Emotions/Moods and Immunity

- Keep the positive emotions, like happy, joy, laugh, smile, optimism
- Avoid the negative emotions, like depress, sad, upset, restless, anxious, angry, cry
- Seek help from psychologist, psychiatrist or us.
Sleep and Immunity

• To get good sleep will benefit immunity
• Lack of sleep makes immunity down
• Avoid insomnia (clear mind)
• Sleep quality
• Sleep length
• The time go to sleep
• No tiredness the next morning waking up with energy
Thank you!

Questions and Answers

townhall@thencccaom.org
How COVID-19 Has Impacted the Profession

Please share your COVID 19 experience by completing the Workforce Survey!

Survey results will be shared at the future Town Hall.

- Link to the survey is available on ASA and NCCAOM websites
- Please complete your responses by June 19, 2020
- 1 PDA Points will be awarded for survey completion
- Certificates of participation for the Survey will be distributed in August 2020
COVID – 19
HELPFUL RESOURCES
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CERTIFICATES OF COMPLETION FOR TOWN HALL MEETINGS ARE DISTRIBUTED WITHIN TWO (2) WEEKS OF THE EVENT DATE