

Course Title: Chiropractic Acupuncture

Instructor: Ashley Spector, D.C. and Mike Robertson, D.C.

Total Hours: 16 hours (includes Texas mandatory hours)

Dates:

1. July 17th-18th 2021
2. August 21st-22nd 2021
3. September 18th-19th 2021
4. October 16th-17th 2021
5. November 20th-21st 2021
6. December 11th-12th 2021

Summary:

In this course you will learn a novel explanation of Qi using scientific terms and embryonic origins. We will review the horary cycle, yin yang relationships, element theory, acupuncture channels, and acupuncture points. You will review appropriate angles and depths of needle applications. In addition, you will learn ways to communicate and explain how acupuncture works to your patients and other providers using Western terminology that is congruent with Eastern principles. Lastly, you will learn how acupuncture can be used to stimulate the nervous system and potentially help with various neuromusculoskeletal conditions/symptoms.

Learning Outcomes:

By the end of the seminar, participants will be better able to:

- Implement appropriate clinical application of acupuncture needles including depth of needle penetration and angle of insertion
- Discuss the benefits and risks of clinical acupuncture
- Educate patients about the context of acupuncture in the current healthcare model
- Understand which neuromusculoskeletal conditions would benefit from acupuncture

Teaching Methods:

Lecture, slides, Q & A, Sample Cases/Case Studies

Course Outline:

<i>Hour</i>	<i>Content</i>	<i>Format</i>	<i>Topic</i>
<i>Saturday 9:00am- 9:50am Hour #1</i>	<ul style="list-style-type: none">• E/M Coding Selection Changes Effective Jan 1, 2021<ul style="list-style-type: none">○ History of why these changes are being made<ul style="list-style-type: none">▪ Review 2019 proposals to change by CMS and negotiations/feedback from AMA○ Summary of Changes<ul style="list-style-type: none">▪ E/M Scoring changed to Time or MDM▪ Deletion of 99201▪ Retention of individual code levels	<i>Lecture, Slides</i>	<i>TBCE Mandated hours: Documentat ion/Record Keeping</i>

- Review new compensation schedule
 - Addition of new prolonged services code
- Review of NEW CPT code Descriptions
 - Current code descriptions for 99202-99215, & 99XXX (the 99XXX code description will be updated following the full release of the code on September 17, 2020)
- E/M Scoring changes – New ways to select your code level
 - Compare and contrast new vs old methods
 - MDM vs 3 key components
 - Total time vs old Time method
- E/M Coding according to Time
 - Elements addressed in new time code selection
 - Differences between new E/M timed code selection and all other CPT code time selection processes
 - Specific criteria for time code selection
 - Face-to-Face and Non-face-to-face
 - Date of Service only
 - Pre/Post/Intra-service definitions changed
 - Portions of clinical encounter that can be counted toward time
 - No double dipping & exclusion of separate CPT services
 - Review correct coding for every probable time frame for E/M codes
 - The new Prolonged services code and how to implement
 - Compare new prolonged code to existing prolonged codes and differentiate appropriate usage of said codes
- E/M coding in 2021 according to Medical Decision Making
 - Compare/Contrast MDM vs 3 Key Components
 - Highlight documentation requirement of only the history and examination they deem necessary for the encounter and maintenance of standards of Problem Oriented Medical Record as per NCQA Guidelines for Record Keeping
 - 3 categories of MDM
 - Number and complexity of problems addressed
 - Amount and/or complexity of data to be reviewed and analyzed
 - Risk of complications and/or morbidity or mortality of patient management
- Determining level of service
 - Selection of code level with respect to Number and complexity of Problems addressed
 - Selection of code level with respect to Amount and/or complexity of data to be reviewed and analyzed
 - Selection of code level with respect to Risk of complications and/or morbidity or mortality of patient management
 - Coding based on level of medical decision making
 - Clinical scenarios outlined by the AMA and CMS that qualify for 99203
 - Scenarios that qualify for 99204
- Review of probable code selection pathways for chiropractors given the new coding rules
 - Code Selection tips for:

Saturday
9:50am-
10:40am
Hour #2

Lecture,
Slides

TBCE
Mandated
hours:

Documentat
ion

- 99202/99212
- 99203/99213
- 99204/99214
- 99205/99215

Final Review of code changes and expectations for Payer policy updates

<p><i>Saturday</i> <i>10:40am</i> - <i>11:30am</i> <i>Hour #3</i></p>	<ul style="list-style-type: none"> • Discussion of ethical pitfalls and board complaints <ul style="list-style-type: none"> ○ Review TBCE Rule 75.1 ○ Review of previous board actions for past year • Introduction to medical ethics <ul style="list-style-type: none"> ○ Defining medical ethics <ul style="list-style-type: none"> ▪ Medical ethics vs common ethics ▪ The 6 primary tenets of medical ethics ○ Looking at common medical ethical issues <ul style="list-style-type: none"> ▪ Privacy and confidentiality ▪ End-of-life issues ▪ Access to care • Ethical considerations of the provider-patient relationship <ul style="list-style-type: none"> ○ Fiduciary duty ○ Protecting patient privacy ○ Clear and ethical communication ○ Understanding full disclosure ○ Understanding appropriate referrals <ul style="list-style-type: none"> ▪ Considering second opinions ▪ Specialist referrals <ul style="list-style-type: none"> • Stark Regulations and anti-kickback regulations ▪ Applicable TAC rules 79.2 • Running an ethical practice <ul style="list-style-type: none"> ○ Propriety in medical records ○ Modern managed care & today's office practice • Ethical challenges in delivering basic healthcare <ul style="list-style-type: none"> ○ Ethics of healthcare distribution ○ Exploring concepts in health care rationing ○ Looking at healthcare delivery strategies in the US • HIPAA and the adolescent patient 	<p><i>Lecture,</i> <i>Slides</i></p>	<p><i>TBCE</i> <i>Mandated</i> <i>hours:</i> <i>Ethics</i></p>
<p><i>Saturday</i> <i>11:30am</i> - <i>12:20pm</i> <i>Hour #4</i></p>	<ul style="list-style-type: none"> • Current issues in Texas regarding risk management <ul style="list-style-type: none"> ○ TBCE stance on CBD oil May 2018 <ul style="list-style-type: none"> ▪ House Bill 1325 ▪ Always seek an attorney's opinion on the risk of these products ○ Update to acupuncture rule 78.14 • Stroke <ul style="list-style-type: none"> ○ Review of evidence between chiropractic and stroke ○ Utilizing Informed Consent <ul style="list-style-type: none"> ▪ TBCE Rule 75.1 ○ Public Perception of chiropractic and stroke risk <ul style="list-style-type: none"> ▪ Topics and research to discuss with patients • Risk Management Tips <ul style="list-style-type: none"> ○ Screening patients for health risk and readiness for rehab <ul style="list-style-type: none"> ▪ PAR-Q ▪ Red Flags from history ○ Handling the upset patient ○ Insurance records requests 	<p><i>Lecture,</i> <i>Slides,</i> <i>Case</i> <i>Study</i></p>	<p><i>TBCE</i> <i>Mandated</i> <i>hours:</i> <i>Risk</i> <i>Management</i> <i>t</i></p>

- Community outreach
 - TBCE Rule 77
- Patient reactions
- Balancing philosophy
- Updating patient records
- Risk Management and Social Media
 - Is it appropriate to text my patients?
 - The risks of expanding your practice's social media presence
 - Avoiding potential pitfalls of social media
 - Concerns with responding to a bad online review
 - Handling a negative social media comment
- Informed consent
 - Components
 - Examples-Case Study

*Saturday
12:50pm
-1:40pm
Hour #5*

- What is Qi?
 - Embryo
 - Male sperm is Yang
 - Characteristics of each
 - Female egg is Yin
 - Characteristics of each
 - Cell division leads to organized structure
 - Initial divisions not related to body relationships
 - Folding
 - Flat disc with two "yolk sacs" perfect representation of Yin-Yang (Taijitu) symbol
 - Endoderm- yolk sac
 - Nourish, lining of gut and glands
 - Ectoderm- amniotic sac
 - Invagination- make CNS, skin
 - Mesoderm- muscles, bones, blood, kidney, heart
- Is this directed by the nervous system?

No occurs prior to nerves/nervous system development

 - Qi?
 - Collagen matrix
 - Semiconductor properties
 - Organizing energy
 - Du channel
 - Yang energy
 - Governing channel
 - Neural tube
 - Yolk sac changes
 - Alimentary canal (gut, bladder)
 - Chest/lungs
 - Liver, pancreas, ming men
 - Abdomen, guts, bladder
- Ren Mai from endoderm/yolk
 - Yin in nature

*Lecture,
Slides*

*Clinical
Sciences:
Acupuncture*

*Saturday
1:40pm-
2:30pm
Hour #6*

- How does electricity affect growth
 - Flows through collagen
 - Forms fascia
 - Framework for intelligent organizing energy/qi

*Lecture,
Slides*

*Clinical
Sciences:
Acupuncture*

- Historical experiments using electricity and growth of cells
 - Becker – regrow fingertips
 - Grow limbs in abnormal areas
- Space between layers is where “magic happens”

*Saturday
2:30pm-
3:20pm
Hour #7*

- Ectoderm- Yang
 - Flat disc folds to tube
 - Forms skin, protective; brain, governs
 - Dominant, controlling, external, protective- all yang qualities
 - Brain is highest organ
 - Turns in to Du Channel
- Endoderm- Yin
 - Gets enveloped by ectoderm but portion remains- umbilical cord (upper= falciform ligament, uracmus=lower) Nourishing (gut and glands)
 - Upper part forms lungs
 - Middle part forms liver, pancreas, and Ming Men
 - Lower part forms gut, umbilical cord, then final portion forms bladder
 - Linear line forms Ren channel- connects to innermost portion of ourselves- edges of where skin from ectoderm comes together

*Lecture,
Slides
Clinical
Sciences:
Acupunctur
e*

*Saturday
3:20pm-
4:10pm
Hour #8*

- As folds creates Mesoderm
 - Muscles, bones, BLOOD, kidney, heart, connective tissue
 - enables movement
 - Does not nourish
 - Does not protect
 - Shen in Heart- personality/spirit
 - Jing- in Kidneys- relates to health/lifestyle/aging/our innate strength
- Neural Crest cells move away from neural tube as it starts to close
 - Don't follow normal lines of growth from morphogens and organizing centers
 - Special functions
 - Dentine of teeth- for enamel not for tooth
 - Cartilage of head/face only
 - Cells for adrenaline in Adrenal gland
 - Bones of ear
 - Schwann cells and support cells for NS
 - Valves of heart and conduction pathways
 - Parathyroid glands
 - Pituitary
 - Move through tissues and avoid apoptosis
 - Critical for growth and function
 - Have great organizing energy in embryo=Jing
 - Weak- embryonic did not form properly
 - Cloning errors (extra parts) did not come from bad DNA, it came from weak Jing/neural crest cells

*Lecture,
Slides
Clinical
Sciences:
Acupunctur
e*

Sunday
9:00am-
9:50am
Hour #9

- Six Great Cavities form channels
 - Shao Yin- retroperitoneal
 - Tai Yin- anterior pararenal space
 - Jue Yin- peritoneum, diaphragm, and pericardium
 - Walls are made of fascia, has connections to other compartments/cavities
 - Acupuncture channels connect through openings in diaphragm
 - aorta -heart and kidney (Shao yin)- posterior
 - esophagus-spleen, pancreas, lung (Tai Yin)- middle
 - vena cava-liver and pericardium (Jue Yin)- anterior
- Shao Yin
 - Heart
 - Not related to oxygen and glucose in blood/pump supply
 - More than just a pump
 - Emotional aspects (felt in heart but processed in brain)
 - Loving relationships lead to longevity
 - Death of loved one, Cheating heart, etc. lead to changes in heart function and likelihood of cardiovascular issues
 - From mesoderm with kidney, bathed/rich in blood, electrical "Fire"- starts at sinus node of right atrium, to AV node, to aorta, to arterial system
 - Embryology of heart- one blood vessel, thickens on one side, creates U shape, and starts to fold, blood goes from venous side to lungs to arterial side
 - Heart is essentially two beating tubes
 - One circular fascial plane that interacts with lungs- lung Qi
 - Moves along largest arteries
 - Aorta -has 3 layers- endothelial, muscle, fascia
 - To axillary artery (armpit)
 - To brachial artery (elbow)
 - Ulnar artery (larger artery in forearm close to elbow, not larger near wrist) to little finger
 - Secondary channel- carotid to external carotid/facial a to eye, internal carotid goes to brain
 - Eye, brain, heart connection

Lecture,
Slides

Clinical
Sciences:
Acupuncture

Sunday
9:50am-
10:40am
Hour
#10

- Kidney
 - Connects with heart
 - Stores Jing which houses our will power
 - Retroperitoneal
 - Meeting point of Shao Yin
 - Take 20% of blood from heart
- In TCM
 - Dominant water
 - Control the bones
 - Fill the marrow
 - Create brain and spinal cord (filled with)
 - Basis of sexuality
- Right= gate of Ming Men
 - Renin
 - Angiotensin and aldosterone
 - Connects with bone

Lecture,
Slides

Clinical
Sciences:
Acupuncture

- Erythropoietin – marrow
- Calcitriol- vitamin D
 - Fluid balance
 - Mineral balance
- Yang and Yin of Bladder Channel
 - Adrenal Glands
 - Yang
 - Adrenaline
- Fight or flight and symptoms of long-term exposure on body
- Connects with cardiovascular system- increased heart rate, blood to muscles
- Connects with governing vessel- mental sharpness
 - Yin
 - Cortisol
 - Effects sex hormones
 - Effects water balance/edema
 - Effects sugar metabolism/weight gain
- Kidney channel and blood vessels to lower extremity
 - Iliac aa
 - Blood flow to reproductive organs
 - Blood flow to kidneys and bladder
 - Blood flow to lower extremities
- Tai Yin -LUNGS
 - Breath (emotional)
 - Hemoglobin
 - Oxygen/carbon dioxide balance with carbonic acid
 - Carbonic acid RBC filters blood
 - Lung cleans blood-removes small clots and bubbles before can get to heart
- Arm Tai Yin- Lung
 - Grows from primitive gut
 - Fascia connection with thyroid
 - Thyroid is hormone of lung channel
 - Paired with Spleen
- Spleen
 - Spleen grows from primitive gut
 - Has blood supply from digestive organ, drains blood to Liver
 - Affects blood
 - Platelets-clotting
 - RBC-remove tired/defective
 - WBC
 - Traps bacteria for macrophages
 - Hemoglobin to iron to liver as bile
- Ming Men- right kidney
 - 3 segments kidney to duodenum from neural crest cells to form liver, spleen, pancreas, and duodenum flexes
 - Ligament of Treitz- “collar” that holds up, wraps around aorta and inserts on vertebra (TCM connection of SI to HT)
 - Spleen and pancreas grow out of duodenum and should be considered one organ for TCM functions
 - Blood supply=branch of splenic a
 - Drain to same vein

Sunday
10:40am
-
11:30am
Hour
#11

Lecture,
Slides

Clinical
Sciences:
Acupuncture

Sunday
11:30am
-
12:20pm
Hour
#12

Lecture,
Slides

Clinical
Sciences:
Acupuncture

- Spleen has stem cells for pancreas
- Fascial connection
- Pancreas= SP yang (amylase), SP=SP yin (insulin, regulated by serotonin)
 - SP excess- excess bilirubin from defective RBCs to jaundice
 - SP deficiency- underactive pancreas allows accumulation of toxins and fluids via osmosis (causes “dampness”)
 - Dampness is high concentration of substance to toxic level that requires osmosis to correct
 - Phlegm= dead WBC and their enemies
 - SP holds blood in vessels via serotonin (which is made in gut)
 - Affects gut- too much serotonin- diarrhea (5-HT³ receptor); too little- constipation (5-HT⁴ receptor)
 - Affects brain (5-HT₂ receptor at blood brain barrier- can pass)

*Sunday
12:50pm
-1:40pm
Hour
#13*

- Jue Yin- pericardium (emperor’s bodyguard)
 - Pleuropericardial folds from anterior close to nipple level
 - Forms the diaphragm- separates abdomen from chest
 - Above forms PC
 - Below directs growth of LV
 - PC- collagen matrix creates electricity (piezoelectric), conducts electricity
 - Is a physical and electrical shield for heart (like a faraday cage)
 - Manic- treat with lithium; affects collagen- makes smaller which may change electrical behavior (TCM emotional connection)
- Channel- arm JueYin embryology
 - Diaphragm formed by pleuropericardial folds, septum transversum- to ligament and ST, mesoesophagus
 - PC connects to diaphragm via phrenopericardial ligament; also has phrenic nerve

*Lecture,
Slides

Clinical
Sciences:
Acupunctur
e*

*Sunday
1:40pm-
2:30pm
Hour
#14*

- Liver
 - At rest holds 10-15% of blood
 - Own blood supply from heart
 - Vena cava passes under LV
 - TCM frequent muscle cramps due to blood deficiency
 - Liver is responsible for fat soluble aspects of blood, clotting factors
 - Detoxes fat soluble drugs
 - Primary site for Histamine breakdown
 - Histamine raises in liver disease; antihistamines treat liver failure symptoms
 - Hormone of irritability
 - TCM connection to menses- histamine partially responsible for PMS
 - Midol ingredient is antihistamine
 - Mast cells elevate histamine in women with abnormal uterine bleeding

*Lecture,
Slides

Clinical
Sciences:
Acupunctur
e*

Sunday
2:30pm-
3:20pm
Hour
#15

- Histamine increases progesterone; estrogen and progesterone affect mast cells
- Liver connects with organs via portal venous system
- Liver disease causes ascites- which is where peritoneum fills with fluid from liver Qi and blood stagnation
- Liver hates wind (abnormal movement of neurological energy)
 - Antiepileptic drugs activate liver enzymes
 - Histamine changes blood brain barrier
 - H1 receptor- decreases BBB permeability
 - H2 receptor- increases BBB permeability
- Liver failure increases risk of seizure more than any other organ
- Liver controls sinews/tendons due to cholesterol
- Embryology: septum transversum part of diaphragm that directs yolk sac to form liver; connects upward to PC via pleuropericardial folds and coronary ligament; connects downward to peritoneum covers abdomen and pelvis
- Liver channel goes to testes and scrotum via inguinal canal
- Liver channel goes to LE via femoral canal
- Bladder channel
 - Embryology- middle kidneys (approx. 25 days gestation) form along posterior body as paired line
 - Middle kidney line is a “tube” that between muscles of back (paraxial mesoderm) and inner organ cavities (lateral plates)
 - Neural crest cells move in between middle kidney, spine, and aorta, from spinal canal and direct organ growth/development
 - When neural crest cells branch laterally forms spirit points
 - When penetrate deeper form back shu points
 - Small intestine is upper aspect of TaiYang therefore continuation of Bladder channel to neck
 - SI channel does not involve SI organ much
 - Ligament of trietz- has muscle fibers and changes degree of emptying gut into small intestine
- Stomach channel- alimentary system (stomach organ only is too limiting for TCM)
 - Has mixture of all channel functions
 - Is origin of fluids and controls rot and ripening of foods
 - Gut layers reflect mixture of channel functions
 - peritoneum-mucosa/JeuYin
 - 3 layers of submucosa (thick connective tissue (taiYang), thick muscle (yangming), lymphatic drainage (ShaoYang)
 - Mucosa layers: sensitive muscle (ShaoYin), glands (Taiyin)
 - Represents Yang within Yin
 - Gut weaves TaiYin and JueYin in fascia connections
- Gut channel is Yang but on anterior of body

Lecture,
Slides

Clinical
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Sunday
3:20pm-
4:10pm
16

- Embryology: facial folding around primary areas: eye, mouth/nose, ear
- Points where external and internal meet
- Fissures in face form by facial plates and explain two channel branches in face
- As channel moves inferiorly matches internal passage of gut until Virchow's node
- Continues inferiorly following internal mammary artery (connects nipple to lymph fascial lines)
- Moves deep to superior epigastric artery at junction of ribs and abdomen then turns to external iliac artery
- Anastomosis of arteries crease single fascial plane from clavicle to leg
- Large intestine is continuation of gut channel to UE (channels meet at ST12 Virchow's node)
- Gallbladder=lymph channel
 - Temporalis fascia to TFL to leg
 - Strong ties with fascia
 - JueYin is yin reverting to Yang; nutritious fluids move back to lymph of ShaoYang
 - Submesothelial lymphatics in paracolic gutter drain to cisterna chyli via chylomicrons
- Gallbladder responsible for breakdown and fat absorption to release to lymph
- From shoulder (subclavian veins) to pelvis via thoracic duct
- Connection with tendons via cholesterol
- Connection with fascia- emotions- temporalis- tight fascia causes Has (tension)
- - How does qi flow?
 - Clock
 - Time to complete cycle
 - Horary Cycle
 - Review of class applied to clock and functions of channels during specific times

Lecture,
Slides

Clinical
Sciences:
Acupuncture

Recommended/Background Readings

The Spark in the Machine: How the Science of Acupuncture Explains the Mysteries of Western Medicine; by Daniel Keown

The Developing Human: Clinically Oriented Embryology, 11e 11th Edition;
by Keith L. Moore BA MSc PhD DSc FIAC FRSM FAAA (Author), T. V. N. Persaud MD PhD DSc
FRCPath (Lond.) FAAA (Author), Mark G. Torchia MSc PhD (Author)

A Manual of Acupuncture by Peter Deadman, *Journal of Chinese Medicine Publications*; 2nd ed.
edition (June 25, 2007)

The Foundations of Chinese Medicine: A Comprehensive Text; by Giovanni Maciocia, Churchill Livingstone; 3rd edition (July 27, 2015)