

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.

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

College of Traditional Chinese Medicine Practitioners
and Acupuncturists of British Columbia (CTCMA)
900-200 Granville Street
Vancouver, British Columbia,
Canada, V6C 1S4
Phone: 604-742-6563
Fax: 604-357-1963
www.ctcma.bc.ca
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.

You have up to 4 hours to complete the written examination.

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

PRACTICE AREA	PERCENT
Area 1 – Interpersonal Skills	2% – 4%
Area 2 – Professionalism	
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; keeping patient records; problem solving; interpreting data; treatment planning; selecting herbal formulas and modifying it to fit patient's case; ensuring accuracy and clarity of the herbal prescription; explaining to patient how to prepare and take herbal formulas; outlining potential risks, precautions, and considerations for patients to know when taking herbal prescription; selecting acupuncture points; selecting other TCM treatment modalities such as moxibustion, tui na and cupping, and describing techniques or how and where such therapies are applied; justifying treatment choices, 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 patient¹. 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 shown 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 TCM diagnoses (including TCM patterns) as well as - western medical "impressions" (what you think the Western Medical diagnosis would be, e.g. diabetes type II), and to provide a herbal prescription and an acupuncture / tui na prescription for treatment. The candidate will be tested on the etiology and pathology of the case, their treatment planning, and implementation of the treatment plan. Candidates are required to give instructions and possible precautions for patient to follow the treatments and make suggestions for dietary changes, lifestyle changes and exercises.

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:

PRACTICE AREA	PERCENT
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%

¹ 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.

Applicants applying to write Dr.TCM examination must already be registered as R.TCM.P or be eligible to apply for R.TCM.P registration with CTCMA.

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 payments will be emailed to candidates' preferred mailing email address after each charge.

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 examination.

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 604-357-1963
- b) By email to info@ctcma.bc.ca
- c) By mail to:

CTCMA
900-200 Granville Street
Vancouver, BC V6C 1S4



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 (e.g. 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 valid government issued 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 clear water/juice bottle with no labels) 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 Training Institutions Branch ("PTIB") 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 – Instructions to Candidate & Sample Case for the Clinical Examination

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

-For each case, the candidate will be provided with initial information about the patient. He/she will then be required to investigate and assess the patient as well as make TCM diagnosis and treatment plan and any recommendations to the patient.

Instructions to Candidate

At this station, the candidate will assess a patient he/she is meeting for the first time. This station is composed of Section A and Section B.

Section A: (30 minutes)

1. The candidate will be provided with the general information of the standard patient.
2. The candidate will then be required to collect information using “Four Inspections”. The candidate performs interview of the standard patient. The candidate should let the model and the examiners know the intention to perform observation, auscultation, olfaction, and palpation by verbalizing the assessment procedure(s) he/she wishes to do.
3. The candidate takes notes during this Section in order to use the information to complete Section B of this case.

Section B: (40 minutes)

The candidate will use the notes taken from Section A in order to complete Section B. Section B requires a written response under each heading, which together will form an initial patient record. Your writing must be legible; illegible writing will be disregarded.

1. A sample of a completed patient record can be found on the following pages. In this section, the candidate is required to document the patient's visit and 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”, the candidate needs to clearly identify:
 - The primary TCM disease diagnosis and the pattern diagnoses
 - The impressions of Western Medical Condition(s)
3. Choose the appropriate treatment principles according to the TCM pattern diagnoses.
4. Write a Chinese herbal prescription (the dosage of each individual herb included) and an acupuncture prescription. The herbal prescription is marked by its appropriateness to address the treatment principles. You are required to provide special instructions to the patient for decocting the prescribed herbal formula and for safe usage of the formula. The accuracy, clarity, completeness, and comprehensiveness of information provided on the written herbal prescription is also marked. You are asked to justify the selection of the herbal formula and/or some herbs in the formula.
5. Provide the patient with written suggestions/instructions to assist in his/her treatment, recovery or prevention of the illness. Make sure to list specific examples of foods when making dietary recommendations. For example, rather than “eat warm foods”, you could write “include warm foods like ginger, cinnamon...” If you recommend exercise or stress management, offers specific types of recommended exercises or stress management offerings, e.g. walk leisurely for 20-30 minutes in the evening, take restorative type yoga classes



General Information: (Given to candidate)

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: February 1, 2020
 Emergency Contact Name and Phone Number: David Ellinger (604)-555-5555

Documenting comprehensive history, assessment and treatment information after Conducting Four Examinations

Chief Complaints

- Intermittent stomach pain for more than 10 years and become worse in the recent 2 weeks.

Present Illness

For more than 10 years, this patient has been suffering from intermittent epigastric pain accompanied with belching, distention of upper abdomen, fullness in the chest, poor appetite and loose stools. Two weeks ago, she had an argument with her co-workers, and her symptoms have been worsened since. The pain is more severe after eating and usually lasts about a half an hour after meals. The characteristics of pain is dull, and moves in the abdomen, and the pain can be alleviated by heat and pressure. She often vomits shortly after eating, her stools are loose and sticky. She is thirsty but dislikes drinking cold fluids and has a bitter taste in her mouth. She also complains of being irritable, and easily angered, anxiousness, and tiredness. She experiences headaches and poor sleep which she has trouble getting into sleep and dream disturbed sleep.

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: ACE inhibitors (anti-hypertension drug) for the last 5 years
- Phenelzine (anti-depressant, Nardil) for the last 7 years
- Not currently taking any other supplements, vitamins and/or TCM formulas

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 at age 58

Mother

- Chronic Colitis
- Died as a result of a heart attack at age 64

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

Lifestyle

- 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. Divorced from husband 8 years. 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 red
- Tongue is red with teeth marks and a thin yellow coating



- Painful facial expression

Auscultation and Olfaction

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

Palpation

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

Other Examinations

- B/P: 150/90 mmHg
- Other blood tests (TSH, WBC, RBC) and urine tests are normal

Diagnosis

1. **Primary TCM disease diagnosis:** Stomach pain
TCM pattern diagnoses: Liver Qi Stagnation transform into Heat affecting Stomach, Deficiency Cold in the Spleen and Stomach
2. **Western Medicine Impression of the Chief Complaint:**
Chronic Gastritis

Treatment Principle

1. Soothe Liver Qi, clear Heat and harmonize Stomach
2. Warm the Middle-Jiao and strengthen Spleen

Herbal Prescription

Practitioner's Name: XXX XXXXX (CTCMA #)

Practitioner's Address: XXX XXXXXXX, BC V0A 1A1

Practitioner's Telephone: (604) xxx-xxxx

Patient's Name: Last name: Ellinger First name: Jennifer

Prescription's Date: February 1, 2020

Herbal Prescription: Dan Zhi Xiao Yao San and Si Jun Zi Tang Modification

Chai Hu 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 Ren 2g
 Gan Cao 2g
 Bo He 2g (separately packaged)
 Dosage: Decoct to 1 cup per day
 Take prescription for 3 days. Return for follow-up visit in 3 days.

Preparation Instructions

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 Bo He and let stand 3 minutes before finish cooking. Strain one cup of liquid from the herbs to drink.

Precautions and Warnings

Separate at least 2 hours from intake of other medications
 Do not consume caffeinated drinks or alcohol while on this medication
 Consult with practitioner further if catching a cold
 Caution to take during pregnancy
 Consult with practitioner further for herbal use if there is a change of western medications

Brief Explanation of the Prescription

Xiao Yao San (Rambling Powder) is a modification of two classic *Shang Han Lun* formulae, Si Ni San (Frigid Extremities Powder) and Dang Gui Shao Yao San (Tangkuei and Peony Formula) to ease liver. The addition of Mu Dan Pi and Zhi Zi help clear Heat. Si Jun Zi Tang is added to reinforce the Spleen more. Mu Xiang, Sha Ren harmonize stomach to relieve pain.

Acupuncture or Tuina Prescription

Zusanli (ST 36), Neiguan (PC 6), Gongsun (SP 4), Xingjian (LR 2), Zhongwan (CV 12)
 Using tonifying technique on ST 36, SP 4 & CV 12
 Using reducing technique on LR 2

Suggestions on Diet and Lifestyle Modification

Diet Suggestions

- a) stop drinking alcohol
- b) avoid spicy foods like hot peppers and cayenne and acidic foods like tomatoes, coffee, and citrus fruits

Behavior Suggestions

- a) quit smoking
- b) exercise regularly e.g. moderate exercise daily for 30 minutes to start with
- 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

張伯臾主編, **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

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: 7-5323-0217-2

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 Jiyan 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 (2nd 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 (5th 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.
ISBN: 7-5323-4103-8

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

Microbiology by T. Stuart Walker. Published by W.B. Saunders.
ISBN: 0-721-64641-7



Microbiology by Yu Zhen Zhang, Published by Shanghai Science and technique Press, 1984.
ISBN: 7-5323-0482-5

章育正主編, **微生物學**, 上海科技出版社, 1984.
ISBN: 7-5323-0482-5

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

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.
ISBN: 7-5323-0227-1

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

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

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

楊黎青主編, **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

Review for the MCCQUE (The Toronto Notes). Toronto Notes Medical Publishing Inc.
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 MCCQE (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.
ISBN: 7-5323-3708-1

Formulas of Traditional Chinese Medicine by Academy Press (Xue Yuan), 1998.
ISBN 7-5077-1270-2
方劑學 (學苑出版社)

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

Patient Record Keeping

Safety Program Handbook: http://ctcma.bc.ca/media/1064/safety_program_handbook.pdf

Practice Standard: Clinical Record Keeping: <http://ctcma.bc.ca/media/1071/clinicalrecordkeeping.pdf>



Appendix D – List of Materia Medica and Formulae

There is no exhaustive list of Materia Medica and Formulae for Dr.TCM examination. Please use the books listed under Appendix C as references for examination preparation.