



Pan Canadian Written Exam Last Month Check List:

HOW TO USE THIS CHECKLIST:

Every topic listed below is fair game for questions on your exam. The best approach in the last month is to make sure that you have gone through each of these sections and are proficient in the content. Once you have mastered a category, check off the box next to the topic.

BEST STRATEGY: Plan to have this check list completed BY Oct. 1. That will give you almost two weeks for general review. You don't want to be a week out from the exam and still trying to complete this check list.

EXAM BREAKDOWN:

TOPIC	R.Ac.	TCMP.	# OF ?'S ON EXAM
DIAGNOSTICS AND TREATMENT	32-35%	25-30%	R: 51 - 56 T: 40 - 48
TCM FOUNDATIONS	23-28%	25-30%	R: 37 - 45 T: 40 - 48
FOUNDAMENTALS OF BIOMEDICINE	10-12%	7-10%	R: 16 - 19 T: 11 - 16
ACUPUNCTURE TREATMENT	8-10%	5-8%	R: 13 - 16 T: 8 - 13
HERBAL DISPENSARY MANAGEMENT	NA	7-10%	R: 0 T: 11 - 16
SAFETY	4-6%	4-7%	R: 6 - 10 T: 6 - 11
PROFESSIONALISM	4-6%	3-5%	R: 6 - 10 T: 5 - 8
PRACTICE MANAGEMENT	3-5%	2-4%	R: 5 - 8 T: 3 - 6
INTERPERSONAL SKILL	2-4%	3-5%	R: 3 - 6 T: 5 - 8

Key: R = R.Ac. T = TCMP.

The chart above is organized by the categories with the most questions on the exam to the categories with the least questions on the exam. Student will often strategies that it is best to focus on the categories with the most questions when actually the categories with the least questions are the easiest to master and tend to be easier to memorize like interpersonal skill, practice management, professionalism and safety. These you either know or you don't know. Between the information in the Safety Manual and the



LEADERS IN ACQUIRING THE BEST REVIEW

Jurisprudence Manual, you will cover the last 4 categories easily. **DO NOT OVERLOOK THESE.** For more information refer to the Quick and Easy Points on the Written Exam handout at the end of this packet.

Below is a list of All topics you want to make sure you cover before your exam date. Put a check mark in the box when you feel you have mastered the material.

1. YIN AND YANG THEORY	<input type="checkbox"/>
2. FIVE ELEMENTS	<input type="checkbox"/>
3. VITAL SUBSTANCES	<input type="checkbox"/>
a. ESSENCE	<input type="checkbox"/>
b. QI	<input type="checkbox"/>
c. BLOOD	<input type="checkbox"/>
d. BODY FLUIDS	<input type="checkbox"/>
e. SHEN	<input type="checkbox"/>
4. YIN AND YANG THEORY	<input type="checkbox"/>
5. FIVE ELEMENTS	<input type="checkbox"/>
6. VITAL SUBSTANCES	<input type="checkbox"/>
7. YIN AND YANG THEORY	<input type="checkbox"/>
8. FIVE ELEMENTS	<input type="checkbox"/>
9. VITAL SUBSTANCES	<input type="checkbox"/>
a. ESSENCE	<input type="checkbox"/>
b. QI	<input type="checkbox"/>
c. BLOOD	<input type="checkbox"/>
d. BODY FLUIDS	<input type="checkbox"/>
e. SHEN	<input type="checkbox"/>
10. ZANG FU THEORY	<input type="checkbox"/>
11. SIX EXTRAORDINARY YANG ORGANS	<input type="checkbox"/>
12. CAUSE OF DISEASE	<input type="checkbox"/>
a. SEVEN EMOTIONS	<input type="checkbox"/>
b. SIX CLIMATES	<input type="checkbox"/>
c. MISCELLANEOUS CAUSES	<input type="checkbox"/>
13. ROOT BRANCH TREATMENTS	<input type="checkbox"/>
14. XIE QI VS. ZHENG QI	<input type="checkbox"/>
15. TREATMENT PRINCIPLES	<input type="checkbox"/>



LEADING IN ACUPUNCTURE & CHINA REVIEW

- 16. DIAGNOSIS OF INFANT’S LITTLE FINGER
- 17. 4 PILLARS: LOOKING, TOUCHING, SMELLING, HEARING
- 18. 10 ASKING SONGS (AKA: 14 INTERROGATIONS)
- 19. 8 PRINCIPLE DIFFERENTIATION
 - a. TRUE HEAT/ FALSE COLD OR FALSE HEAT/ TRUE COLD
- 20. DIFFERENTIATION OF QI, BLOOD AND BODY FLUIDS
 - a. QI PATTERNS
 - b. BLOOD PATTERNS ESPECIALLY LIVER BLOOD STASIS VS UTERUS BLOOD STASIS
 - c. BLOOD HEAT (THIS IS NOT BLOOD LEVEL HEAT)
 - d. PHLEGM PATTERNS INCLUDING DIFFERENT TYPES OF PHLEGM AND TAN YIN(PHLEGM FLUIDS
- 21. ZANG FU PATTERNS
- 22. FIVE ELEMENT DIFFERENTIATION
- 23. CHANNEL DIFFERENTIATION
- 24. SHANG HAN LUN
- 25. WEN BING LUN
- 26. THREE BURNERS

******Remember to differentiation patterns across theories especially patterns that look the same from Zang Fu patterns vs. Shang Han Lun patterns vs. Wen Bing Lun patterns******

- 27. DEPTHS OF MERIDIANS
- 28. CUTANEOUS CHANNELS
- 29. MUSCLE CHANNELS
- 30. COLLATERAL CHANNELS
- 31. ZANG FU CHANNELS
- 32. CROSSING POINTS
- 33. DIVERGENT CHANNELS
- 34. 8 EXTRA MERIDIANS
- 35. BODY MEASUREMENTS
- 36. POINT LOCATION
- 37. ACUPUNCTURE LANDMARKS AND POINT LINES
- 38. NEEDLING DEPTHS
- 39. HOST GUEST THEORY
- 40. EXTRA POINTS



LEADER IN ACQUISITION OF TCM REVIEW

uu. EMERGENCY CONDITIONS LIKE

vv. MYCARDIAL INFARCTION

ww. VITAMINS

xx. PHARMACOLOGY

49. SAFETY MANUAL

a. DANGEROUS POINTS AND THEIR NEEDLING DEPTHS

50. JURISPRUDENCE

a. CODE OF ETHICS

b. CODE OF PROFESSIONAL CONDUCT

c. STANDARD OF PRACTICE

d. PATIENT RECORDS

e. CONSENT TO TREAT

HERBOLOGY AND FORMULAS

SINGLE HERBS	
1. COMMON TASTE, TEMPERATURES AND CHANNELS FOR EACH CATEGORY, THEN LEARN THE OUTLIERS FOR THAT CATEGORY. OUTLIERS ARE HERBS THAT HAVE DIFFERENT TASTES, TEMPERATURES, GO TO DIFFERENT CHANNELS OR HAVE OTHER FUNCTIONS THAN MOST OF THE HERBS IN THE CATEGORY	
2. 1 ST AND 2 ND FUNCTIONS FOR THE HERBS	
3. IMPORTANT DOSAGES, WEIRD DOSAGES. YOUR EXAM IS A SAFETY EXAM. IT'S THE COLLEGE'S MAIN ROLE TO PROTECT THE PUBLIC. IF AN HERB WILL CAUSE HARM IN LARGE DOSAGES OR FOR CERTAIN PARTS OF THE POPULATION, IT WILL BE TESTED.	
4. COOKING INSTRUCTIONS FOR SINGLE HERBS (SUMMARY IN HB KIM P. 404)	
5. HERBS THAT ARE CONTRA OR CAUTIONED IN PREGNACY	
6. INCOMPATIBILITIES AND ANTAGONISTS	
7. DRUG HERB INCOMPATIBILITIES	
FORMULAS: MOST OF THE EXAM WILL BE FORMULA CASE STUDIES WITH OR WITHOUT MODIFICATIONS	
1. KNOW FORMULA FUNCTIONS COLD	
2. KNOW FORMULA CONTRAINDICATIONS AND CAUTIONS	
3. KNOW MODIFICATIONS FOR THE FORMULA	
4. KING HERBS AND SPECIAL COOKING INSTRUCTIONS	
5. OVERDOSE AND ANY ANTIDOTES	
6. FORMULA -DRUG INCOMPATIBILITIES	



LEADER IN ACUPUNCTURE BOARD REVIEW

TCM REVIEW SEMINAR'S GUIDE TO QUICK AND EASY POINTS YOU DON'T WANT TO MISS ON YOUR BOARD EXAMS

Students often want to overlook these categories when studying for their exams. Common excuses I hear are: **"It's too much information and only a few will be seen on the exam,"** or **"it's too specific."** Learning the information in these categories can really bump up your score on the acupuncture board exams. Every point counts towards the passing score and mastering the categories below can gain you 25-40 points on the exam. These are **EASY** Points as well.

Check off the category as you MASTER the information

- 5 ELEMENT DIAGNOSIS
- 8 EXTRA CHANNELS
- 4 PILLARS AND 10 ASKING SONGS (AKA: 14 INTERROGATIONS)
- DANGEROUS POINTS AND THEIR NEEDLING DEPTHS
- CHANNEL PATHWAYS
- CUPPING
- MOXA
- ELECTRO ACUPUNCTURE
- INJECTION THERAPY
- TUI NA
- GUA SHA
- 3-EDGED NEEDLE
- MANGEMENT OF ACCIDENTS
- KOREAN 4 NEEDLE TECHNIQUE
- NEEDLING METHODS
- POINT LOCATION BY REGION
- POINT LOCATION
- SCALP ACUPUNCTURE
- SHANG HAN LUN VS WEN BING LUN VS. SAN JIAO THEORIES
- TONIFICATION AND SEDATION METHODS
- VITAMINS, DERMATOME, PHARMACOLOGY
- SAFETY MANUAL
- JURISPRUDENCE
- INFANT INDEX FINGER DIAGNOSIS

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