

Name of the guideline:

Traditional Chinese Medicine –Acupuncture

Description: The purpose of the *Traditional Chinese Medicine-Acupuncture* guideline is to provide a resource of evidence-based treatment guidelines for Licensed Acupuncturists who wish to use the Omaha System for clinical decision support and documentation. The interventions in the guideline are encoded from leading Traditional Chinese Medicine (TCM) texts commonly used by both students and practitioners of TCM (see Sources).

The inspiration for this guideline came from the chapter “Informatics and Integrative Healthcare” by Delaney, Westra, Dean, Leunin, and Monsen (2014) from the book *Integrative Nursing*. The authors state “A critical component of health informatics that can facilitate success in nursing and inter-professional practice and education is a shared ontology across health professions” (Delaney et al., 2014). There is very little information exchange about patient care visits between integrative therapy providers and primary healthcare providers (Gao & Westra, 2012). Gao states, “The lack of communication and information exchange has created various clinical situations that affect patient care safety and quality” (2012). The Institute of Medicine’s report (IOM) *To Err is Human: Building a Safer Health System* (1999) challenged the healthcare industry to promote patient safety via improving access to accurate, timely information. In an effort to meet this demand and close the communication gap between TCM practitioners and all other healthcare providers, this guideline was developed.

Problems included in this guideline were identified by a Master of Nursing student at the University of Minnesota who is also a Licensed Acupuncturist, in conjunction with an Omaha System expert. The interventions are presented in a format that respects the individualized patient care by which TCM is delivered and at the same time presented in a meaningful way for future research possibilities. This guideline represents a starting point consisting of acupuncture point utilization only. Acupuncture points were chosen from sited texts. These texts were chosen based on their wide spread use amongst TCM students and practitioners alike (see Sources). TCM treatments are highly individualized. Practitioners will select points to needle from those listed in the guideline as appropriate for each individual patient.

Note the initial publication of this guideline is a compilation of acupuncture points for specific conditions. A comprehensive TCM guideline for each condition would also include TCM therapies such as tui na, cupping, moxibustion, dietary therapy, qi gong, and herbal medicine as applicable.

Omaha System Problems:

Digestion-hydration

Pain

Postpartum

Sleep and rest patterns

Population: Persons with symptoms

Diseases/Condition:

Dysmenorrhea
Headache
Low back pain
Insomnia
Insufficient Lactation
Nausea/Vomiting of pregnancy

Level of practice: Individual

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Sources:

Delany, C.W., Westra, B.L., Dean, P.J., Leunin, C.J., & Monsen, K.A. (2014). Informatics and integrative healthcare. In Kreitzer, M.J. & Koithan, M. (Eds.), *Integrative Nursing* (pp. 109-121). Cary, NC: Oxford Press.

Gao, G. & Westra, B.L. (2012). Embracing an integrated personal health record for continuity of care. *Nurse Inform*, 2012(122). Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3799109/>

Institute of Medicine (1999). *To err is human: building a safer health system*. Retrieved from: <http://www.iom.edu/~media/Files/Report%20Files/1999/To-Err-is-Human/To%20Err%20is%20Human%201999%20%20report%20brief.pdf>

Maciocia, G. (1998). *Obstetrics & gynecology in Chinese medicine*. Edinburgh, UK: Churchill Livingstone.

“Giovanni Maciocia is one of the most highly respected practitioners of acupuncture and Chinese herbal medicine in the world. Giovanni was recently honoured by his inclusion in the brochure celebrating the 50th anniversary of the foundation of the Nanjing University of Chinese Medicine. Giovanni is described in this brochure as the "Father of Chinese Medicine in Europe".” -www.giovanni-maciocia.net

West, Z. (2002). *Acupuncture in pregnancy and childbirth*. Edinburgh: Churchill Livingstone. Zita West is an experience acupuncturist and midwife who studied under Giovanni Maciocia. This text is one of the few texts available specifically on acupuncture for

pregnancy and childbirth. The blend of eastern and western medicine outlined in this text is invaluable.

Wu, Y. & Fisher, W. (1997). *Practical therapeutics of Traditional Chinese Medicine*. Brookline, MA: Paradigm Publications.

“This is a no-nonsense clinical guide that gives anyone who needs to know modern Chinese practice the precise, cross-referenced clinical information they require. To insure greater accuracy, *Practical Therapeutics of Traditional Chinese Medicine* is an original text specifically written in Chinese for translation to English. Dr. Yan Wu is a linguist and physician and Dr. Fischer is a practitioner in British Columbia who graduated from a T.C.M. program usually reserved for native Chinese medical students.”

- <http://www.paradigm-pubs.com/catalog/detail/PraTheTraChi>

Xinnong, C. (Ed.). (1999). *Chinese acupuncture and moxibustion*. (Rev. ed.) Beijing, China: Foreign Language Press.

Now in its 3rd edition and 15th printing, “this definitive text, used in licensing exams in many states, is the 1999 revised edition. This edition features standardization of the localization of certain meridian points, and additional material on standard nomenclature, as well as new illustrations”. - <http://www.chinabooks.com/shop/acu-mox3/chinese-acupuncture-and-moxibustion-revised-edition/>

Xuemei, L. & Jingyi, Z. (1993). *Acupuncture patterns & practice*. Seattle, WA: Eastland Press.

"Ideally suited to the needs of both students and developing practitioners . . . A demanding standard for clinical teachers to follow."—*The Journal of Chinese Medicine*
http://www.eastlandpress.com/books/acupuncture_patterns_practice.php