



November 11, 2017

Dear Colleagues:

On Wednesday, November 8<sup>th</sup>, 2017, after many months of planning by the American Society of Acupuncturists (ASA) and the American Alliance for Professional Acupuncture Safety (AAPAS), the acupuncture community held its first-ever “Congressional Briefing” on Capitol Hill. Sponsored by Congressman Tim Ryan (D-OH), the Democratic co-chair of the Congressional Addiction, Treatment & Recovery Caucus, and Congresswoman Judy Chu (D-CA) who has introduced groundbreaking federal legislation to get acupuncture to our veterans, and held in the Rayburn House Office Building, the event was a resounding success.



Over 50 staff members were in attendance including representatives from House members Loeb sack (D-IA), Butterfield (D-NC), Bishop (R-UT), Brownley (D-CA26), Lieu (D-CA33), Blunt Rochester (D-DE), Garamendi (D-CA3), Lofgren (D-CA19), Moore (D-WI), Rogers (R-AL), Speier (D-CA14), Bass (D-CA37), Crawford (R-AR), Posey (R-FL), Crowley (D-NY), Matsui (D-CA6), O’Halloran (D-AZ), Speaker Pelosi (D-CA12),



Johnson (D-GA), and Gottheimer (D-NJ), and Senate members Tillis (R-NC), Leahy (D-VT), Blumenthal (D-CT), Cardin (D-MD), Boozman (R-AR), Ernst (R-IA). *This was a rare bi-partisan event.* In addition, there was ample representation from the Chronic Care community and other trade associations addressing pain, including the Arthritis Foundation, the

Alzheimer’s Association, the US Pain Association, and the American Physical Therapy Association. The NCCAOM was also graciously in attendance.



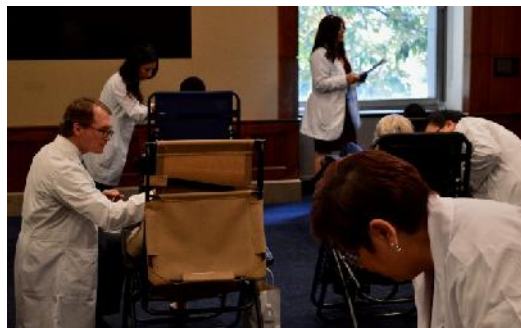
The event began with a warm welcome from Ellen Hamilton representing congresswoman Chu's office. And was followed by a moving testimonial from advocate Terri Winn, who spoke of the journey she is taking in dealing with the loss of her son to an overdose last year.

She walked Congressional staff members through her family's experience of what was available for treatment, the limited exposure and access to acupuncture, and her belief that if acupuncture had been readily available, her son would still be here. Her son had acupuncture once as part of a recovery attempt, and felt it to be powerfully effective.



Members in attendance then received seamlessly orchestrated auricular acupuncture sessions from a team of Licensed Acupuncturists from surrounding states. The change in participants was evident, and this tangible experience of acupuncture will no doubt be one of

the most powerfully impacting portions of the event.



Speakers for the community included Dr. David W. Miller, M.D., L.Ac. and Dr. Tracy Soltesz, D.Ac., L.Ac., of the American Society of Acupuncturists (ASA), Dr. Jun Xu, M.D., L. Ac. of the American Alliance for Professional Acupuncture Safety (AAPAS), and Dr. Arthur Fan, M.D. (China), Ph.D., L.Ac. Dr. Miller presented on the evidence base supporting acupuncture's use for pain control, lessening opioid volume, and



assisting with addiction. Dr.'s Xu and Fan gave insight into how China has already integrated acupuncture into its care-system, and how this might act as a model for the U.S., as well as on the impressive education received by doctors from China trained in acupuncture. Dr. Soltesz closed with a detailed overview of the educational system in the United States, as well as the certification standards that allow hospitals, clinics, and others to identify qualified practitioners.

The feedback from this event has been universally positive and overwhelming. Dr. Kallie Guimond, D.OM., L.Ac. Legislative & Regulatory Liaison, ASA Board, was the key organizer of this event, and is the subsequent point of contact. She has already received numerous requests for follow-up, reflective of great interest. For further information, she can be reached at 240-432-7522, [Drkallieguimond@gmail.com](mailto:Drkallieguimond@gmail.com). We extend heartfelt thanks to Kallie and all of the volunteers who worked so hard to make this event possible and a success.



**Please see presentation slides below.**



## ACUPUNCTURE: A Powerful Tool in Solving the Opioid Crisis

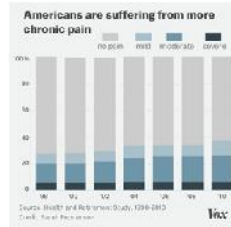


Sponsored by

The American Society of Acupuncturists (ASA)  
The American Alliance for Professional Acupuncture Safety (AAPAS)

David W. Miller, M.D., L.A.C.

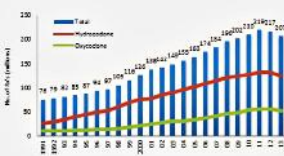
## More than 1/3 of Americans Report Pain



In 2015 it was estimated that 25.3 million Americans suffered from chronic pain, while an estimated 126 million American adults reported some type of pain in the prior three months.

United States National Center for Complementary and Integrative Medicine, National Institutes of Health. NIH Analysis Shows Americans Are in Pain (August 11, 2015). <https://nccih.nih.gov/news/08112015>. Accessed October 10, 2017.

## For Many Types of Pain, Opioids have been Our "Go-to" Solution



Over the past two decades in the U.S., post-operative pain management has come to rely increasingly on opioids, while underutilizing alternative analgesics such as acupuncture.

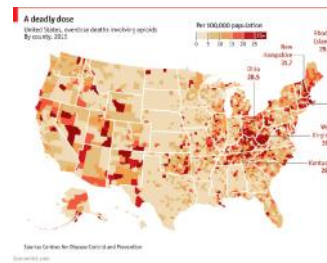
Eighty to ninety-four percent of patients undergoing low risk surgical procedures fill a prescription for opioids within 7 days.

Levy B, Pauluzzi L, Mack KA, Jones CM. Trends in Opioid Analgesic Prescribing Rates by Specialty, U.S., 2007-2012. *American Journal of Preventive Medicine*. 2015; 49(3): 409-413. doi:10.1016/j.amepre.2015.02.020

Thiele CA, Anderson SS, Uhl DS, et al. Wide Variation and Overprescription of Opioids after Elective Surgery. *Annals of Surgery*. 2017; doi:10.1097/sla.0000000000002365

Wunsch H, Wijesundera DN, Passarella MA, et al. Opioids Prescribed after Low-Risk Surgical Procedures in the United States, 2004-2012. *JAMA*. 2016;315(15): 1654-1657. doi:10.1001/jama.2016.0230

## Deaths Instead of Relief



More than 33,000 Americans died from opioid drugs in 2015, and more than 64,000 died in 2016.

United States National Institute on Drug Abuse, National Institutes of Health. Overdose Death Rates (published in September 2017). <https://www.drugabuse.gov/trends-statistics/overdose-death-rates>. Accessed October 10, 2017.

August 2017

**AUGUST 31ST**  
IS OVERDOSE PREVENTION DAY

Prevention. Reduce Stigma. Interconnect.

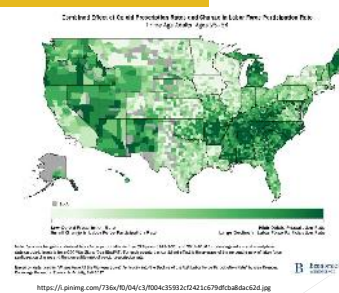
FOR COUNSEL & SUPPORT, VISIT [www.phe.gov](http://www.phe.gov)  
OR CALL 1-800-458-5231



October 2017

## Opioids are Expensive

Economic Burden to America:  
More than \$78.5 Billion dollars in 2016



We cannot afford to continue as we are.

**AGs urge insurers to prioritize payment coverage and policies for non-opioid pain management options.**

November 16, 2017

Washington, DC – The American Geriatrics Society (AGS) today issued a statement urging payers to prioritize coverage and policies for non-opioid pain management options. The statement was signed by AGS President Dr. David Asch and AGS Vice President Dr. Robert Brook.

The AGS statement notes that while opioids have been widely used to manage pain, they have also been associated with significant risks, including addiction, overdose, and death. The AGS urges payers to prioritize coverage and policies for non-opioid pain management options, such as acupuncture, physical therapy, and cognitive behavioral therapy.

The AGS statement also notes that payers should consider the costs of opioids and the risks of addiction and overdose when making coverage decisions. The AGS urges payers to consider the costs of non-opioid pain management options and the benefits of these options when making coverage decisions.

The AGS statement is available at [www.ags.edu/painmanagement](http://www.ags.edu/painmanagement).

## Why Acupuncture?

## Acupuncture is Effective for Treating Pain

- and is often as good as available options

- Acupuncture has been found to be effective for treating various types of pain, with the strongest evidence emerging for back pain, neck pain, shoulder pain, chronic headache, and osteoarthritis.
- In the largest study of its kind to date, **454,920 patients were treated with acupuncture for headache, low back pain, and/or osteoarthritis** in an open pragmatic trial. Effectiveness was rated by the 8,727 treating physicians as marked or moderate in 76% of cases.



Source: Golligorsky et al. JAMA. 2017;317(12):1255-1262.

Weidenhammer W, Streng A, Linde K, Hoppe A, Melchart D. Acupuncture for Chronic Pain within the Research Program of 10 German Health Insurance Funds—Basic Results from an Observational Study. *Complementary Therapies in Medicine*. 2007;15(4):238-46.

## Acupuncture is Effective for Treating Pain

- and is often as good as available options

- A systematic review and meta-analysis on acupuncture for the treatment of sciatica reported that acupuncture was **superior to standard pharmaceutical care** (such as ibuprofen, diclofenac, and prednisone) in reducing pain intensity (mean difference (MD) = -1.25, 95% CI [-1.63 to -0.86]) and increasing pain threshold (MD = 1.08, 95% CI [0.98–1.17]).
- Another systematic review and network meta-analyses of 21 different interventions for sciatica found that **acupuncture was second in global effect only to biological agents, and superior to all other interventions including non-opioid and opioid medications.**



Ji M, Wang X, Chen M, Shen Y, Zhang X, Yang J. The Efficacy of Acupuncture for the Treatment of Sciatica: A Systematic Review and Meta-Analysis. *Evidence-based Complementary and Alternative Medicine: eCAM*. 2015;2015:192808.

Lewis RA, Williams NH, Sutton AJ, Burton K, Din NU, Matar HE, et al. Comparative Clinical Effectiveness of Management Strategies for Sciatica: Systematic Review and Network Meta-analyses. *The Spine Journal: Official Journal of the North American Spine Society*. 2015;15(6):1461-77.

## Acupuncture is Effective for Treating Pain

- and is often as good as available options

A systematic review on acupuncture for **plantar heel pain** found that evidence supporting the effectiveness of acupuncture **was comparable to the evidence available for standard care interventions** such as stretching, night splints, and dexamethasone.



Clark RJ, Tighe M. The Effectiveness of Acupuncture for Plantar Heel Pain: A Systematic Review. *Acupuncture in Medicine: Journal of the British Medical Acupuncture Society*. 2012;30(4):298-306.

## Acupuncture Decreases the Amount of Opioids Needed to Treat Pain

A meta-analysis published in late 2017 in the *Journal of the American Medical Association (JAMA Surgery)* focused on **non-pharmacological treatments in reducing pain after total knee arthroplasty**.

Thirty-nine randomized clinical trials were included in the meta-analysis (2,391 patients).

Moderate-certainty level evidence showed that **electrotherapy reduced the use of opioids** (MD = -3.50; 95% CI, [-5.90 to -1.10] morphine equivalents in milligrams per kilogram per 48 hours;  $p = .004$ ;  $I^2 = 17\%$ ), and that **acupuncture delayed opioid use** (MD = 46.17; 95% CI, [20.84 - 71.50] minutes to the first patient-controlled analgesia;  $p < 0.001$ ;  $I^2 = 19\%$ ).



Tedesco D, Gori D, Desai KR, Asch S, Carroll IR, Curtin C, McDonald KM, Fantini MP, Hernandez-Boussard T. Drug-Free Interventions to Reduce Pain or Opioid Consumption After Total Knee Arthroplasty: A Systematic Review and Meta-analysis. *JAMA Surg*. 2017 Aug 16:e172872. doi: 10.1001/jamasurg.2017.2872. [Epub ahead of print]

## Acupuncture Decreases the Amount of Opioids Needed to Treat Pain

A prospective, randomized trial of acupuncture vs. morphine to treat **emergency department/emergency room patients** with acute onset, moderate to severe pain was conducted.

**Acupuncture provided more effective and faster analgesia than morphine and was better tolerated.**

The study included 300 patients, with 150 patients in each group. Success rate was significantly different between the 2 groups (92% in the acupuncture group vs 78% in the morphine group,  $p < 0.001$ ). Resolution time was  $16 \pm 8$  minutes in the acupuncture group vs  $28 \pm 14$  minutes in the morphine group ( $p < 0.005$ ). Overall, 89 patients (29.6%) experienced minor adverse effects; of these, 85 (56.6%) were in the morphine group and only 4 (2.6%) were in the acupuncture group ( $p < 0.001$ ).

Grissa MH, Baccouche H, Boubaker H, Beltalef K, Baeouch N, Fredj N, et al. Acupuncture vs Intravenous Morphine in the Management of Acute Pain in the ED. *American Journal of Emergency Med.* 2016;34(11):2112-2116.

## Acupuncture Decreases the Amount of Opioids Needed to Treat Pain

Some studies have reported reduced consumption of opioid-like medication (OLM) by more than 60% following surgery when acupuncture is used.

Lin JG, Lo MW, Wen YB, Hsieh CL, Tai SK, Sun WZ. The Effect of High and Low Frequency Electroacupuncture in Pain after Lower Abdominal Surgery. *Pain.* 2002;99(3):509-14.

Wang B, Tang J, White PF, Naruse R, Sloninsky A, Kariger R, et al. Effect of the Intensity of Transcutaneous Acupoint Electrical Stimulation on the Postoperative Analgesic Requirement. *Anesthesia and Analgesia.* 1997;85(2):406-13.

In a study examining acupuncture's effectiveness in treating pain in a military cohort of 172 at a United States Air Force medical center, **acupuncture dramatically decreased the use of opiates and other pain medications among personnel.** Opioid prescriptions decreased by 45%, muscle relaxants by 34%, NSAIDs by 42%, and benzodiazepines by 14%. Quality of life measures also showed impressive changes, with some measures of improvements showing statistical significance ( $p < 0.001$ ).

Crawford Paul, Penzien Donald B., and Coeytaux Remy. Reduction in Pain Medication Prescriptions and Self-Reported Outcomes Associated with Acupuncture in a Military Patient Population. *Medical Acupuncture.* August 2017, 29(4): 229-231. <https://doi.org/10.1089/acu.2017.1234>



## Acupuncture is Cost-Effective

In a cost-effectiveness analysis of non-pharmacological treatments for osteoarthritis of the knee, acupuncture was found to be the most cost-effective option when analysis was limited to high-quality studies.

MacPherson H, Vickers A, Bland JM, Torgerson DJ, Corbett MS, Spackman E, Saramago Goncalves PR, Woods BS, Weatherly HL, Sculpher MJ, Manca A. Acupuncture for Chronic Pain and Depression in Primary Care: A Programme of Research. *Programme Grants for Applied Research.* 2017 Jan 1:1-342.

A recent study from the Center for Health Information and Analysis (CHIA) in response to a piece of Massachusetts legislation seeking mandated coverage for acupuncture for some conditions, found that full insurance coverage for acupuncture would increase an average insured member's monthly health insurance premium only by \$0.38 to \$0.76. Acupuncture was noted to save \$35480, \$32000, \$9000, and \$4246 per patient for migraine, angina pectoris, severe osteoarthritis, and carpal tunnel syndrome respectively.

CHIA center for health information and analysis. Mandated Benefit Review Of H.B. 3972: An Act Relative to the Practice of Acupuncture. <http://www.aomsm.org/Resources/Documents/Research/BenefitReview-H3972-Acupuncture.pdf> Accessed August 19, 2017.

## Acupuncture is Safe

Strong evidence for the safety of acupuncture in chronic pain management comes from an open pragmatic trial involving 454,920 patients who were treated for headache, low back pain, and/or osteoarthritis.

Minor adverse events were reported in 7.9% of patients while only 0.003% (13 patients) experienced severe adverse events.

Minor adverse events included needling pain, hematoma, and bleeding, while serious adverse events included pneumothorax, acute hyper- or hypotensive crisis, erysipelas, asthma attack, and aggravation of suicidal thoughts.

Weidenhammer W, Streng A, Linde K, Hoppe A, Melchart D. Acupuncture for Chronic Pain within the Research Program of 10 German Health Insurance Funds- Basic Results from an Observational Study. *Complementary Therapies in Medicine.* 2007;15(4):238-46.

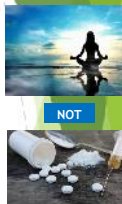
## Acupuncture can Help Treat Addiction

As far back as 1978 it was demonstrated that acupuncture decreased biochemical markers of stress in heroin addicts compared to observational controls.

In 2014 Chan YY and Lo WY, et al. demonstrated that acupuncture decreased the amount of morphine used by addicts in treatment, and simultaneously improved sleep in the treatment subjects.

Wen HL, Ho WK, et al. Reduction of Adrenocorticotrophic hormone (ACTH) and cortisol in drug addicts treated by acupuncture and electrical stimulation (AES). *Comparative Medicine East and West.* 1978 Spring; 6(1):61-6.

Chan YY, Lo WY, et al. Clinical Efficacy of Acupuncture as an Adjunct to Methadone Treatment Services for Heroin Addicts: A Randomized Controlled Trial. *American Journal of Chinese Medicine.* 2014; 42(3): 569-86.



## Acupuncture can Help Treat Addiction

A meta-analysis done in 2012 concluded that **"the majority [of studies] agreed on the efficacy of acupuncture as a strategy for the treatment of opiate addiction"** and that "neurochemical and behavioral evidence have shown that acupuncture helps reduce the effects of positive and negative reinforcement involved in opiate addiction by modulating mesolimbic dopamine neurons. Moreover, several brain neurotransmitter systems involving opioids and GABA have been implicated in the modulation of dopamine release by acupuncture."

Lin JG, Chan YY, Chen YH. Acupuncture for the Treatment of Opiate Addiction. *Evidence Based Complement Alternative Med.* 2012;2012:739045.



## Acupuncture can Help Treat or Cure Underlying Conditions

Table 1. Acupuncture for the Use of Numerous Conditions Including Pain Conditions  
The Acupuncture Evidence Project  
(Mar 2013 - Sept 2016)

<b>Evidence of positive effect</b>	
Allergic rhinitis (seasonal & seasonal)	
Chemotherapy-induced nausea and vomiting (CINV) (with anti-emetics)	
Chronic neck pain	
Headache (tension type and chronic)	
Knee osteoarthritis	
Migraine prophylaxis	
Post-operative nausea & vomiting	
Post-operative pain	
<b>Evidence of potential positive effect</b>	
Acute low back pain	
Acute stroke	
Anxiety	
Antibiotic-associated diarrhea	
Anxiety	
Asthma in adults	
Back or pelvic pain during pregnancy	
Cancer pain	
Cancer-related fatigue	
Constipation	
Constipation	
Depression (with antidepressants)	
Dry eye	
Hypertension (with medication)	
Insomnia	
Irritable bowel syndrome	
Labor pain	
Lateral elbow pain	
Menopausal hot flashes	
Modulating sensory perception thresholds	
Neck pain (acute types/non-whiplash)	
Obesity	
Peri-menopausal & post-menopausal insomnia	
Plantar foot pain	
Post-stroke insomnia	
Post-stroke shoulder pain	
Post-stroke spasticity	
Post-traumatic stress disorder	
Proximal pain (chronic pelvic pain syndrome)	
Recovery after colorectal cancer resection	
Restless leg syndrome	
Schizophrenia (with antipsychotics)	
Sciatica	
Shoulder impingement syndrome (early stages) (with exercise)	
Shoulder pain	
Smoking cessation (up to 3 months)	
Stroke rehabilitation	
Temporomandibular joint disorder	

McDonald J, Jans S. The Acupuncture Evidence Project: A Comprehensive Literature Review. Australian Acupuncture & Chinese Medicine Association Limited, Dec 10, 2016.

## Acupuncture is Available, and can also be a Source of U.S. Economic Development – Jobs Creation and Industry Development

A 2015 study found the number of trained practitioners to be approximately 34,400. The number of licensed acupuncturists was noted to have increased by 23.3% and 52.1% compared to the years 2009 (n=27,965) and 2004 (n=22,671) respectively, increasing about 1,266 per year.<sup>11</sup>

Fan Ai, Faggett S. Number of Licensed Acupuncturists and Educational Institutions in the United States in Early of 2015. J Integr Med. 2017 September; Epub ahead of print. doi:10.1016/j.joint.2016.11.003.71-6

- Currently, the Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) has fifty-seven schools in its membership, with approximately ten schools offering doctoral degrees. [www.ccaom.org](http://www.ccaom.org)
- The National Certification Council for Acupuncture and Oriental Medicine (NCCAOM) has certified more than 18,000 practitioners for minimal competency. [www.nccaom.org](http://www.nccaom.org)

The practitioners emerging from this educational and testing infrastructure are the most highly trained in Chinese medicine as a complete system, and the training capacity is vastly underutilized. This system could produce many more practitioners were demand increased.

## Recognition of the Complexity of the Situation, but Focus on the Simplicity of One Solution.

- The Acupuncture community recognizes the complexity of the opioid epidemic. We understand that acupuncture is not the whole solution, that we need to work in teams, and that this is a long-haul effort.
- However, this is a time of crisis: we must use all available, reasonable, evidence-based tools to solve this issue, and acupuncture stands as potential "star player" in that effort.
- Acupuncture could be quickly integrated into medical systems to decrease opioid use for numerous conditions, decrease initial addiction, and help with addiction rehabilitation.



## Contact

- For questions regarding legislative & regulatory affairs or strategic partnerships:

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Event Coordinator  
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[Drkallieguimond@gmail.com](mailto:Drkallieguimond@gmail.com)

## THANK YOU!



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### Global Views

**Acupuncture's Role in Solving the Opioid Epidemic: Evidence, Cost-Effectiveness, and Care Availability for Acupuncture as a Primary, Non-Pharmacologic Method for Pain Relief and Management—White Paper 2017**

Arthur Yin Fan<sup>1</sup>, David W. Miller<sup>2,3</sup>, Bonnie Boland<sup>4</sup>, Matthew Bauer<sup>5</sup>, John McDonald<sup>6</sup>, Sarah Faggett<sup>7</sup>, Honglan He<sup>8</sup>, Yong Wang<sup>9</sup>, Amy Matsuda<sup>10</sup>, Lindy Camarillo<sup>11</sup>, Mel Hopper Koppelman<sup>12</sup>, Jennifer A.M. Stone<sup>13</sup>, Lindsay Meade<sup>14</sup>, John Pang<sup>15</sup>

### The Practice of Traditional Chinese Medicine (TCM) (Including Acupuncture) in China Today

Jun Xu, MD, LAc



### Striking Differences in Healthcare Between the US and China



	China	US
Birth Rate Per 1,000	12.22	14
Hospital Bed Per 1,000	2.45	3.3
Life Expectancy at birth, total	75.04	78.64
Physicians Per 1,000 people	1.51	2.3
Healthcare Expenditure total % of GDP (2014)	5.5	17.1
Healthcare Expenditure Per Capita (2014)	\$731	\$9403

Source: <http://www.nationmaster.com/country-info/compare/China/United-States/health>



Chinese Central Government

The Commission of Health and Family Planning

The State FDA

State Administration of TCM



34 provincial TCM Bureau



42 TCM Universities/Colleges  
661,510 Registered Students



81 Research Institutes  
22,628 Scientists

<http://www.satcm.gov.cn>

### HOSPITALS AND PHYSICIANS IN CHINA, 2016

	TOTAL HOSPITALS	TOTAL PHYSICIANS
General Hospitals	29,000	2,000,000
Independent TCM Hospitals	3966	264,411 (2012)



<https://bmccomplementalternmed.biomedcentral.com/articles/10.1186/s12906-017-1346-2>

Source: <http://www.satcm.gov.cn>

<http://www.cmp.com/business/companies/article/2016196/china-s-dire-need-reform-health-care-sector-seen-opportunity>

<http://www.ccm.com/2017/06/29/health/china-new-law-traditional-chinese-medicine-tcm/index.html>

### TCM HOSPITAL ADMISSIONS IN CHINA

Million	2005	2008	2009	2010	2011	2012
General Hospitals	41.53	58.72	67.13	75.05	84.31	99.15
TCM Hospitals	6.05	9.52	11.11	12.59	14.47	17.72
%	14.6	16.2	16.6	16.8	17.2	17.9

Source: <http://www.nhfp.gov.cn/htmlfiles/cwqkzt/ptpj/year2013/index2013.html>



### TCM Research in China 2016

	Research Institutes	Total Employee	Scientists	%
Total	81	22,628	12,744	56.3
National Run	10	3556	2,023	56.9
Provincial Run	43	14,898	8,159	54.8
City Run	28	4,223	2,562	60.7



Source: <http://www.satcm.gov.cn>



### How does Traditional Chinese Medicine ( TCM) Help and Save Money?

1. It focuses on good lifestyle to prevent diseases.



#### Definition

Traditional Chinese Medicine (TCM) is an ancient and still very vital holistic healing health care system. It is based on the notion of harmony and balance, and employs the ideas of moderation and prevention.

### How does Traditional Chinese Medicine ( TCM) Help and Save Money?

2. It is a set of natural therapies with extremely low side effect profiles compared with most modern medicine approaches. It has been used for pain management and other illness in China for thousands of years!



### Final Words

1. TCM has been officially integrated into the Chinese healthcare system for more than 50 years, and is playing an increasingly important role.
2. Acupuncture is one of the key treatment methods of TCM.
3. TCM focuses on the prevention of disease and treating its root cause, and is an ideal resource to keep the population healthy and reduce pain and the use of opioids.
4. The United States can immediately use aspects of the Chinese experience with this integration to determine ways to take advantage of this health-promoting, cost-saving system.
5. TCM is a cost-effective, allied medicine with the demonstrated potential to reduce medical expenses and keep Americans healthy and drug free.

## Acupuncturists' Education in China

Arthur Yin Fan, MD(China), PhD, LAC



### The Official Name for Acupuncturists in China: "M.D. in Chinese Medicine (Zhong Yi 中医)"

- ▶ 264,411 (2012) Chinese medicine doctors in China
- ▶ 3,966 Chinese Medicine Hospitals
- ▶ 446 Integrative Medicine Hospitals
- ▶ Gov't backed TCM clinics: 42,528
- ▶ Integrative clinics: 7,705
- ▶ Visits (all hospitals):
  - ▶ Outpatient: approx. 910 Million patients/year
  - ▶ Inpatient: approx. 21 Million/year

### The Education of Acupuncturists in China: MD Level Education (I)

#### Educational Facilities (government supported)

- ▶ 42 High Educational Institutes focused on TCM
- ▶ 200 Western Medicine Universities/Colleges also offer TCM Training

### The Education of Acupuncturists in China: MD Level Education (II)

#### Years of Education and Training

- ▶ 4-6 years of college training, with additional 1 year internship
  - ▶ Approximately 40% in Chinese Medicine, 60% in Biomedicine
  - ▶ Degree: Bachelors or Masters in Medicine, equivalent to MD in the USA
- ▶ \*AMA and WHO accept this educational system as MD level equivalent
- ▶ \*\* Some TCM doctors were trained in Western Medicine Universities
- ▶ 6 years of residency
  - ▶ Rotate in each department, then focus on one specialty

### The Education of Acupuncturists in China: MD Level Education (II)

- ▶ Some Doctors Add:
  - ▶ 1 year additional training in a western medicine hospital
  - ▶ ½ year to 1 year training in a hospital in a Western Country
- ▶ Continuing Education is also needed, as in the USA
- ▶ Some Physicians will choose additional training in research, achieving another Master or PhD degree

### TCM Education Institutions in China- included in TCM colleges with many other colleges, such as pharmacology colleges

	Universities have TCM	Graduates /yr	New students /yr	Current Enroll (all)	Estimated Graduates /yr
Total	42	169,113	193,935	661,510	178,724
Doctoral		1,209	1,343	4,662	1,984
Master		12,427	13,811	38,689	12,261
Undergrads		155,477	178,781	618,159	164,479



Source: <http://www.satcm.gov.cn>

## The Education of Acupuncturists in China: History

- ▶ The earliest book in Chinese Medicine currently available is 2,000 years old
  - ▶ Yellow Emperor's Inner Classic (Huang Di Nei Jing).
- ▶ Earliest National Medical Educational Institution in Chinese Medicine started in China 1400 years ago
  - ▶ Imperial Medical Academy(Tai Yi Shu) in the Sui dynasty
- ▶ Modern Chinese Medicine Education started in 1954 in China
- ▶ Acupuncture has been listed as a "World Intangible Heritage" by UNESCO's cultural sector at [unesco.org](http://unesco.org).

Arthur Yin Fan, MD(China), PhD, LAc  
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## References

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## Doctoral Degrees of the Acupuncture Profession

- ▶ **Doctorate in Acupuncture and Oriental Medicine (D.A.O.M.)**
  - ▶ Post graduate doctorate focused on specialization and advanced knowledge and skills
  - ▶ Minimum 1200 hours
    - ▶ 650 hours dedicated to advanced clinical training
- ▶ **Professional Doctorate**
  - ▶ Entry-level doctorate
  - ▶ Additional 300 hours of training beyond minimum standards for Masters degree
    - ▶ 790 hours of clinical training for Doctor of Acupuncture
    - ▶ 1000 hours of clinical training for Doctor of Oriental Medicine
- ▶ **Additional coursework focused on:**
  - ▶ Patient Care and Advanced Diagnostic Studies
  - ▶ Systems-based Medicine, Collaborative Care Systems
  - ▶ Formulating and Implementing Professional Development
  - ▶ Scholarship, Research, and Evidence-Based Medicine

ACADOM (2017, Sept. 29). Revisions to Professional Doctorate Standards. Retrieved <http://acadom.org/2017/09/revisions-to-the-acadom-professional-doctorate-standards/>

## National Certification Demonstrates Evidence-based Standards of Competency

- ▶ **National Certification Commission for Acupuncture and Oriental Medicine:**
  - ▶ "To assure the safety and well-being of the public and to advance the professional practice of acupuncture and Oriental medicine by establishing and promoting national evidence-based standards of competency and credentialing."
- ▶ **Certification Examinations:**
  - ▶ Acupuncture with Point Location
  - ▶ Foundations of Oriental Medicine
  - ▶ Biomedicine
  - ▶ Chinese Herbology



- ▶ **Diplomate of Acupuncture, Chinese Herbology, or Oriental Medicine**

## Certification & Examination by State

States Use of NCCAOM Certification or Exams for Acupuncture Licensure



46 States and District of Columbia

\* Wyoming became the 47<sup>th</sup> state to regulate acupuncture, requiring national standards for education and certification examinations in early 2017

\* California is the only state to administer its own examination. California Acupuncture Board voted to require the NCCAOM exams as a prerequisite to licensure as early as 2019

Source: <http://www.nccaom.org/state-licensure/>

## Active Diplomates by State

Number of Active NCCAOM Diplomates by State

