



TCM Review Seminars NCCAOM Biomedicine Study Schedule

This study schedule is a suggested daily study schedule. It is based on studying 3 hours a day most weeks. Feel free to modify this schedule to fit your school, work and home life. The point is to spend between 18-24 hours a week studying the material. This does not include watching videos.

Studying can take many forms:

1. Watching and re-watching the videos
2. Spending time organizing the material
3. Creating study material and spending time studying those
4. Taking quizzes online

The best approach is to use a mix of these techniques. This is by no means an exhaustive list so please add your own preferred way to study. I'll talk more about the ways to use this schedule on the next page.

This course is a jumping off point in your preparation for the NCCAOM Biomedicine Exam. I do my best to make sure that the course covers all topics of your exam. From time to time, new classes may develop as new information is gathered.



Tips for Using this Schedule

1. Day 1 for you is the day after you watch the class.
2. Make flashcards only for the material that you will be studying in each day of the schedule. You don't need to make all the study material for an entire section at once. Making flashcards is a form of learning. A good method is to make a few cards, learn them, and then move on. If you are spending too much time writing out flashcards, consider making photocopies of the material and cutting/pasting it into index cards. Another option is to create online flashcards. If flashcards are not your preferred way of studying, please use the method that you are most comfortable with.
3. If you are a reader, spend more time reading the material. If you are a tactile learner, spend more time creating study material. If you are an auditory learner, create audio recordings of you reading the material to memorize and then listen to the recording over and over again.
4. Take bite size bits of information and learn them completely before moving on to new information. Board study is a marathon not a cram session.
5. Don't forget that this is a general template for a study schedule. You can modify it to suit your needs. If you have already read the texts, then you don't have to do this again. If you already have flashcards created, then you won't need to make them. Find ways to create shortcuts for yourself. If it takes you three hours to create flashcards, then find another method for creating study tools. Everyone is different. Everyone learns differently.
6. This schedule does not account for weeks where we don't have a recorded class. Those will be your catchup weeks. Already caught up? Spend time reviewing the material you have learned. Memory is like a cow path, you need to review, review, and review to make the information stick. You can never review too much. You may also read ahead. It will help you if you have read through Bate's Manual, CNT and Red Flags Manual.
7. When reading, read smart. Preview the chapter. Do an overview of the material. Skimming is okay. Highlighting the information is smart. Taking notes, circling information or using colored pens is also smart way of studying. We don't include reading assignments for the Biomedicine course. The material is fairly dense. However, if you find yourself confused by some of the material, it will be important that you read up on the topic independently. Use the books on the NCCAOM book list. **DO NOT USE GOOGLE. IT IS NOT AN APPROVED SOURCE.**
8. Review everything you have learned previously before learning new material. Review everything you have learned at the end of each study session including all new information you have learned that day. Then, start the next study session with a review session first. The challenge of board studying is holding all the information from your entire education in your brain long enough to take a test. Discipline helps. Your brain is a muscle and its capacity to memorize will grow with regular study sessions.



Week: 1

Class: Introduction and Pharmacology

No. of Study Hours/Day: 3

Quiz Site: Biomedicine Introduction Quiz

This first class starts with a general overview of the course and introduces basic terminology and other relevant biomedicine material. The second video covers pharmacology. This is an overview of pharmacology including drug-herb interactions and drug–food interactions. Specific medication will be covered under each individual biomedicine system.

Objective: For this week, focus on getting the basics for pharmacology down. This is where you will spend most of your time. Under each individual system we will examine drugs for specific conditions. This class lays down the foundations for pharmacology.



Week 1

Day 1:

- **Review and create study material from the video class:** Imaging Techniques, Pharmacology Terms, Pregnancy Categories, Controlled Substance Schedule

Day 2:

- **Review and create study material from the video class:** Understanding Medication Categories and Actions

Day 3:

- **Review and create study material from the video class:** Herb Drug Interactions

Day 4:

- **Review and create study material from the video class:** Food Drug Interactions and Drug/Mineral/Organ Effects

Day 5:

- **Review and create study material from the video class:** Minerals

Day 6:

- **Review and create study material from the video class:** spend time on the **Quiz Site:** Biomedicine Introduction

Day 7:

Day off! Rest up for next week's study session.



Week: 2

Class: Gastrointestinal

No. of Study Hours/Day: 3

Quiz Site: Gastrointestinal System Quiz

The focus of this week's class is the gastrointestinal system. The video covers an overview of the system from identifying abdominal pain, the different classes and types of medications used for this system to the different digestive diseases.

Objective: Your goal is to learn all that you can about the Gastrointestinal system. In addition to the class lecture, there are also additional online questions that you can take to test your knowledge on this topic.



Week 2

Day 1:

- **Review and create study material from the video class:** Identifying Abdominal Pain by Region, Body Mass Index, Digestive Enzymes, Common Medications, Nutrient Absorption by Organ

Day 2:

- **Review and create study material from the video class:** Diabetes, Digestive Pathophysiology

Day 3:

- **Review and create study material from the video class:** Liver Pathology

Day 4:

- **Review and create study material from the video class:** Bowel Disorders

Day 5:

- **Review and create study material from the video class:** Worms and Parasites

Day 6:

- **Review and create study material from the video class:** Vitamin, Functions and Sources and Common Dietary Deficiencies. **Quiz Site:** Gastrointestinal System

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 3

Class: Blood Pathologies

No. of Study Hours/Day: 3

Quiz Site: Blood

Blood pathologies cover the different types of blood cells and medications used for the different types of diseases of the blood. The class also covers the different types of anemia, leukemia, blood types and blood labs. The section ends with vitamin deficiencies and their role in blood pathologies.

Objective: At the end of Week 3, you want to be an expert on blood and blood pathologies. Follow the schedule and the course lecture. At the end of the week, take the quiz on Blood pathologies on the quiz site. It introduces other relevant information not necessarily covered in the class.



Week 3

Day 1:

- **Review and create study material from the video class:** Leukocytes, Agranulocytes, Medication for Blood

Day 2:

- **Review and create study material from the video class:** Anemia, Leukemia and Blood Type

Day 3:

- **Review and create study material from the video class:** Laboratory numbers (don't go crazy with this just know what is pointed out in the video)

Day 4:

- **Review and create study material from the video class:** Influence of Lab Values

Day 5:

- **Review and create study material from the video class:** Blood Tests

Day 6:

Review and create study material from the video class: Vitamin Deficiency. **Quiz Site:** Blood Quiz

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 4

Class: Endocrine and Integumentary

No. of Study Hours/Day: 3

Quiz Site: Endocrine and Integumentary Quiz

This week, you cover the endocrine and integumentary systems. In the Endocrine section, you will review the different hormones, endocrine pathologies like Addison's disease and the different thyroid disorders. The section ends with vitamin deficiencies and what is their role in endocrine pathologies.

The Integumentary section covers skin disorders from decubitus to cancer. This section also goes over medication for the Integumentary system and ends with vitamin deficiencies and their role in integumentary pathologies.

Objective: For this week, focus on getting the relevant information from the endocrine and integumentary systems down. Take the quiz at the end of the week for more relevant information. If you find any area confusing or unclear, please send in an email or post in your Facebook group.



Week 4

Day 1:

- **Review and create study material from the video class:** Endocrine: Hormones

Day 2:

- **Review and create study material from the video class:** Endocrine: Endocrine Pathologies

Day 3:

- **Review and create study material from the video class:** Endocrine: Acid Based Disorders, Vitamin Deficiencies

Day 4:

- **Review and create study material from the video class:** Integumentary: Burns/Decubitus, Skin Cancer

Day 5:

- **Review and create study material from the video class:** Integumentary: Medications, Pathophysiology, Autoimmune Skin Conditions

Day 6:

- **Review and create study material from the video class:** Integumentary: Parasites, Viral, Vitamin Deficiency. **Quiz Site:** Endocrine and Integumentary Quiz

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 5

Class: Respiratory

No. of Study Hours/Day: 3

Quiz Site: Respiratory Quiz

Respiratory system is your focus for this week. This class covers the different structures of respiratory system, parts of the brain that control respiration, respiratory volumes, medications for respiratory pathologies and of course Lung disorders.

Objective: This week you will become an expert on all things Lung. As always, read up in Merck or Bate's if you are unclear or need more information. This is a review class so we assume you are coming in knowing this information. Be sure to take the quiz at the end of the week. It reviews the information in the class and also introduces new information that is relevant for your exam.



Week 5

Day 1:

- **Review and create study material from the video class:** Introduction, Respiratory Volumes, Medication for Respiration

Day 2:

- **Review and create study material from the video class:** Lung Disorders

Day 3:

- **Review and create study material from the video class:** Breathing Patterns

Day 4:

- **Review and create study material from the video class:** Communicable Diseases

Day 5:

- **Review and create study material from the video class:** Lung and Heart Pathology

Day 6:

Review and create study material from the video class: Asthma and Critical Pathologies. **Quiz Site:** Respiratory Quiz

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 6

Class: Skeletal and Muscular Systems

No. of Study Hours/Day: 3

Quiz Site: Skeletal Quiz (Musculoskeletal + Orthopedic Tests Quiz is scheduled for Week 10)

This is a musculoskeletal week. This week starts off with skeletal and covers the different types of bones, the number of bones in each part of the body, medications for bones and joints (think Bi Pain!) and then we jump into the different types of arthritis and bone loss issues as well as deformities and erosions.

The muscular system (Wei) covers the different types of muscles, structures around the muscles like the fascia, tendons, aponeurosis, ligaments, etc. We then look at body movements like flexion and extension. These will be reviewed again in the orthopedic section. Then we move on to muscle pathologies, medication for the muscular system and end with vitamin deficiencies and how they affect the muscular system.

Objective: Before you start each study session, be sure to review what you have learned in the previous weeks. This is very important to do. Your goal is to become a master of the musculoskeletal system. Follow the daily outline as needed and then make sure that you cover the quiz at the end of the week. You are just taking the Skeletal quiz this week. Musculoskeletal is scheduled during the Orthopedics week. However, you can start early if you are feeling motivated. There are questions on the orthopedic tests in that particular quiz. Use this as a preview for the Ortho class if you decide to take the quiz early.



Week 6

Day 1:

- **Review and create study material from the video class:** Skeletal: Bone structure, Types of Bone, Amount of Bones per section of the Body,

Day 2:

- **Review and create study material from the video class:** Skeletal: Medications for Skeletal and Joints, Pathology of Bones and Joints, Other Bone/Joint Pathology

Day 3:

- **Review and create study material from the video class:** Skeletal: Arthritis, Gout, Brittle Bones, Spinal Deformity, Bone Erosion

Day 4:

- **Review and create study material from the video class:** Muscular: Types of Muscles, Structures Around Muscles, Muscle Energy

Day 5:

- **Review and create study material from the video class:** Muscular: Body Movement, Muscle Pathology, Medication for Muscular System

Day 6:

- **Review and create study material from the video class:** Muscular: Muscle Distress Pathology, Neck and Face, Vitamin Deficiency. **Quiz Site:** Skeletal Quiz

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 7

Class: Nervous System

No. of Study Hours/Day: 3

Quiz Site: Nervous System

Week 7 is a deep dive into the nervous system. Don't be nervous! Each area of the brain is covered in detail along with the central nervous system and neurotransmitters. There is a long list of medications for the nervous system you want to make sure you know. There is a review of the dermatomes as well as review on the deep tendon reflexes and cranial nerves. There is a detailed chart on headaches to work through. Those always make good test questions on the exam. Then you will review the different nervous system pathologies ending with the vitamin deficiencies.

Objective: The nervous system is dense. Don't rush through this information. Please spend extra time on this information if you need to. It's important that you have a solid understanding of the nervous system. At the end of the week, be sure to take the test on the Nervous system. There might be new information introduced in the quiz. Make sure to get that down. Last but not least, review the information on the other systems you have learned so far.



Week 7

Day 1:

- **Review and create study material from the video class:** Sections of the Brain, Pathologies of the Brain, Portions of the Nervous System, Four Sensations of Pain, Neurotransmitters for Pain Response

Day 2:

- **Review and create study material from the video class:** Acupuncture Effect on Nerve Fibers, Medications for the Nervous System, Dermatomes

Day 3:

- **Review and create study material from the video class:** Deep Tendon Reflexes, Radiculopathies, Peripheral Neuropathy

Day 4:

- **Review and create study material from the video class:** Upper Motor Neuron vs. Lower Motor Neuron, Multiple Sclerosis, Stroke

Day 5:

- **Review and create study material from the video class:** Cranial Nerve Disorders, Intracranial Bleeding, Meningitis, Headaches

Day 6:

- **Review and create study material from the video class:** Vitamins, Special Senses, Vitamin Deficiencies for Special Senses. **Quiz Site:** Nervous System

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 8

Class: Lymphatic and Cardiology

No. of Study Hours/Day: 3

Quiz Site: Lymphatic and Cardiology Quizzes

Focus on both the Lymphatic and Cardiology systems this week. The lymphatic system covers the lymphatic pathways, immunoglobulin response, the different stages of cancer, medication and the different types of lymphatic diseases.

Cardiology starts with an overview of the heart and the different heart structures. It covers the different blood pressure ranges, medications, and cardiac pathologies.

Objective: Both the Lymphatic and Cardiology systems are smaller systems to work through than the Nervous system. It might be that you get through these faster than the Nervous system. Be sure to go back and review the information that you have learned over the past 8 weeks. Regular review will keep the information fresh.



Week 8

Day 1:

- **Review and create study material from the video class:** Lymphatic: Lymphatic Pathway, Immunoglobulins, Stages of Cancer

Day 2:

- **Review and create study material from the video class:** Lymphatic: Medications, Hodgkin's, Parasites, Systemic Lupus

Day 3:

- **Review and create study material from the video class:** Cardiology: Introduction, Electrocardiogram Readings, Medications

Day 4:

- **Review and create study material from the video class:** Cardiology: Medications, Cardiac Pathology

Day 5:

- **Review and create study material from the video class:** Cardiology: Congestive Heart Failure vs. Coronary Artery Disease, Cardiac Disorders, Blood and Venules

- **Day 6: Review and create study material from the video class:** CPR. **Quiz Site:** Lymphatic and Cardiology Quizzes

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 9

Class: Male and Female Reproductive Systems

No. of Study Hours/Day: 3

Quiz Site: Reproductive System Male and Female

This week we cover the different types of reproductive issues for both men and women. The section on women's reproductive health is extensive and ponders on the different types of menstrual disorders as well as the reproductive cycle. We also review the effects of medication on the Male and Female reproductive system, hormones and vitamin deficiencies and the different diseases associated with each system.

Objective: Don't forget to start your study session with a review of the material from the previous weeks. Regular review will help to keep the information fresh in your mind. This week focus on the reproductive systems for both males and females. Pay special attention to any red flag conditions. At the end of the week take the quiz on Male and Female Reproductive Systems.



Week 9

Day 1:

- **Review and create study material from the video class:** Female Reproduction: Introduction, Dysfunctional Menstrual Types

Day 2:

- **Review and create study material from the video class:** Female Reproduction: Reproductive Cycle, Medications for Male and Female Reproduction, Effects of Medication on Male and Female Reproduction

Day 3:

- **Review and create study material from the video class:** Female Reproduction: Pregnancy Hormones, Three Phases of the Birthing Process, Vitamin and Mineral Deficiencies

Day 4:

- **Review and create study material from the video class:** Female Reproduction: Female Reproductive Cancer, Cervical vs. Vaginal Inflammation, Menstruation Pathologies, Breast Pathologies, Menstrual Pathologies

Day 5:

- **Review and create study material from the video class:** Male Reproduction: Prostrate Pathophysiology, Scrotal Pathophysiology

Day 6:

- **Review and create study material from the video class:** spend time on the **Quiz Site:** Reproductive System Male and Female

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 10

Class: Urinary and Orthopedics

No. of Study Hours/Day: 3

Quiz Site: Urinary System and Muscular Skeletal and Orthopedic Tests

Urinary System and Orthopedics are both on the schedule for this week. Urinary system is short and sweet. The review starts with looking at the structures that make up the Urinary System, hormones that influence it, different colors of the urine and their meaning and finishes off with diseases of the Urinary system.

Orthopedics looks at all the different orthopedic tests that you can use to diagnose patient conditions. These are very important for your exam.

Objective: As always, start your study session with a review of everything you have learned thus far. Then focus on learning this week's material. For the orthopedic tests, seeing them in action is very helpful. YouTube has tons of videos on orthopedic tests. I would highly recommend using this tool. End the week with the quiz on the Urinary System and the Muscular Skeletal and Orthopedic quiz.



Week 10

Day 1:

- **Review and create study material from the video class:** Urinary: Introduction, Understanding Urine Color

Day 2:

- **Review and create study material from the video class:** Urinary: Medications, UTI

Day 3:

- **Review and create study material from the video class:** Orthopedics: Upper Extremities

Day 4:

- **Review and create study material from the video class:** Orthopedics: Lower Extremities

Day 5:

- **Review and create study material from the video class:** Orthopedics: Spine

Day 6:

- **Review and create study material from the video class:** spend time on the **Quiz Site:** Urinary System and Muscular Skeletal and Orthopedic Tests

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 11

Class: CNT and Procedure Codes

No. of Study Hours/Day: 3

Quiz Site: CNT, Laws and Ethics (NCCAOM)

This week's class is on CNT. For the NCCAOM, please focus on the communicable diseases and the clinic protocols for CNT. Don't forget to review HIPPA and OSHA regulations as all of these show up on the Biomedicine exam.

Objective: The CNT manual may seem daunting but the information is very repetitive. Reading thorough the material several times will make learning the material easier. Make flashcards for specific details like Hepatitis Incubation periods and such. There is a quiz on the website that covers CNT, Laws and Regs. Please be sure to download the handout on Code of Ethics as well. This will be tested.



Week 11

Day 1:

- **Read:** CNT 7th ed. p. 131 - 148
- **Review and create study material from the video class:** Pathogens and Mechanisms of Disease Transmission, Hepatitis, HIV

Day 2:

- **Read:** CNT 7th ed. p. 149 -160
- **Review and create study material from the video class:** TB, Skin Infections, Influenza, Norovirus, Prevention of Disease Transmission in Acupuncture Practice

Day 3:

- **Read:** CNT 7th ed. p. 168 - 183
- **Review and create study material from the video class:** CNT: Personnel Health, Cleanliness and Safety Practices

Day 4:

- **Read:** CNT 7th ed. p. 189 - 202
- **Review and create study material from the video class:** CNT: Cleaning and Pathogen Reduction Techniques in Healthcare and AOM Practice Locations

Day 5:

- **Read:** CNT 7th ed. p. 227 - 240
- **Review and create study material from the video class:** CNT: Appendices: Healthcare Associated Infections, CDC/ Specific Pathogens, Hepatitis, HIV, TB, other Diseases, Handwashing information and details, Standard Precautions, OSHA and HIPPA

Day 6:

- **Review and create study material from the video class:** Review the material from this week. **Quiz Site:** CNT, Laws and Ethics (NCCAOM)

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.



Week: 12

Class: Medical Red Flags

No. of Study Hours/Day: 3

Medical Red Flags is the last class in this course. It is a detailed look at all the possible red flag referral conditions that you might encounter in clinic. Don't forget that the Biomedicine exam is a safety exam. There is a lot of great testable material in this case.

Objective: Start with a review of the material you learned over the previous weeks. Then dive into each daily topic on the schedule. This week's study assignments are dense. If you need to spread it out over a longer time frame, that is okay as well.



Week 12

Day 1:

- **Review and create study material from the video class:** Increasing confusion in an elderly person – Sudden Shortness of Breath in the Middle of the Night

Day 2:

- **Review and create study material from the video class:** Cough with Severe Episodic Shortness of Breath – Amenorrhea, Anorexia and Athleticism

Day 3:

- **Review and create study material from the video class:** Pain – Back Pain, progressive bilateral leg weakness and erectile dysfunction

Day 4:

- **Review and create study material from the video class:** Severe, localized midline back pain with spinal process tenderness – Severe sore throat, high fever, drooling and difficulty swallowing in an adult

Day 5:

- **Review and create study material from the video class:** Pain on urination (dysuria) with high fever, chills... - Slow onset of patchy numbness and weakness of > 1 body area

Day 6:

- **Review and create study material from the video class:** Unilateral, painless lymph node swelling... - Weight loss and/or failure to maintain adequate body weight due to body image concerns

Day 7:

Day off! Rest up for next week's study session or review what you learned this week. It's always a good idea to start each day with reviewing all the material you have learned so far from day one.

