

Timetables for AACP Foundation Course

Indicative content

Time	DAY 1	Time	DAY 2
8.45-9.15	Registration	9.00 (LO3)	Neurological Mechanisms 2. Extrasegmental analgesia, affective and autonomic effects (L)
9.15	Welcome & Introductions Outline of the course & assessment methods	10.00 (LO1)	Needling points on the Stomach and Spleen meridians(P)
9.45 (LO2)	Origins and Evolution of Acupuncture (L)		
10.30 (LO3)	Neurological Mechanisms 1. Local effects and segmental analgesia (L)		
11.15	Coffee	11.00	Coffee
11.30 (LO1)	Safe Practice (L&D) Contraindications and precautions; adverse reactions; critical incidence. Introduction to the content of the Practical Workbook	11.30 (LO1,2,)	Application of Stomach and Spleen points to musculoskeletal conditions (P)
12.30	LUNCH	12.30	LUNCH
1.15 (LO1,2)	Mapping meridians & palpating points; safety and anatomy Familiarisation with acupuncture needles. Handling needles; needling technique; preparing patient(D&P)	1.00 (LO2,3)	Acupuncture for LBP – the evidence (L)
2.00 (LO1,2)	Demonstration of needling Needle points on the Lung and Large Intestine meridians (P)	1.45 (LO1,2)	Needle points on the Bladder meridian Relate to anatomy Lumbar and lower limb points (P)
3.00	Tea	3.00	Tea
3.15 (LO1,2)	Continue needling points on the Lung and Large Intestine meridians(P)	3.15 (LO1,2)	Continued practical Bladder meridian thoracic points Safety and anatomy (P)
4.15 (LO4)	Reflection/discussion/outline of Day 2	4.00 (LO1)	Surface mark points previously covered
4.45	Close	4.30	Summary of day & close

Key: L = keynote lecture; P = practical; D= facilitated group discussion; A = assessment.

Time	DAY 3	Time	DAY 4
9.00 (LO2,3,5)	Acupuncture for neck pain and headaches – the evidence (L)	9.00	Recap and reflection (submit reflective diary for course run over 3 days x 2)
9.30 (LO1,2,)	Continued practical Bladder meridian cervical points Needle points on the Kidney meridian (P) Needle points on the Small Intestine , upper limb points and Triple Energiser meridians (P)	9.30 (LO3,5)	Neurological mechanisms 3. Acupuncture – no more than a theatrical placebo? (L&D)
		10.00 (LO1,2)	Needling points on the Gallbladder and Liver meridians (P) Clinical application – segmental needling for lumbo-pelvic & hip pain conditions, plus headache.
11.00	Coffee	11.15	Coffee
11.15 (LO1,2,3)	Clinical Competency test (A) – practical needling test and written evaluation to ensure safe practice Surface mark points on large intestine, lung, stomach, spleen, bladder and kidney meridians (P)	11.30 (LO1)	Needling points on the Pericardium and Heart meridians (P) Point in the face and head GB,SI,ST, LI Yintang. (P)
12.30	LUNCH	12.30	LUNCH
1.15 (LO1)	Treatment Dose (L&D) Continued practical Small Intestine meridian , upper limb points	1.15 (LO2,5)	Myofascial trigger point pain an enigma –The theory and scientific evidence (L)
3.00	Tea	3.00	Tea
3.15 (LO2,3,4,5)	Application in clinical practice – case scenarios Clinical reasoning (D) (opportunity to re-take practical test)	3.15 (LO1)	Revision of points covered in first 3 days. Surface marking and needling. Point in the face and head GB,SI,ST, LI Yintang.
4.00 (LO4)	Reflective diary; Plan, Consent, Apply, Evaluate. Expectation of use of acupuncture between sessions.	4.15 (LO2,4)	Reflection & Discussion of clinical experience (for 3 day x 2 course). Case scenarios (for 2 day x 3 course).
4.30	Close	4.45	Close

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Time	DAY 5	Time	DAY 6
9.00 (LO2,3)	Acupuncture for myofascial trigger point pain – The evidence (L) (submit reflective diary for course run over 2 days x 3)	9.00 (LO5)	Revision of the theory and research evidence used to support acupuncture analgesia (D)
10.00 (LO1,2)	Needling of trigger points Fanning technique; sparrow pecking & superficial needling (P) Clinical application MTrPs needling of muscles in the upper quadrant (P)	10.00 (LO1,2)	Needle points on the Conception vessel and Governor vessel meridians Huatuojiaji points(P) Revision of all points covered Surface mark all the points needled on the meridian. (P)
11.15	Coffee	11.15	Coffee
11.30 (LO3,5)	MTrPs needling of muscles in the lower quadrant (P)	11.30 (LO1,2,3,4)	Case scenarios – small group work discussion and feedback. (D)
12.30	LUNCH	12.30	LUNCH
1.15 (LO1,2,4)	Electroacupuncture –an introduction (L&P) Practical application	1.15 (LO1,2)	Open session for practical Points not covered; additional points; different needling techniques e.g. ‘surrounding the dragon’; ‘herringbone’ (P)
3.00	Tea	3.00	Tea
3.15 (LO1,2,3)	Surface mapping of selected points and meridians; revision of anatomy i.e. structure needled (P&D)	3.15 (LO1,2,3,4,5)	Application in clinical practice – case scenarios Clinical reasoning (D) Plan, Consent, Apply, Evaluate.
		3.45	Case study what is expected – submission process AACP certificate and membership
4.30	Summary of day & close	4.30	Feedback & close

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