

# DOCTOR OF TRADITIONAL CHINESE MEDICINE EXAMINATION CANDIDATE HANDBOOK

## 高級中醫師考試考生手冊



The College of Traditional Chinese Medicine Practitioners  
and Acupuncturists of British Columbia (CTCMA)  
卑詩省中醫針灸管理局

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## Introduction

This handbook includes the policies and procedures for the Competency Examination for Doctor of TCM. The regulatory body for Traditional Chinese Medicine (TCM) Practitioners and Acupuncturists in British Columbia is the College of Traditional Chinese Medicine Practitioners and Acupuncturists of British Columbia (CTCMA). CTCMA will be referred to as “the College” in this handbook. The College is responsible for governing TCM Practitioners and Acupuncturists in accordance with the *Health Professions Act*, RSBC 1996, c. 183 and the Traditional Chinese Medicine Practitioners and Acupuncturists Regulation of British Columbia.

Although accurate at the time of publication, changes may take place without prior notice. While the College will try to advise candidates of important changes, the College reserves the right to make changes in fees, examinations, policies and procedures at any time without advance notice.

The most recent version of this Handbook may be found on the College’s website at [www.ctcma.bc.ca](http://www.ctcma.bc.ca).

## Purpose of Examination

The College is mandated by the provincial government to protect the public’s right to safe, effective and ethical TCM services by regulating the practice of TCM.

The purpose of the Competency Examination for Doctor of TCM is to determine if a candidate have acquired the minimum entry-level competency for practice as a Dr. TCM. The public is thus protected when receiving treatment from registered professionals. The competency examination(s) must be written by all applicants.

The Examination is designed to assess knowledge, skills and abilities required for practice. A passing result on the examination indicates that the candidate has demonstrated the minimal standard of competence. A fail result indicates the candidate has not yet demonstrated the minimal standard of competence.

## Contact Information

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and Acupuncturists of British Columbia (CTCMA)  
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Vancouver, British Columbia,  
Canada, V6J 1V4  
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[info@ctcma.bc.ca](mailto:info@ctcma.bc.ca)



## About the Examination

The Competency Examination for Doctor of TCM consists of two parts. Part 1 is a written examination and Part 2 is a clinical examination. Candidates are required to pass the written examination before advancing to take the clinical examination. Upon passing the written examination, the candidate will be automatically scheduled for the next upcoming clinical examination. The written and clinical parts each provide different information about a candidate's knowledge and skills.

Part 1, the written examination, consists of multiple-choice items to assess the candidate's knowledge of basic concepts and the application of acquired knowledge to practical situations and problems.

Part 2, the clinical examination, consists of two case studies designed to simulate and reflect typical patient - Dr.TCM interaction.

Competencies to be assessed on the examination are specified in the Competency Profile '*Entry-Level Occupational Competencies, Performance Indicators and Assessment Blueprint for the Doctor of Traditional Chinese Medicine*' (May 2015).

## Technical Specifications

### Part 1 Written Examination (Multiple-Choice)

The Written Examination is a computer based examination which consists of 200 multiple-choice questions. Each question on the examination has undergone a stringent development and review process to ensure its validity. A small proportion of questions are being tested to evaluate their statistical properties and may not count towards your final score. Evaluating these questions' statistical properties allows for confirmation that newly developed questions are performing within acceptable statistical parameters. Following the statistical calibration and analysis of the questions, questions with performance statistics beyond a predetermined threshold are evaluated by subject matter experts and decisions are made as to their use as scored questions. All 200 questions are of equal value with 1 point for correct and 0 points for incorrect or missing responses. It is important to do your best on each question on the examination.

All multiple choice items are comprised of a question followed by four (4) alternative options. Candidates must indicate the correct or best option for an item to receive a mark. The questions may be based on concepts, theories, clinical situations or diagrams. Examples of the different types of items and instructions for answering the items are provided in Appendix A.

The following table provides the weighting (percentage) of the Written Examination:

<b>PRACTICE AREA</b>	<b>PERCENT</b>
Area 1 – Interpersonal Skills	
Area 2 – Professionalism	2% – 4%
Area 3 – Practice Management	
Area 4 – TCM Foundations	10% – 14%
Area 5 – Fundamentals of Biomedicine	17% – 21%
Area 6 – Diagnostics and Treatment	37% – 43%
Area 9 – Safety	2% – 4%
Area 10 – TCM Classics	10% – 14%
Area 11 – Advanced TCM Practice	9% – 13%



## **Part 2: Clinical Examination (Interview, Diagnosis and Treatment Plan)**

The Clinical Examination consists of two case studies designed to assess the candidate's clinical skills in areas including performing the four examinations; collecting information; problem solving; interpreting data; treatment planning; selecting herbal formulas and doing modifications; selecting acupuncture points; selecting other TCM treatment modalities such as moxibustion, tui na and cupping; and demonstrating professional behavior and communication skills.

This type of examination is designed to assess the candidate's skills in situations simulated to reflect actual clinical practice. In each case study, the candidate will have 30 minutes to interview a standardized patient<sup>1</sup>. After this time period is up the candidate will have 40 minutes to fill out a written test sheet.

The candidate will be given general information about the patient including the chief complaint. During the interview the candidate will collect information from the standardized patient as they would in a normal clinical setting while being observed by two examiners. In order to maintain consistency the standardized patient will have cards containing a variety of information about their condition which will be read to the candidate when necessary, i.e. the appearance of the tongue, or the results of a CBC lab test (complete blood count).

In each case study, the candidate will be required to give a TCM diagnosis as well as a western medical "impression" (what you think the Western Medical diagnosis would be, i.e. diabetes type II). The candidate will be tested on the etiology and pathology of the case. Candidates are required to give suggestions for dietary changes, lifestyle changes, exercise, and possible precautions in treating the patient.

The candidate will be scored by their written responses and by score sheets completed by the examiners and by the standardized patient. There will be two examiners observing the interview phase of the case. The candidate will be evaluated on their interview skills including interaction with the patient (e.g. in a professional manner) and their technical skills (e.g. did they proceed in a logical manner). The standardized patient will complete a score sheet on the behavior and communication skills of the candidate. An example of the clinical cases is provided in Appendix B.

A typical clinical examination will take *approximately* 3 hours to complete.

The following table provides the weighting (percentage) of the Clinical Examination:

<b>PRACTICE AREA</b>	<b>PERCENT</b>
Area 1 – Interpersonal Skills	10% – 20%
Area 2 – Professionalism	
Area 3 – Practice Management	2% – 4%
Area 4 – TCM Foundations	62% – 82%
Area 5 – Fundamentals of Biomedicine	
Area 6 – Diagnostics and Treatment	
Area 8 – Herbal Dispensary Management	2% – 4%
Area 9 – Safety	3% – 5%
Area 10 – TCM Classics	1.5% – 3.5%

<sup>1</sup> A standardized patient is a person who has been trained to realistically reproduce the history and the physical and emotional state of an actual patient. Standardized patients are trained to act in the same way with all the candidates.



## Languages

Candidates may choose to take the written examination in English, Traditional Chinese or Simplified Chinese and the clinical examination in English or Mandarin. A Chinese translation fee will apply on both written and clinical examinations.

## Acupuncture Points

Acupuncture points selected for examination will be referred to by the Pinyin names and WHO standard nomenclature. For extra points, Reference Code will also be used wherever possible.

## Traditional Chinese Medicine Herbs

Traditional Chinese Medicine herbs will be referred to by the pinyin names and Latin names.

## Suggested References

The references (see Appendix C), although not exhaustive, may be helpful to the subject matter experts for the development of questions and to candidates in preparation for the registration examination. The subject matter experts and candidates are encouraged to consult other relevant and authoritative references for TCM Illnesses and Formulae. For convenience the suggested references have been grouped into six categories.

1. TCM Foundations/Diagnosis
2. TCM Classics
3. Biomedicine
4. TCM Herbology
5. Acupuncture and Tuina
6. Communications, Professionalism and Ethics

## Procedures

### Examination Application

Each candidate must submit an application package to the College. A completed application form, all required fees and documents must be received by the application deadline. Incomplete applications will be rejected automatically.

Please refer to the Examination section on the College's website for details.

### Date and Location

Application status will be published on the Member Portal (<https://portal.ctcma.bc.ca>). Applicants are required to log-in to the Member Portal to update mailing address and check the application status, dates, times, locations and exam results from time-to-time. The College will not be able to retrieve changed password, therefore please keep this information in a safe place.

The time, date and location at which each candidate takes the written and clinical examinations will be determined after the deadline for applications. The College will inform candidates of the time/location of their examination(s) through the Member Portal. The receipt of the examination payment will be emailed to candidates' preferred mailing email address after the finalization of examination application.



## **Examination Results**

Examination results will be published on the Members Portal and a hard copy will be mailed to candidates' preferred mailing address. Results will not be given over the telephone or by fax.

The examination is comprised of a written component and a clinical component. The two parts of the examination are scored separately. The passing scores are determined by the Education and Examination Committee with the assistance of the College's psychometrician and a group of subject matter experts.

Examination results are valid for three (3) years/consecutive examinations (whichever is later) from the date of the College's notification of results.

## **Rescore**

To have an examination rescored, a candidate must submit a written request to the Registrar within thirty (30) days of the date on the letter of notification of examination results. Please note that candidates have a responsibility to ensure that the College has candidates' current address on file.

Candidates will be required to pay a \$200 fee per part of examination when requesting a rescore.

Candidates who fail the examination should be aware that their examination has been carefully scored according to psychometric best practices. The examination is considered valid and reliable. It should be noted that any additional re-scoring is unlikely to alter the scoring results.

All results and decisions made by the College on the re-scoring of an examination are final.

## **Refund**

The application fee is non-refundable.

## ***Withdrawal***

Requests to withdraw from the examination must be made in writing (signed and dated) and must be received by the College before the withdrawal deadline to obtain a refund of the examination fee. Verbal withdrawals are not accepted.

## ***Absent***

A candidate who is absent from the examination due to unforeseen circumstances (e.g. illness, death in the family) must submit written notification (signed, dated, and enclosed with supporting documentation) to the College within fourteen (14) days of the examination date to apply for a refund.

Refund request may be submitted through any of the following methods:

- a) By fax to 604-738-7171
- b) By email to [info@ctcma.bc.ca](mailto:info@ctcma.bc.ca)
- c) By mail to:

CTCMA  
1664 West 8th Avenue,  
Vancouver, BC V6J 1V4



## **Retaking an Examination**

A candidate who fails an examination may repeat the failed examination once within the next two consecutive sittings of the examination. If the candidate does not do so, a new application is required and will be evaluated according to policies in place at that time.

Any candidate who fails an examination twice is not eligible to retake the examination unless the candidate completes a *50-hour upgrading program* pre-approved by the College. Any candidate who fails an examination three or more times is not be eligible to repeat the examination unless the candidate completes a *50-hour upgrading program* preapproved by the College, and submits a new application to write the examination which will be evaluated according to policies current at that time. Please refer to the Examination section on the College's website for the Upgrading Program Application Form.

## **Special Accommodations**

If you have a disability that could adversely affect your performance on the examination and may require some accommodation in taking the examination, you should complete a Testing Accommodation Candidate Application Form. This form is available on the College website or by contacting the College. Accommodations cannot be provided for requests received after the deadline.

### ***Documentation of Disability***

Candidates are required to submit a formal diagnosis from a qualified health professional (eg. physician, psychologist registered with a professional regulatory body) that describes the disability. Documentation (for example, physician's report or letter, educational assessment, accommodation provided by the institute of training) must be received with the application for consideration prior to the examination.

### ***Candidates Request Guidelines***

Candidates must seek approval from the College prior to the examination for medical needs that do not affect their ability to write the examination but require the candidate to bring special materials into the examination room (e.g., hearing aids, medication(s), asthma pumps).

1. The candidate must submit the Accommodation for Special Needs – Candidate Application Form to the College by the Deadline for Examination Applications as indicated in the Examination Application Form. The form is available on the College website or by contacting College.
2. The candidate is required to submit the Accommodation for Special Needs – Documentation of Disability to the College by the Deadline for Examination Applications as indicated in the Examination Application Form. This form must be completed by an appropriate professional to certify the disability condition requires the requested test accommodation. This form is available on the College website or by contacting the College.
3. On examination day, the candidate must complete the Testing Accommodation Candidate Declaration Form before the exam materials are distributed. This form will be available on the examination day.





## Taking the Examination

In order to ensure that the examinations are administered in a standardized manner, candidates are required to adhere to the following procedures upon arrival at the testing centre:

1. Prior to beginning any part of the examination, a candidate must register for the examination by presenting at least one piece of identification bearing the candidate's name, photograph and signature (e.g., passport, driver's license, etc.). Candidates are recommended to arrive at the testing centre 30-minutes prior to the scheduled start time to ensure adequate registration time is allotted.
2. Any candidate arriving after the scheduled start time is not permitted to write the examination and will forfeit their examination fee.
3. Only the candidates, examiners, and examination invigilators will be allowed into the examination rooms. Candidates must not leave an examination room during the course of the examination without an examiner's permission.
4. Candidates requesting a washroom break during the examination will be escorted. Extra time to complete the examination will not be afforded to these candidates and the timer will not be paused.
5. Candidates must not convey information in any manner whatsoever to other candidates during and/or after the examination. Any questions or comments candidates may raise during the examinations must be directed to an examiner or examination invigilator.
6. In the event you have feedback regarding the content of the written examination, candidates are allowed to use the online notes feature (clipboard icon) to submit this here. Your proctors will not provide advice or assistance with any aspect of content in the assessment.
7. Upon completing the clinical examinations, candidates must hand in their examination booklets, answer sheets, and all notes they made during the examination to an examiner or examination invigilator.
8. Candidates are not allowed to bring any notes, books or other reference materials into the examination rooms. No electronic devices of any kind are permitted. No electronic or paper medical or technical dictionaries are permitted. Dictionaries (in printed form) for general language translation must be approved by the examiner prior to the beginning of the examination.
9. No food or drinks (except bottled water) are allowed in the examination room, unless a medical report is submitted at time of application.

## Confidentiality and Security of Test Materials

Security precautions eliminate unfair advantages among the candidates and avoid the high human/financial costs of replacing examination materials. That is why the strictest security measures are taken to protect the content of the examination before, during and after the examination.

All examination materials are protected by copyright. The College takes strict security measures to protect examination materials during all phases of development and administration including: development and review of material; reproduction, transportation and disposal of materials; and administration of material to candidates.

## Code of Conduct

Candidates are subject to the Rules of Conduct as described below. Candidates who contravene the Rules of Conduct may be denied participation, may have results invalidated and/or may be denied registration. Each candidate, by the act of participating in a Dr.TCM Examination, agrees to the following Code of Conduct:

1. Candidates acknowledge that the examination and the items therein are the exclusive property of the College.
2. Candidates acknowledge that they CANNOT remove any part of the examination from the test site, nor can they give or receive assistance from another candidate during the examination.
3. Candidates acknowledge that their participation in any act of cheating, as described below, may be sufficient cause for the College to terminate their participation, to invalidate the results of their examination, or to take any other necessary action.



4. Cheating refers to any act or omission by a candidate that could affect the result of that candidate, another candidate, or a potential future candidate. These acts include:
- a) non-eligible individuals posing as eligible candidates;
  - b) bringing study or reference materials to the test area;
  - c) giving or receiving assistance to or from another candidate during the examination;
  - d) removing or attempting to remove examination material by any means, electronic or otherwise, from the testing site;
  - e) receiving or giving information about the written component or the clinical component either BEFORE OR AFTER the examination. For example, releasing information about questions such as diagnosis, or tasks and activities involved in the examination. Note: this includes discussing examination items or other information about the examination with examiners or other candidates after the examinations.

## Additional Information

### Important Notice on Registration Requirements

Applicants for full registration must be authorized under the laws of Canada to work in Canada as per College Bylaws Section 48. This is not a requirement for examination applications but is mandatory for those who pass the examination and are ready to apply for registration.

As of February 1, 2016, the College only recognize:

- Private non-degree-granting institutions in British Columbia that are accredited by the Private Career Training Institutions Agency (“PCTIA”) or have a designation certificate issued under the Private Training Act.
- Public institutions that have approval or designation to grant credentials under the University Act or the College and Institute Act. Degree granting education programs must be approved by the provincial government’s Degree Quality Assessment Board (“DQAB”), as meeting the statutory requirements under the Degree Authorization Act.

All applicants must complete the basic education or training program for registration as an acupuncturist or for registration as a traditional Chinese herbalist within five consecutive years effective September 1, 2009.

Applicants are only eligible to apply for full registration when both written and clinical examination results are valid.

For those who apply to be registered on or after November 1, 2016, the successful completion of the Jurisprudence Examination will be one of the registration requirements.

### Limitations

The College cannot advise or provide detail on matters under the jurisdiction of other institutions or governments, such as:

- Federal and provincial statutes, regulations and policies governing TCM/Acupuncture registration;
- facilities available for general or specialized experience;
- training or employment opportunities;
- reciprocity between TCM regulation bodies within or outside Canada;
- the conditions imposed by the Government of Canada for immigration;
- scholarships or funding.



### **Limits of Liability**

While the College takes reasonable steps to ensure the accuracy and completeness of information, resources and reports, the College is not responsible for damages in the event of errors or omissions. The College is not responsible for impacts of a personal, professional or financial nature. This includes such impacts as loss of income, loss of salary and/or expenses incurred by an employer, a contractor or a candidate. It is the responsibility of each candidate in registering for the examination to have read and understood the limits of liability. Further it is the candidate's responsibility to advise those interested parties (e.g., employers) about the limits of liability. By participating in the examination, each candidate agrees that he or she shall take no action or other proceeding against the College or any of its officers, employees or agents for an act done in good faith or for any neglect or default related to the Pan-Canadian Entry-Level Examinations.

### **Financial Assistance**

The College does not offer financial assistance or information on possible sources of financial assistance. The College cannot waive or alter examination fees except as noted elsewhere in this Application Guide.

The College is a non-profit organization. The funds necessary for the administration of the Examinations come from the fees paid for the examination by the candidates who take the examination.

### **Research**

The College conducts research using non-identifying examination data, and may also provide this data to external researchers. By signing the application form, candidates consent to the use of non-identifying data for research purposes.

### **Privacy Policy**

The College is committed to collecting, using and disclosing the personal information of its examination candidates responsibly and only to the extent necessary to provide effective services. The College is also committed to being transparent about how personal information of candidates is handled.

By applying for the examination, candidates authorize the College to collect the personal information provided in the application form and to use that personal information for the purposes of processing the application for the purposes of registration under the *Health Professions Act*, RSBC 1996, c. 183 and candidates consent to the disclosure of that personal information to Yardstick Software Inc ("Yardstick") for the purposes of administering the examination, processing the examination results and providing information regarding the examination results back to the College.



## Appendix A – Sample Questions for the Written Examination

Which one of the following symptoms is the most useful for diagnosing left heart insufficiency?

下列哪项症状对诊断左心功能不全最有帮助?

- A. progressive shortness of breath  
进行性气短
- B. exertional dyspnea  
劳力性呼吸困难
- C. paroxysmal night dyspnea  
阵发性夜间呼吸困难
- D. orthopnea  
端坐呼吸

(Answer: C)

A 35-year-old female has had a sore throat for 5 days which is getting progressively worse. She has difficulty swallowing and a high fever. She is thirsty, constipated and her urine is yellow. Her tongue is red with a yellow coating. Her pulse is rapid and forceful. Which of the following herbal combination would be the best choice to treat this patient?

一位 35 岁的女性患咽喉疼痛 5 天，进行性加重，吞咽困难，伴高热，口渴，便秘，尿黄，舌红苔黄，脉红数。下列哪一组中药是治疗这个病人的最佳选择?

- A. Sheng Di Huang, Xuan Shen, Mai Men Dong, Chuan Bei Mu, Zhi Mu, Bai Shao Yao  
生地黄、玄参、麦冬、川贝母、知母、白芍药
- B. Huang Qin, Lian Qiao, Zhi Zi, Niu Bang Zi, Da Huang, Gan Cao  
黄芩、连翘、栀子、牛蒡子、大黄、甘草
- C. Ban Xia, Hou Po, Fu Ling, Zi Su Ye, Sheng Jiang  
半夏、厚朴、茯苓、紫苏叶、生姜
- D. Shi Gao, Zhi Mu, Gan Cao, Geng Mi  
石膏、知母、甘草、梗米

(Answer: B)

Which one of the following meridians does **NOT** travel through the throat?

下列那个经脉不直接循入咽喉?

- A. Foot Taiyin Spleen meridian  
足太阴脾经
- B. Foot Shaoyang Gall Bladder meridian  
足少阳胆经
- C. Foot Taiyang Bladder meridian  
足太阳膀胱经
- D. Foot Yangming Stomach meridian  
足阳明胃经

(Answer: C)



## Appendix B – Sample Case for the Clinical Examination

Please note that the format of the examination questions will have some variance.

At this station you will be provided with initial information about the patient. You will then be required to investigate and assess the patient as well as make your diagnosis and treatment plan and any recommendations to the patient.

### Instructions to Candidate

At this station, you will assess a patient whom you are meeting for the first time. This station is composed of Section A and Section B.

**Section A:** (You have 30 minutes to complete this section)

1. You will be provided with the general information of the standard patient.
2. You will then be required to collect information using “Four Inspections”
3. Keep all your relevant notes needed to complete Section B of this case.

**Section B:** (You have 40 minutes to complete this section)

Use your notes from Section A in order to complete Section B. Section B requires a written response under each heading. Your writing must be legible; illegible writing will be disregarded.

1. A sample of a completed patient profile can be found on the following pages. In this section, you are required to record the information on the examination sheet including: the patient’s chief complaints, present illness, past medical history, family history, demographic and occupational history, sexual history, observation, auscultation and olfaction, palpation, and other physical examinations obtained during Section A.
2. Under the “Diagnosis”, you need to clearly identify:
  - The primary TCM disease diagnosis and the pattern diagnosis
  - The secondary TCM Disease diagnosis and the pattern diagnosis
  - The impressions of Western Medical Condition(s)
3. Choose the appropriate treatment principles according to your primary and secondary TCM pattern diagnoses.
4. Write a Chinese herbal prescription (the dosage of each individual herb included) and acupuncture prescription.
5. Provide the patient with a written suggestion/instruction to assist in his/her treatment, recovery or prevention of the illness.



### General Information:

Last name: Ellinger  
 First name: Jennifer  
 Middle name: n/a  
 Date of Birth: 1957-11-28  
 Home address: 123-45th Avenue  
 City/Province/Country: Vancouver, BC, Canada  
 Postal Code: V5T 3E2  
 Tel (Residence): (604)-123-4567  
 Tel (Business): (604)-234-7890  
 Marital Status: Divorced  
 Occupation: Teacher  
 Date of 1st visit: April 04/05  
 Emergency Contact Name and Phone Number: David Ellinger (604)-945-4994

### Chief Complaints

- Pain in the stomach for more than 10 years
- Pain has become worse in the last 2 weeks

### Present Illness

This patient presented at the clinic complaining of distention of the upper abdominal and chest, and intermittent epigastric pain accompanied with belching for a period of 10 years. Two weeks ago she had an argument with her co-workers for no significant reason, and her symptoms have been worsened since. The pain is worse after eating and usually lasts about a half an hour after meals. The pain is dull, and moves and can be alleviated by heat and external pressure. She also complains of anxiety, tiredness, insomnia (has trouble getting to sleep and has dream disturbed sleep), loose stools and a poor appetite. She is thirsty but dislikes drinking cold fluids and has a bitter taste in her mouth. She is experiencing headaches and vomits immediately after eating. She also complains of being irritable, and easily angered.

### Past Medical History

- Has had high blood pressure for the last 5 years
- Blood pressure controlled by anti-hypertension medication
- Drinking coffee and/or milk, and eating potatoes often triggers migraine headaches
- Suffers from depression since divorce 8 years ago and has been taking anti-depressants for the past 7 years
- Drugs taken: Benzthiazide, and ACE inhibitors (anti-hypertension drug) for the last 5 years
- Phenelaine (anti-depressant, Nardi) for the last 7 years

### Family History

- Has no siblings
- No family history of diabetes, cancer, and/or neurological diseases

#### Father

- Primary hypertension, Coronary Heart Disease
- Died as a result of a stroke

#### Mother:

- Chronic Colitis
- Died as a result of a heart attack



## General Health Information

### Social Status

- Single mother

### Diet Habits

- Alcohol Consumption (beer, wine and/or hard-liquor): One glass/day
- Craves sweets
- eats fast food

### Life-style

- smokes cigarettes, one pack/day
- little exercise

## Demographic and Occupational History

**Age:** 47

**Education:** University degree

**Occupation:** High School Teacher for the past 20 years, and she finds it very stressful

Husband left her 8 years ago for his secretary. She lives with 3 teenage daughters, and is struggling financially. She hasn't re-married and is having difficulty letting go of the past.

## Sexual History, Menstruation History, and Pregnancy and Delivery History

- Menstrual cycle: 28/4, regular
- Onset of menarche at age 14
- Prior to menstruation, she feels anxious and experiences lower abdominal cramping
- Period is fresh and red in color, with some blood clots
- To her knowledge, has not had any STD's (Sexually Transmitted Diseases)
- Used oral contraceptives many years ago, for approximately 4 years

## Observations

- red eyes
- a lack of vitality
- face is reddish
- tongue is red with teeth marks and a thin yellow coating
- painful face expression

## Auscultation and Olfaction

- strong body odour
- A foul odour combined with cigarette smell was noted as coming from patient's mouth
- Hiccups

## Palpation

1. Pulse: wiry, thready and rapid
2. Body: Murphy's sign negative, abdominal wall appears soft, with no tenderness or rebounding pain

## Other Examinations

- B/P: 150/90 mmHg



### Diagnosis

1. Primary TCM disease diagnosis: Stomach pain
2. Secondary TCM disease diagnosis: Headache
3. Primary pattern diagnosis: Liver Qi Stagnation and Liver fire flaming up
4. Secondary pattern diagnosis: Qi and Yang Deficiency of Spleen and Stomach
5. Western Medicine Impression:
  - a) Chronic Gastritis
  - b) Primary Hypertension
  - c) Migraine Headaches
  - d) Depression
  - e) PMS

### Treatment Principle

1. Primary treatment principle: Soothing liver qi and removing liver fire
2. Secondary treatment principle: Tonifying and reinforcing spleen qi and yang

### Prescription

#### Option 1

**Herbal Prescription:** Dan Zhi Xiao, Yao San, and Si Jun Zi Tang plus Gan Cao 4.5g, Dang Gui 10g, Fu Ling 10g, Bai Shao 10g, Chai Hu 10g, Mu Dan Pi 10g, Zhi Zi 10g, Ren Shen 10g, Bai Zhu 2g, Mu Xiang 2g, Sha Ren2g , Bo He 2g (separately packaged). Dosages for 3 days.

#### Option 2

**Herbal Prescription:** Dan Zi Xiao Yao San (detailed prescription required) plus Huang Qi Jiang Zhong or Shen Ling Bai Zhu San (detailed prescription required)

#### Option 3

**Herbal Prescription:** Dan Zi Xiao San (detailed prescription required)

**Acupuncture or Tui Na Prescription:** Zu San Li (S 36), Nei Guan (P 6), Gongsun (Sp 4), Xing jian (LR 2), Zhongwan(CV 12)

### Suggestions on Diet and Lifestyle Modification

#### Instructions for Cooking Herbs

Put two pieces of ginger into a pot with the other herbs before cooking. Add water in order to cover the surface of the herbs (approximately 3.5 cups of water). Soak herbs and ginger for 30 minutes before cooking. Cook for approximately 30 minutes, at maximum heat until it comes to a boil; once it is boiling, lower heat to medium. Add the small package of herbs and let stand 3 minutes before finish cooking. Strain one cup of liquid from the herbs to drink. Dosage: one cup per day.

#### Diet Suggestions

- a) stop drinking alcohol
- b) avoid spicy and acidic foods

#### Behavior Suggestions

- a) quit smoking
- b) exercise regularly
- c) listen to relaxing music

#### Other Suggestion(s)

- a) Consult a psychologist





## Appendix C – Suggested Reference Books

### TCM Foundations and Diagnosis

**Foundations of Chinese Medicine** (1987) by Giovanni Maciocia. Distributed by Churchill Livingstone, Robert Stevensen House, 1-7 Boxter Place, Leith Walk, Edinburgh, United Kingdom, EH1 3AF.  
ISBN: 0-443-03980-1

**Basic Theories of Traditional Chinese Medicine** by Hui He Yin. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0484-1

印會河主編, **中醫基礎理論**, 上海科技出版社, 1984.  
ISBN: 7-5323-0484-1

**Basic Theories of Traditional Chinese Medicine** by Academy Press (Xue Yuan).  
中醫基礎理論 (學苑出版社)

**Diagnosis in Chinese Medicine – A Comprehensive Guide** by Giovanni Maciocia, Published by Churchill Livingstone, 2004.  
ISBN: 0-443-06448-2

**Diagnostics of Traditional Chinese Medicine** by Tie Tao Deng. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0222-9

鄧鐵濤主編, **中醫診斷學**, 上海科技出版社, 1984  
ISBN: 7-5323-0222-9

**Diagnostics of Traditional Chinese Medicine** by Academy Press (Xue Yuan) 1998.  
ISBN 7-5077-1271-0

**中醫診斷學** (學苑出版社)  
ISBN 7-5077-1271-0

**Clinical Handbook of Internal Medicine (Vol. 1 & 2)** by Will MacLean & Jane Lyttleton. Published by University of Western Sydney, Australia.  
ISBN: 1-875760-93-8 & 0-9579720-0-8

**The Practice of Chinese Medicine** by Giovanni Maciocia. Published by Churchill Livingstone.  
ISBN: 0-443-043051

**Traditional Chinese Internal Medicine** by Bo Yu Zhang. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0226-1

張伯臬主編, **中醫內科學**, 上海科技出版社, 1994.  
ISBN: 7-5323-0226-1

**Internal Medicine of TCM** by Wang Yue et. Published by Publishing House of Shanghai University of TCM.  
ISBN: 7-81010-660-0

**Traditional Chinese Internal Medicine** by Academy Press (Xue Yuan)

**中醫內科學** (學苑出版社)

**Obstetrics & Gynecology in Chinese Medicine** by Giovanni Maciocia. Published by Butterworth-Heinemann.  
ISBN: 0-939616-28

**TCM Gynecology** by Yuan Kai Luo. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0493-0

羅元愷主編, **中醫婦產科學**, 上海科技出版社, 1994.  
ISBN: 7-5323-0493-0



**Gynecology of TCM** by Tan Yong et. Published by Publishing House of Shanghai University of Traditional Chinese Medicine.  
ISBN: 7-81010-657-0

**Pediatrics of Traditional Chinese Medicine.** Published by Publishing House of Shanghai University of Traditional Chinese Medicine.  
ISBN: 7-81010-653-8

**TCM Pediatrics** by Yu Ren Jian. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0487-6

江育仁主編, **中醫兒科學**, 上海科技出版社, 1994.  
ISBN: 7-5323-0487-6

**Pediatrics** by Julian Scott.

**Traumatology & Orthopedics of Traditional Chinese Medicine** by Xiang Cai Xu et. Published by Publishing House of Shanghai University of Traditional Chinese Medicine.  
ISBN: 7-81010-656-2

**TCM Traumatology** by Ze Bo Cen. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0313-6

岑澤波主編, **中醫傷科學**, 上海科技出版社, 1984  
ISBN: 7-5323-0313-6

**Surgery of Traditional Chinese Medicine** by Xiang Cai Xu et. Published by Publishing House of Shanghai University of Traditional Chinese Medicine.  
ISBN: 7-81010-656-2

**TCM External Medicine** by Bo Kang Gu. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0490-6

顧伯康主編, **中醫外科學**, 上海科技出版社, 1984.  
ISBN: 7-5323-0490-6

**Ophthalmology & Otorhinolaryngology of Traditional Chinese Medicine.** Published by Publishing House of Shanghai University of Traditional Chinese Medicine.  
ISBN: 7-81010-655-4 & 7-81010-654-6

**TCM Ophthalmology** by Ping Zheng Liao. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0492-2/R .131

廖品正主編, **中醫眼科學**, 上海科技出版社  
ISBN: 7-5323-0492-2/R .131

**TCM Otolaryngology** by De Jiang Wang. Published by Shanghai Science and technique Press.  
ISBN: 7-5323-0486-8/R .125K

王德監主編, **中醫耳鼻咽喉口腔科學**, 上海科技出版社, 1997.  
ISBN: 7-5323-0486-8/R .125K

**Life Cultivation & Rehabilitation of Traditional Chinese Medicine** by Wang Xu Dong et. Published by Publishing House of Shanghai University of Traditional Chinese Medicine.  
ISBN: 7-81010-649-X

**TCM Preventative Medicine** by Yu Chuan Wang. Published by Shanghai Science and technique Press.  
ISBN: 7-5323-2706-X/R .816

王玉川主編, **中醫養生學**, 上海科技出版社  
ISBN: 7-5323-2706-X/R .816



**TCM Emergenology** by Ji Xue Ren. Published by Shanghai Science and technique Press, 1997.  
ISBN: 7-5323-4435-5

任繼學主編, **中醫急診學**, 上海科技出版社, 1997.  
ISBN: 7-5323-4435-5

#### TCM Classics

**The Medical Classic of the Yellow Emperor** translated by Ming Zhu. Published by Foreign Languages Press, 2001.  
ISBN: 7-119-02664 X

**Nei Jing Teaching Materials** by Shi De Chen. Published by Shanghai Science and technique Press, 1994.  
ISBN: 7-5323-0217-2

程士德主編, **內經講義**, 上海科技出版社, 1994.  
ISBN: 7-7532-0217-2

**Yellow Emperor's Canon Internal Medicine** by Bing Wang. Published by China Science and Technology Press.  
ISBN: 7-5046-2231-1

**The Yellow Emperor's Classic of Internal Medicine** by Ilza Veith. Published by University of California Press, Berkely, Los Angeles, California USA.  
ISBN: 0-520-01296-8 (paperback), 0-520-02158-4 (hardcover)

**On Cold Damage** by Craig Mitchell. Published by Paradigm Publishing.  
ISBN: 0-91211-57-7

**Teaching Materials for Shang Han Lun** by Pei Shen Li. Published by Shanghai Science and technique Press, 1994.  
ISBN: 7-5323-0489-2/R .128

李培生主編, **傷寒論講義**, 上海科技出版社, 1994.  
ISBN: 7-5323-0489-2/R .128

**Treatise on Febrile Diseases Caused by Cold (Shang Han Lun) 傷寒論** by Zhong Jing Zhang.  
Published by New World Press

**Chinese-English Textbook Synopsis of Prescriptions of Golden Chamber** by Ruan Jiyuan et. Published by Shanghai Science & Technology Publishing Co. Sept 2003.  
ISBN: 7-5323-7032-1

**Jin Gui Yao Lue** by Ke Guang Li. Published by Shanghai Science and technique Press, 1994.  
ISBN: 7-5323-0303-9/R .82K

李克光主編, **金匱要略**, 上海科技出版社  
ISBN: 7-5323-0303-9/R .82K

**Synopsis of Prescriptions of the Cold Chamber 金匱要略方論** by Zhong Jing Zhang.  
Published by New World Press

**Warm Disease Theory – Wen Bing Xue** by Jian Min Wen & Carry Seifert. Published by Paradigm Publishing.  
ISBN: 0-91211-61-5

**Wen Bing Xue** by Shu Jiang Men. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0488-4/R.127

孟澍江主編, **溫病學**, 上海科技出版社, 1984.  
ISBN: 7-5323-0488-4/R.127



## Biomedicine

**Anatomy & Development, Function, Clinical Correlations** by William J. Larsen. Published by W.B. Saunders.  
ISBN: 0721646468

**Anatomy of Normal Body** by Shu Hua Qu. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0509-0

邱樹華主編, **正常人體解剖學**, 上海科技出版社, 1984.  
ISBN: 7-5323-0509-0

**Anatomic Physiology** by Shu Hua Qu. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0224-5

邱樹華主編, **解剖生理學**, 上海科技出版社, 1984.  
ISBN: 7-5323-0224-5

**Review for the MCCQUE (The Toronto Notes)**. Toronto Notes Medical Publishing Inc.  
ISBN:0-9685928-4-8

**Pathology for the Health – Related Professions** (2<sup>nd</sup> Edition) by Ivan Damjanov. Published by W.B. Saunders Company, The Curtis Centre, Independence Square West, Philadelphia, Pennsylvania 19106 USA.  
ISBN: 0-7216-8118-2

**Medical Physiology**, Updated Edition by Walter F. Boron. Published by W.B. Saunders Company.  
ISBN: 141-6023283

**Physiology** by Guo Long Liu, Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0508-2

劉國隆主編, **生理學**, 上海科技出版社, 1984.  
ISBN: 7-5323-0508-2

**Pathology** by Guo Long Liu, Published by Shanghai Science and technique Press, 1994.  
ISBN: 7-5323-3707-3

魏民主編, **病理學**, 上海科技出版社, 1994.  
ISBN: 7-5323-3707-3

**Review for the MCCQUE (The Toronto Notes)**. Toronto Notes Medical Publishing Inc.  
ISBN:0-9685928-4-8

**Guide to Physical Examination and History Taking** (5<sup>th</sup> Edition) by Barbara Bates, MD. Published by Blue Poppy Press, 1775 Linden Avenue, Boulder, Colorado, USA, 80304.  
ISBN: 0-912111-13-5

**Differential Diagnosis for Primary Practice** by Jennifer R. Jamison. Published by Churchill Livingstone.  
ISBN: 0-443-06264-1

**Basic Knowledge of Diagnostics** by Chuan Hui Ye. Published by Shanghai Science and technique Press, 1998.  
ISBN: 7--5323-4103-8

葉傳蕙主編, **診斷學基礎**, 上海科技出版社, 1998.  
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**Microbiology** by T. Stuart Walker. Published by W.B. Saunders.  
ISBN:0-721-64641-7

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**Pharmacology** by George M. Brenner. Published by W.B. Saunders Company. The Curtis Centre, Independence Square West, Philadelphia, Pennsylvania 19106 USA.

ISBN: 0-7216-7757-6

**Pharmacology** by Qin Mao Wang, Published by Shanghai Science and technique Press, 1984.

ISBN: 7-5323-0227-1

王欽茂主編, **藥理學**, 上海科技出版社, 1984.

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**Biochemistry** by Robert Roskoski. Published by W.B. Saunders Company.

ISBN: 0-7216-5174-7

**Biochemistry** by Wei Kang Zhao, Published by Shanghai Science and technique Press, 1998.

ISBN: 7-5323-0378-0

趙偉康主編, **生物化學**, 上海科技出版社, 1998.

ISBN: 7-5323-0378-0

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ISBN:0-9685928-4-8

**Immunology for Medical Students (Updated Edition)**, by Roderick Nairn & Matthew Helbert. Published by Mosby Publishing Company.

ISBN: 0-323-03576-0

**Basics of Immunology and Pathogenic Microbiology** by Li Qin Yang, Published by Traditional Chinese Medicine and Materia Medica Press, 1998.

ISBN: 7-8015-6436-7

揚黎青主編, **免疫學基礎與病原生物學**, 中醫藥出版社,

ISBN: 7-8015-6436-7

**Review for the MCCQUE (The Toronto Notes)**. Toronto Notes Medical Publishing Inc.

ISBN:0-9685928-4-8

**Laboratory & Diagnostic Test Handbook** by Marie S. Jaffe & Barbara F. McVan. Published by F.A. Davis Company 1915 Arch Street, Philadelphia, Pennsylvania 19103.

ISBN: 0-8036-0088-7

**Experimental Diagnostics** by Hong Li Wang, Published by Traditional Chinese Medicine and Materia Medica Press, 1998.

ISBN: 7-117-04078-5

王鴻利主編, **實驗診斷學**, 中醫藥出版社,

ISBN: 7-117-04078-5

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ISBN:0-9685928-4-8



**Cecil Review of General Internal Medicine (8th Edition)** by J. Allen D. Cooper, Jr., MD & Peter G. Pappas, MD. Published by W.B. Saunders Company.  
ISBN: 1-4160-0023-2

**Internal Medicine** by Shi Cheng Wang, Published by Shanghai Science and technique Press, 1998.  
ISBN: 7-5323-4247-6

王世成主編, 內科學, 上海科技出版社, 1998.  
ISBN: 7-5323-4247-6

**Review for the MCCQUE (The Toronto Notes).** Toronto Notes Medical Publishing Inc.  
ISBN:0-9685928-4-8

### TCM Herbology

**Chinese Herbal Medicine Materia Medica (Revised Edition)** by Dan Bensky & Andrew Gamble. Published by Eastland Press.  
ISBN: 0-939616-15-7

**Chinese Herbal Medicine Materia Medica** by Zai Quan Lei. Published by Shanghai Science and technique Press, 1994.  
ISBN: 7-5323-3706-5

凌一揆主編, 中藥學, 上海科技出版社, 1994.  
ISBN: 7-5323-0497-3

**The Chinese Materia Medica** By Academy Press (Xue Yuan), 1998, ISBN 7-5077-1269-9

中藥學 (學苑出版社)

**Formulas & Strategies** by Dan Bensky & Andrew Gamble. Published by Eastland Press.  
ISBN: 0-939616-10-6

**Formulas** by Jin Fu Duan. Published by Shanghai Science and technique Press, 1994.  
ISBN: 7-5323-3708-1

段富津主編, 方劑學, 上海科技出版社, 1994.  
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**Formulas of Traditional Chinese Medicine** by Academy Press (Xue Yuan), 1998.  
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**Chinese Herbal Medicine Materia Medica (Revised Edition)** by Dan Bensky & Andrew Gamble. Published by Eastland Press.  
ISBN: 0-939616-15-7

**TCM Pharmacology** by Yun Qian Wang. Published by Shanghai Science and technique Press, 1986.  
ISBN: 7-5323-0499-1

王筠默主編, 中藥藥理學, 上海科技出版社, 1986.  
ISBN: 7-5323-0499-1

**Chinese Materia Medica Chemistry, Pharmacology & Applications** by You-Ping Zhu. Published by Harwood Academic Publishers.  
ISBN: 90-5702-285-0

**The Pharmacology of Chinese Herbs (2nd Edition)** by Kee Chang Huang. Published by CRC Press.  
ISBN: 0-8493-1665-0



## Acupuncture and Tuina

**Chinese Tuina** by Xiang Cai Xu et. Published by Publishing House of Shanghai University of Traditional Chinese Medicine.  
ISBN: 1-886969-04-3

**Tui-Na Xue** by Da Fang Yu. Published by Shanghai Science and technique Press, 1984.  
ISBN: 7-5323-0220-2

俞大方主編, **推拿學**, 上海科技出版社, 1984.  
ISBN: 7-5323-0220-2

**Chinese Acupuncture and Moxibustion (1993)** by Qiu Mao-liang. Zang Shan-chen. Published by Longman Singapore Publishers Ltd. Distributed by Churchill Livingstone Inc., 650 Avenue of the Americas, New York, New York, 10011.  
ISBN: 0-443-04223-3

**A Manual of Acupuncture (1998)** by Peter Deadman, Kevin Baker et al. Published by Eastland Press, #400-119 First Avenue South, Seattle, Washington, USA, 98104.  
ISBN: 0951054678

**The Way to Locate Acupuncture-points (1988)** by Yang Jiasan, Dr. Meng Xiankun. Published by Foreign Languages Press, Beijing, China. Distributed by China International Book Trading Corporation, P.O. Box 399, Beijing, China.  
ISBN: 0-8351-2317-0

邱茂良主編, **針灸學**, 上海科技出版社, 1985.  
ISBN:7-5323-0218-0

楊甲三主編, **腧穴學**, 上海科技出版社, 1984.  
ISBN:14119.1726

**Anatomical Atlas of Chinese Acupuncture Points (1990)** by Shandong Medical College. Published by Shandong Science and Technology Press, China. Distributed by Petraco Press Ltd., Unit 14-570 Hood Road, Markham, Ontario, Canada, L3R 4G7.

**Chinese Acupuncture and Moxibustion (1993)** by Qiu Mao-liang. Zang Shan-chen. Published by Longman Singapore Publishers Ltd. Distributed by Churchill Livingstone Inc.  
ISBN: 0-443-04223-3

邱茂良主編, **針灸學**, 上海科技出版社, 1985.  
ISBN:7-5323-0218-0

**Clean Needle Technique for Acupuncturists (1993)**. A manual, guidelines and standards for the clean and safe clinical practice of acupuncture. Published by the National Commission for the Certification of Acupuncturists (NCCA)

## Communications, Professionalism and Ethics

**Communication Skills in Medicine** by Margaret Lloyd & Robert Bor. Published by Churchill Livingstone.  
ISBN: 0-443-0711-9

**The Medical Interview (4th Edition)** by John L. Coulehan & Marian R. Block. Published by F.A. Davis Company.  
ISBN: 0-8036-0771-7

**Medical Assisting** by Diane Klieger. Published by W.B. Saunders.  
ISBN: 00721-6957-28