



## **Evidence Based Acupuncture Training AACCP Foundation Course Western Medical Acupuncture for Musculoskeletal Pain Conditions**

This course (divided equally between direct contact time; and self-directed learning) is designed to offer participants with a level of knowledge, skill and understanding that will allow them to practise acupuncture in a safe and appropriate manner, in a clinical setting.

The course provides a Western medical approach to acupuncture – grounded in current research evidence rather than in traditional Chinese philosophical thinking. This course does not cover the traditional Chinese medical approach to acupuncture, except where Western scientific theory and evidence can be used to explain concepts of traditional Chinese medicine (e.g. fascial planes and meridians).

Participants will be encouraged to critically evaluate their own clinical practice and where appropriate, challenge the current evidence base. This course is designed to provide participants with a rationale for using acupuncture as an adjunctive treatment for the management of common musculoskeletal pain conditions. Topics covered include the laboratory and radiological research which is used to explain the mechanism of acupuncture analgesia; current evidence from acupuncture clinical trials research; and the non-specific ‘placebo’ effects associated with acupuncture analgesia. In addition to needling classical acupuncture points, participants will be introduced to the concept of myofascial trigger points, and the use of acupuncture needling for pain associated with myofascial trigger points.

Direct teaching will be split either into two three day sessions, separated by six weeks, or two consecutive two day sessions followed by six weeks then a final two day session.

### **Pre requisites to attending the course**

- Course participants are required to:
- show evidence of current HPC registration (Physiotherapist);
- be a member of the CSP or demonstrate valid and adequate
- professional practice insurance
- be able to practise acupuncture within a musculoskeletal clinical setting during the period of the course;
- give consent to receive repetitive needling (delivered by fellow participants and the tutor).

Participants working in private practice or outside a registered NHS premises must have a licence to practise acupuncture.

Assessed Learning Outcomes (LO)



By the end of the course the participant will be expected to be able to:

1. Demonstrate the safe application of acupuncture needling – in accordance with the Health and Safety regulations and within the scope of professional practice, and underpinned with an understanding of the contra-indications and precautions for the application of acupuncture.
2. Demonstrate an understanding of how acupuncture can be applied as an integrated treatment in the physiotherapy management of certain musculoskeletal pain conditions.
3. Demonstrate an understanding of the specific and non-specific analgesic effects of acupuncture needling, with reference to the current best available evidence.
4. Provide evidence of clinical reasoning and reflective learning, based on one's own clinical practice.
5. Demonstrate an understanding of how to critically evaluate acupuncture research, and to judge the applicability of the evidence to one's own clinical practice.

Knowledge and Understanding (LO 1,2,3,4,5)

Cognitive / Intellectual Skills (LO 2,4,5)

Practical Skills (LO1,2,4)

Participants will have to successfully complete the following assignments to be awarded a foundation course certificate.

- A practical skills competency test
- A reflective diary on two clinical cases
- A written case study (max 2,500 words)

Approximately 300 hours training