

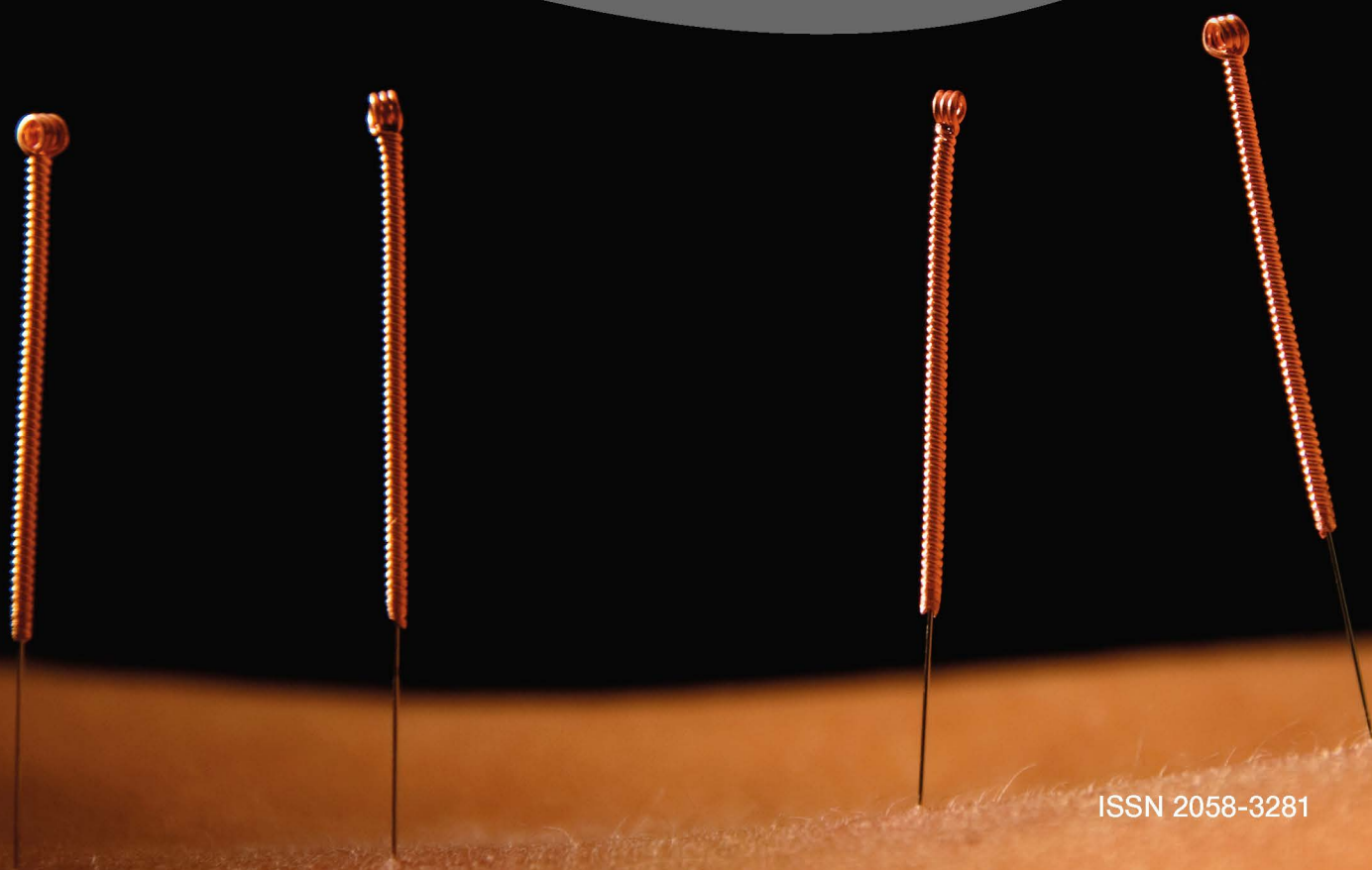


Acupuncture in Physiotherapy™

Journal of the Acupuncture Association
of Chartered Physiotherapists

Autumn 2021

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Acupuncture in Physiotherapy is printed twice a year for the membership of AACP. It aims to provide information for members that is correct at the time of going to press. Articles for inclusion should be submitted to the clinical editor at the address below or by email. All articles are reviewed by the clinical editor, and while every effort is made to ensure validity, views given by contributors are not necessarily those of the Association, which thus accepts no responsibility.

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The Association

The British association for the practice of Western research-based acupuncture in physiotherapy, AACP is a professional network affiliated with the Chartered Society of Physiotherapy. It is a member-led organization, and with around 6000 subscribers, the largest professional body for acupuncture in the UK. We represent our members with lawmakers, the public, the National Health Service and private health insurers. The organization facilitates and evaluates postgraduate education. The development of professional awareness and clinical skills in acupuncture are founded on research-based evidence and the audit of clinical outcomes.

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Editorial

In everyday life, a reflection might mean something a few of us try to avoid early in the morning. However, in clinical terms, reflection is something we have ingrained in our practice for some years now. As health professionals, we are taught to analyse how and why we do things, and how we can do them better in the future. However, events in the world over the past 12-18 months have also led many people to take a (sometimes forced) backwards step from their lives and really have a chance to identify what means the most to them. As a consequence, people may have found themselves making a dream move to relocate to the coast, taking up a new language or hobby, or just spending more time with the people they hold dearest.

Whatever the reasons for it, reflection and review is an important part of who we are as human beings, but also as practitioners. When we take time to scrutinise what we do with patients or general working processes, it enables us to refocus and make improvements where needed. The theme of review and change is strong in this edition of *Acupuncture in Physiotherapy*.

Our first offering is from the pairing of Vivien Shaw & Isabelle Winder (pages 11-18) who will attempt to take you back in time to scrutinize the creation of the meridians in ancient China. This fascinating piece is an extension of Vivien's presentation at the AACP Conference earlier this year, which I highly recommend watching if you haven't done so already.

I'm sure you are all aware of the release of the latest NICE Guidelines regarding chronic pain, and the fact that it recommended acupuncture to be utilised to help this group of patients. This is both a massive victory, but also a huge document to read. Therefore, Phil DePrez (pages 19-28) has produced a summary with all you need to know on the topic, plus comment from the AACP regarding implications for your clinical practice.

Editorial

One of the AACP Board members, Suzanne Nitta, has reviewed and updated the AACP guidelines for the use of indwelling needles (pages 41-52). This is a topic that I know that Suzanne is passionate about, and within this article you can discover all of the latest research on the topic, along with the reasoning behind the AACP altering their stance on this type of acupuncture needle. I am sure that this is welcome news for those of you already using indwelling needles, and an opportunity for others to explore a new treatment option.

We also have two re-prints of fantastic original research, both very different. On (pages 53-60) you can find an in-depth explanation of the anti-inflammatory effect of acupuncture from Jin et al, plus we have Oksus *et al.* (pages 29-39) examining the rationale for the use of needling for Bell's Palsy. This helpfully highlights the role of acupuncture in this unique but complex patient group.

I'm sure that those of you that dialed in for the virtual conference found it to be a valuable day of teaching, and Lesley Pattenden has kindly written a report summarising the speakers and their topics (pages 61-63). As usual, we also have a fine selection of case reports to bring you in this Autumn edition of the Journal. To start with on (pages 65-70), Hannah Chambers presents a fascinating case of Eosinophillic Fasciitis. This may not be something that we all treat in clinic on a daily basis, but further goes to show the wide-ranging conditions that may benefit from acupuncture.

In the same vein, Andrew Toft (pages 79-84) describes the treatment of an amputee with persistent, residual symptoms. Men's Health in Physiotherapy is an area that is growing in the UK and worldwide, and on pg (pages 71-78), Claire Andrews has recounted her use of needling to address chronic pelvic pain. Finally, Ella Anderson shares with us her approach to treating a much more common issue, lateral

epicondylalgia, which is something a lot of us will see daily in clinic (pages 85-92).

Another of our conference speakers, TJ Wang, features in the Books section (pages 93-94) with his new release on scalp acupuncture. This is something he mentioned in his presentation and will be a great resource for those wanting to further their knowledge on the topic. The news and views section (pages 95-97) rounds things off by summarising the latest acupuncture research and information from around the globe.

We take great pride in producing Acupuncture in Physiotherapy biannually, and we hope it is a treasured benefit of the AACP membership. However, we do always need material to publish in forthcoming editions. So as the world begins to return to something like normality, please do dust off your writer's hats and send us your original research, reviews, narratives and case reports for consideration.

Rob Westney
Clinical Editor

Chairman's report Autumn 2021

Welcome to the latest edition of the AACP journal *Acupuncture in Physiotherapy* in Autumn 2021. As so often discussed lately across all media, the last 18 months have brought huge challenges to everyone. These have been felt throughout the world of physiotherapy and particularly amongst AACP members, who have faced radical challenges and changes to practice throughout that time. It now seems however, that there is light at the end of the tunnel and a return to normal, albeit a new kind of “normal” in some ways, is within sight.

As we move onwards throughout 2021, the AACP continues to work to support its members, plus the collaborations that were nurtured with the British Medical Acupuncture Society (BMAS) during COVID with the development of practice guidelines continue, as we explore collaborative projects relating to the current NICE Guidelines for Primary Chronic Pain. The NICE Guidelines published in April 2021 recommend up to 5 hours of acupuncture treatment, delivered by band 5-7 clinicians, within primary care. Keep an eye out for further news on this project and how we can all work together to expand the interest and acceptance of acupuncture in clinical practice across the UK.

The last few months have meant a return to face-to-face treatments for some members, whilst others have been delivering face-to-face treatment for much longer. This return to face to face has meant a return to practical skills and numerous members have reached out to me personally to ask about training, CPD and upskilling following a layoff from acupuncture practice. To this end, there are a variety of CPD events being scheduled throughout the UK that are recognised by the AACP. The majority of these are listed on the AACP website, but members can also contact me directly to discuss their needs if they have any queries. To help support this need, the AACP continues to offer

a series of 10 free videos online, drawn from popular conference presentations from the last few years that are available to download from the members area. The AACP 2021 virtual conference is also still available to download and watch for just £20 for a whole day's worth of CPD. It features Dr Mike Cummings (Medical Director of the British Medical Acupuncture Society (BMAS)) presenting *An Overview of Acupuncture in Pain Management and Pain Prevention*, Ian Gatt (Team GB) giving an insight into *Upper Limb Injuries in Sports* and whether needles are of any use, and Dr Vivien Shaw (acupuncturist and lecturer in anatomy) revealing *Anatomy in Ancient China*. There are also two free downloadable Apps (AACP App and The Manual of Acupuncture) that are available as member benefits. These are also great tools to support learning and both include numerous videos on point location to support clinical practice. The Manual of Acupuncture App (worth £45) is an electronic version of the textbook of the same name by Peter Deadman, which is free to AACP members. Just contact the AACP for your unique access code. You may even be reading this piece on your AACP App right now as it carries all the *Acupuncture in Physiotherapy* journals since Spring 2007 in electronic format.

Following the success of this year's AACP virtual conference and the feedback from members, plans are currently underway to deliver the conference in a similar format for 2022. There is already a fantastic line up of speakers who are scheduled to present on a variety of clinical and research-based topics. Check for updates and details in the coming months on the AACP website.

So, in conclusion, it just remains for me to say thank you as ever for your ongoing loyal support for the AACP. I would also like to take this opportunity to express my appreciation to all those who have returned to practical face to

Chairman's report Autumn 2021

face training events. As ever, if you feel there are issues the AACP need to address, or you would like to see the AACP develop or improve, then please feel free to get in touch with the office or me directly (chair@aACP.uk.com). After all the uncertainty of recent times it makes me very happy to say once again, that I am looking forward to catching up with you in person at an AACP event somewhere soon. Stay safe.

Jonathan Hobbs
AACP Chairman

Chief Executive Officer's report

Hello to our journal readers and members, I hope you are all keeping well and would like to extend my thanks once again for your continued loyalty as valued members of the AACP. I would like to further extend my gratitude to the office staff, members of the board, and committees for their continued hard work and support throughout such a difficult period of time.

Back in May we held our very first virtual conference which received a wonderful response. We hosted a selection of fantastic speakers who delivered insightful presentations incorporating Acupuncture within Physiotherapy practice to treat a range of conditions. The feedback we received from those who attended was exceedingly positive and solidified our decision to hold a further virtual conference in 2022. We have now set the date for Saturday 21st May 2022 and hope to see as many of you there as possible.

For those who could not attend our previous conference, you are still able to purchase the recordings from the day by visiting the CPD course section of our website. Vice Chair Lesley Pattenden has also written a helpful summary of the day's events.

A gentle reminder that all our members are entitled to support from Quest Four Services as part of their membership, this includes access to Health and Safety advice, HR and Legal assistance and a tax advice service all under one roof. I would encourage you to access this beneficial service whether it be to assist you as an employer or as an independent practitioner.

We are consistently working to raise the profile of our members and driving patients towards our current members. Over the past few months, we have had adverts and case studies in the Times including statements referring to the NICE guidelines in the Independent and other press releases such as Pharmacy Business,

explaining why patients should search for AACP practitioners.

Finally, as an environmentally aware company we are dedicated to reducing our carbon footprint. In-line with this we have taken the decision to digitalise our clinical Journal which will now be delivered to you via email, however, should you wish to continue receiving a paper copy our office team will happily arrange this for you.

We are constantly striving to improve the services we offer our members and very much welcome any thoughts or ideas you may have. If you would like to share any feedback or wish to share any recommendations, please don't hesitate to contact me via email ceo@aacp.uk.com.

Paul Battersby
Chief Executive Officer



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