
Chinese Medical Science Foundation

Acupuncture Fellowship Program

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1. ACUPUNCTURE FELLOWSHIP PROGRAM (AFP)

1.1. AFP OVERVIEW

The Chinese Medical Science Foundation, a 501(c)3, non-profit organization, developed the Acupuncture Fellowship Program in collaboration with Saint Vincent Hospital Manhattan. This program offers acupuncturists a unique opportunity for integrated, hospital-based specialty training. The program provides acupuncture services to Rehabilitation Medicine and Internal Medicine, and continues to explore new departments for expansion.

The Acupuncture Fellowship Program has three main objectives:

- To provide care to hospital patients in physical recovery through pain management and symptom management;
- To complement a medical center's service offering integrative acupuncture; and
- To provide licensed acupuncturists with post-graduate specialty training integrated within a hospital.

As a team member in the hospital's Rehabilitation and Internal Medicine departments, selected acupuncturists, or "Fellows," will contribute to patient care plans alongside physicians, physical therapists, occupational therapists and others. Fellows will conduct physical assessments, diagnose, review and contribute to patient charts, develop traditional Chinese Medicine (TCM) treatment protocols, and deliver acupuncture to complement the patient's western medical treatment. A clinical supervisor team will oversee, support, and guide the Fellows' training.

The Fellows will meet one day per week (Monday or Wednesday) for eight hours during a period of one year or 50 weeks. This represents a total of 400 clinical training and didactic education hours. There will be a didactic lecture on one of the curriculum topics approximately every other week. There will also be an Acupuncture Treatment Demonstration performed by Dr. Ma for observation and discussion. Given patient scheduling and availability, each Fellow will evaluate and treat up to 6 patients per day.

The Fellows and the physicians will work together to consider Western and Eastern treatment options and to develop appropriate treatment plans. As an example of the close collaboration of the Eastern and Western medical practitioners, the Fellows will participate in and contribute to the practitioner team conferences led by the physicians in order to collaboratively develop the patient care plans. The Fellows will also rotate through inpatient and outpatient medical settings as well as between departments.

1.2. FELLOWS

The Fellows will be New York State licensed acupuncturists who have received their acupuncture or Chinese medicine degrees, who have relevant clinical experience, and who

are selected in our competitive application process. If you are interested in applying to become a Fellow, **applications are due December 28, 2007**. Please see our website at www.cmsf.org for more information.

1.2.1. Chief Fellow

One Fellow will be selected as the Chief Fellow for each AFP day. The Chief Fellow will assist the TCM supervisors in various ways. In addition to the regular Fellowship training, the Chief Fellow, for example, will help the supervisors:

- Manage the Fellows team;
- Manage the communications among the patients, physicians, nurses, physical therapists, inpatient administrators, outpatient administrators, clinic administrators and the Fellows team;
- Coordinate patient schedules; and
- Ensure Fellows adhere to all hospital and CMSF policies and procedures.

The qualifications of a Chief Fellow are the following:

- Demonstrated ability to lead;
- Strong communication skills;
- Management experience;
- Focus on solutions, not problems; and
- Exceptional critical thinking skills.

Given the leadership role and responsibilities of the Chief Fellow position, CMSF will award the Chief Fellow with a \$2000 scholarship.

1.3. TARGETED PATIENT POPULATION

The following patient groups will receive free acupuncture treatments through the program:

- Post-stroke patients suffering from complications such as partial paralysis;
- Patients debilitated by spinal cord injury or other nerve damage-related conditions;
- Post-surgery patients suffering from symptoms such as pain, constipation and urinary incontinence;
- Geriatric patients suffering with dementia, depression, anxiety, urinary incontinence or digestive disorders;
- Patients suffering from chronic pain, such as those recovering from joint replacements; and
- Neurological conditions such as paralysis, spasticity, dysphagia and dysphasia.

1.4. TUITION

The tuition for the Acupuncture Fellowship Program is \$6000. As part of our non-profit mission, the Chinese Medical Science Foundation will confer a \$2000 grant to each Fellow selected.

The remaining \$4000 tuition will be divided into three payments. The first payment of \$2000 is due on the first day of the program. The second payment of \$1000 is due at the beginning

of the fourth month and the last payment of \$1000 is due at the beginning of the seventh month of the program.

There will be a \$100 deposit for lab coats and identification badge.

2. AFP CURRICULUM

The Fellowship curriculum is comprehensive: It includes practical clinical experience and didactic education.

As noted above, the Fellows will meet every Monday or every Wednesday for eight hours during a period of one year or 50 weeks. This represents a total of 400 clinical training and didactic education hours. There will be a didactic lecture on one of the curriculum topics approximately every other week. Given patient scheduling and availability, each Fellow will evaluate and treat up to 6 patients per day, depending on the departments' patient volume.

2.1. CLINICAL TRAINING

Fellows will be included on the Rehabilitation Department's multi-disciplinary care team and will rotate between the **inpatient and outpatient settings**. In addition, Fellows will rotate into other Internal Medicine Department units. This wide exposure provides a unique opportunity for acupuncturists to treat a diverse patient population such as patients with disabilities resulting from traumatic injuries, accidents, or debilitating medical conditions, patients recovering from surgery, or patients with chronic and critical conditions.

The clinical training will enable the Fellows to develop the following knowledge and skills required for an integrated hospital environment:

- Understanding the acupuncturist role in a multidisciplinary healthcare team;
- Learning the essentials of the integrated procedure;
- Developing professional charting skills;
- Gauging the severity of medical conditions in relation to TCM diagnosis;
- Understanding safety practices in the hospital setting;
- Conducting effective physical assessments;
- Developing diagnostic skills and treatment protocols;
- Exploring and using advanced treatment techniques;
- Cautions applicable to acupuncture treatment of patients with complex medical conditions;
- Relating advanced concepts of TCM to biomedical theory;
- Guiding patients to maximize the benefits of their acupuncture treatment;
- Learning general cautions and contraindications of acupuncture.

Approximately every other week Fellows will observe an Acupuncture Treatment Demonstration performed by Dr. Ma. Patients treated for demonstration will represent typical or difficult cases. Along with discussion of Fellows' questions, differential diagnosis will be reviewed, and treatment protocols demonstrated.

2.2. DIDACTIC EDUCATION

Every other week, Fellows will be given a lecture on of the curriculum topics. The lectures will complement and support the Fellows integrated clinical experience within the hospital.

Below is a sample of potential seminar topics:

- *General Clinical Skills.*
 - Chart reading
 - History intake, chart writing, communicating with the care team
 - Skills of performing a general physical examination (I, II & III)
 - Motor ability and range of motion assessment (I, II & III)
 - Advanced needling techniques
 - Clinical use of electrical acupuncture
- *Post-stroke Patients Acupuncture Protocols.*
 - Scalp acupuncture protocols
 - “Xing Nao Kai Qiao” protocols
 - “Yang Ming” protocols
 - Nerve root stimulation
 - Treatment of spasticity
 - Improving range of motion
 - Treatment of shoulder and hand syndrome
 - Treatment of foot drop and eversion of the foot
 - Treatment of dysphasia
 - “Ju Ci” protocols for motor impairment
 - Improve fine motor function
 - Urinary incontinence
- *Acupuncture Protocols for Neurological Conditions.*
 - Multiple sclerosis
 - Parkinson’s disease
 - Treatment of dementia
 - Seizures
 - Treatment of spinal cord injuries
 - Treatment of peripheral nerve injury
 - Facial paralysis
- *Acupuncture Protocols for Orthopedic Conditions.*
 - Treatment of muscular injuries and sprain
 - Treatment of ligament injuries
 - Treatment of joint diseases and post-surgery
 - Rehabilitation of joint replacement surgery
 - Treatment of carpal tunnel syndrome
- *Acupuncture Protocols for Pain Management.*
 - General pain management
 - Treatment of headaches
 - Treatment of neuralgia
 - Treatment of fibromyalgia

- *Acupuncture Protocols for Geriatrics*
 - Treatment of dementia, depression and anxiety
 - Treatment of acute and chronic pain
 - Enhancement of immunity to help prevent and fight infection
 - Treatment of digestive disorders
 - Treatment of urinary incontinence
- *Acupuncture Protocols for Post Surgery Conditions*
 - Pain Management
 - Treatment of nausea and constipation
- *Other Clinical Protocols*
 - Acupuncture protocols for constipation
 - Safety of hypertensive and diabetic patients receiving acupuncture treatment
 - Precautionary strategies for practitioners treating HIV and viral hepatitis patients
- *Ethics, Safety, and the Law.*
 - Below represents a sample of potential lectures by the Chinese Medical Science Foundation's General Counsel:
 - Legal issues regarding the use of acupuncture in a hospital setting
 - Professional obligations and rules of conduct for acupuncturists in a hospital setting
 - Effective and appropriate communication between acupuncturists and other health professionals
 - OSHA regulations for acupuncturists practicing in a hospital setting
 - HIPAA laws for acupuncturists practicing in a hospital setting
 - Review of current sexual harassment laws
 - The topics below will be covered by the hospital's Human Resources department:
 - Accident prevention and risk management in the hospital setting
 - Management of accidents and accident report procedures in a hospital setting

2.3. PROGRAM COMPLETION

Upon successful completion, AFP fellows will be granted:

- A Certificate of Completion of the Acupuncture Fellowship Program for Advanced Training in Acupuncture Rehabilitation and Internal Medicine;
- 30 NCCAOM accredited continuing education units (CEUs).

3. FREQUENTLY ASKED QUESTIONS

For the latest application materials and frequently asked questions, please refer to www.cmsf.org.

What makes this program unique?

While there are many acupuncture schools and continuing education programs in the U.S., there are few programs that integrate acupuncture into a formalized Western medical setting. We are unaware of any other program that offers acupuncture integrated into an in-patient setting and professional training for licensed acupuncturists in New York State.

The Acupuncture Fellowship Program is unique: It lays the groundwork for the exciting development of a US health care model that weaves Eastern medicine into the fabric of the Western medical system.

What are the benefits to participating in the Acupuncture Fellowship Program?

Fellows will experience and complete an intense educational program that will give them a substantial and diversified experience base in rehabilitation and internal medicine. They will improve the health and well-being of many patients. Fellows will also meaningfully contribute to the effort of integrating TCM within the Western medical system thereby furthering the entire TCM profession. In summary, this experience will develop a valuable foundation on which to pursue future career opportunities.

4. APPENDIX: CMSF OVERVIEW

4.1. MISSION

The Chinese Medical Science Foundation strives to integrate traditional Chinese medicine (TCM) with Western medical facilities, teams, and modalities. CMSF's mission is to develop integrative medical models within the Western medical system by:

- (1) Sponsoring clinical research that meets modern scientific research standards in order to validate TCM as a safe and effective medical system;
- (2) Integrating TCM within existing medical facilities;
- (3) Conducting continuing education programs;
- (4) Assessing the cost-effectiveness of integration.

4.2. VISION

In the near future, traditional Chinese medicine (TCM) will not only be considered a safe and effective medical system in the Western world, but also a cost-effective alternative to many Western medical modalities. When this happens, changes will unfold in the existing healthcare landscape.

Medical centers will integrate elements of TCM such as acupuncture into their clinical departments and practices. The benefits of acupuncture will be demonstrated in terms of both clinical efficacy as well as cost efficiency. Patients will expect acupuncture to be part of their healthcare.

Moreover, health insurance companies will increasingly reimburse and promote TCM and other complementary medicines not only because of consumer demand, but also because they will identify these modalities as cost-effective alternatives to more expensive western modalities.