

# acupuncture *course*

## Medical Acupuncture at Downstate



SUNY Downstate Medical Center  
Office of Continuing Medical Education  
450 Clarkson Avenue, Box 1244  
Brooklyn, New York 11203  
Phone 718 270-2422 Fax 718 270-4563



[www.downstate.edu/cme](http://www.downstate.edu/cme)

[ocme@downstate.edu](mailto:ocme@downstate.edu)

Medical Acupuncture at Downstate

The State University of New York (SUNY) Downstate Medical Center, located in Brooklyn, comprises a College of Medicine, College of Health Related Professions, College of Nursing, School of Graduate Studies, and the University Hospital of Brooklyn. It is one of the nation's leading medical centers, and the only academic medical center in Brooklyn. It serves a population of over 2.3 million people which is one of the most diverse populations in the world.

Dr. Joseph Helms, founding President of the Americal Academy of Medical Acupuncture "coined" the term *medical acupuncture*. It has helped to advance the acceptance of acupuncture practice in western medicine. Because of this breakthrough, DownstateMedical Center has successfully run the Medical Acupuncture course since 2002. Graduates of our program represent various medical disciplines such as Rehabilitation Medicine, Primary Care, Surgery, and Dentistry.

**TARGET AUDIENCE**

The Office of Continuing Medical Education at SUNY Downstate Medical Center offers a 300 hour educational program which qualifies the participant for New York State Acupuncture Certification. The program is open only to licensed physicians, dentists, and residents-in-training.

**PROGRAM OBJECTIVES**

- Upon completion of this program, the participants will be able to:
- describe fundamentals of acupuncture theory
  - identify channel, point locations, and functions
  - interpret concepts and approaches in Chinese diagnostics and therapy
  - demonstrate needling techniques
  - establish patient management for the most prevalent conditions facing the practitioner
  - employ acupuncture skills in their medical practice and be well prepared for study in any specialized or advanced aspects of acupuncture.

**PROGRAM OVERVIEW**

The program consists of 300 hours of didactic seminars and clinical workshops and concentrates on the following:

- fundamentals of acupuncture theory
- channel and point locations and functions
- concepts and approaches in Chinese diagnostics and therapy
- needling techniques
- patient management for the most prevalent conditions facing the practitioner

\_\_\_\_\_  
Name (First, Middle, Last)

\_\_\_\_\_  
Mailing address

\_\_\_\_\_  
City /State/ Zip Code

(\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Daytime phone Evening phone

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
Name of medical school

\_\_\_\_\_  
School location (city, state, country) Graduation date \_\_\_\_\_

\_\_\_\_\_  
Professional Degree and field of practice \_\_\_\_\_

\_\_\_\_\_  
Name of current employer City/State \_\_\_\_\_

\_\_\_\_\_  
Position # of years with current employer \_\_\_\_\_

\_\_\_\_\_  
Date Applicant's signature \_\_\_\_\_

Sept. session  March session

Full program  \$5,500 MD  \$5,000 (SUNY Physicians)  
Section 1, 2, or 3  \$ 1800

**Make check payable to: OCME SUNY Downstate**  
**Mail completed form and check to:**  
Office of CME SUNY Downstate Medical Center  
450 Clarkson Avenue, Box 1244  
Brooklyn, NY 11203

**For credit card registrations:**  
**Mail to:** SUNY Downstate Medical Center Bursar Office, IFR 900051  
450 Clarkson Avenue, Box 1206  
Brooklyn, NY 11203

Visa  MC  Discover

Amount authorized \$ \_\_\_\_\_

Card# \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

I hereby authorize SUNY Downstate to charge my credit card for the amount indicated above.

## Section II.

### Specific Uses and Techniques of Acupuncture

Section II designed to meet 100 hours of specific uses and techniques of acupuncture.

1. Basic acupuncture: Myofascial pain and fibromyalgia management.
2. Basic acupuncture: Head and facial pain management.
3. Basic acupuncture: Low back pain management.
4. Basic acupuncture: Neuropathic pain management.
5. Acupuncture therapy for stroke rehabilitation, facial palsy, Parkinson's Disease and Alzheimer's Disease.
6. Acupuncture therapy for respiratory system and mouth disorder.
7. Acupuncture therapy for toothache; gingivitis; post-extraction; pharyngitis; allergies; acute sinusitis, rhinitis, tonsillitis and bronchitis; colds and flu and asthma.
8. Acupuncture therapy for gastrointestinal disorders: esophageal spasm; colitis; hiccough; gastroptosis; gastritis; ulcer; constipation; diarrhea and nausea following surgery or chemotherapy and for nausea of pregnancy.
9. Acupuncture therapy for heart problems; palpitations; high blood pressure; menstrual cramps; infertility; premenstrual syndrome; and sexual dysfunction.

## Section III

### Clinical Demonstration

This section is designed to provide 100 hours of supervised clinical activities. The clinical unit is structured to reinforce the classroom presentations into practical application. Clinical rotations take place at state-of-the-art facilities in New York City.

The State University of New York has approved the Medical Acupuncture Program at Downstate as a non-credit certificate (HEGIS #5299) program meeting the 300-hours requirement to become a licensed practitioner of acupuncture in New York State.

SUNY Downstate Medical Center designates this activity for a maximum 300 AMA/PRA Category 1 Credit (s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Each physician is awarded a certificate in accordance with AMA guidelines for continuing medical education on new procedures and skills training.

This program is approved by the American Board of Medical Acupuncture as meeting the minimum educational standards for board certification with the ABMA.

**Special Needs:** In accordance with the Americans with Disabilities Act, SUNY Downstate Medical Center seeks to make this course accessible to all. If you have a disability which might require special accommodations, please contact the Office of CME or e-mail your needs to: [ocme@downstate.edu](mailto:ocme@downstate.edu).

### Required Textbook:

Acupuncture and Moxibustion  
Cheng Xinnong

### Reference

*Anatomy/Acupuncture Points Pocket*

Other Required Materials: Needles and supplies

## ADMISSION REQUIREMENTS

This certificate program is open only to licensed physicians, dentists and residents who practice in New York State. The applicant should:

1. complete the attached application form;
2. provide a curriculum vitae, and
3. provide a current, active medical or dental license and registration

Applicants who are residents are required to provide a letter from the program director indicating the licensed resident's status.

The completed application form and fee should be forwarded to the Office of CME. An appointment will be made for the physician to present his/her current license for photocopying.

## PROGRAM FEE

The comprehensive cost of this program is \$5500 for physicians which includes application fee and clinical activities. SUNY staff physicians and physicians-in-residency will received a \$500 discount.

## REFUND

A full refund will be given if the course is cancelled, discontinued by the college, or if you are not accepted into the program. Cancellation by a program participant will be accepted one week before class is scheduled to begin; a \$150 cancellation fee will be charged. Once the program has begun, tuition is non-refundable. OCME has the right to cancel the course or change lecture dates. We will notify you of any such changes.

For additional information regarding this program, please call (718) 270-2422 or send us an e-mail at ocme@downstate.edu.

# Medical Acupuncture at Downstate

The Medical Acupuncture Program is designed to meet the acupuncture curricula of the New York State Education Department. The sequence of educational activities represents 300 hours of formal instruction in practice acupuncture. The course is divided into three sections which can be taken independently. Lectures involve the basic aspect of acupuncture which includes video course viewing, and supervised clinical training.

## PROGRAM DATES AND SCHEDULES OF CLASSES

The program starts in September and March and runs for approximately six (6) months. The program is conducted on weekends. Weekend sessions meet Fridays 4pm to 9pm; and Saturdays and Sundays, 8am to 5 pm. The first month of classes meet weekly in order to gain deeper insight of the basics of acupuncture; thereafter, classes meet every other week for Section II of the course. The clinical demonstration component (Section III) schedule is based on physician availability.

### Section I.

#### Basic Aspects of Acupuncture

The basic aspects of acupuncture are presented in this section, which is covered by 66 hours of instruction and 34 hours of video course viewing assignments.

Course Description: The courses begins with an historical and scientific overview of acupuncture. It explains its context in modern medicine; describe Ying Yang Theory; Theory of Five Elements; Essence, Energy, Blood & Body Fluid; Eight Principles and Zang-Fu Theory. It also introduces Tongue & Pulse Diagnosis, Meridians & Channels and Significant Acupuncture Points, and addresses palpitation and needling skills to initiate learning the manual skills of acupuncture. Precautions, contraindications, managing accidents of acupuncture theory, and dangerous points are discussed.