



The Acupuncture with Point Location Content Outline

Effective January 1, 2020

Note to Candidate: This document serves as a guide to assist in examination preparation for candidates who have met NCCAOM[®] eligibility requirements. Below is the content outline for the Acupuncture with Point Location examination.

Domain I: Safety and Professional Responsibilities (15% of Exam)

- A. Professional practice
 - 1. Describe risks and benefits of acupuncture treatment and adjunctive therapies (e.g., ear seeds, moxibustion, exercises)
- B. Acupuncture-related adverse events
 - 1. Recognize and manage adverse events (e.g., burns, pneumothorax, hemorrhage, needle shock, stuck needle)
 - 2. Recognize risk factors for individual patients (e.g., blood thinners, diabetes)
- C. Infection control
 - 1. Apply infection control procedures to acupuncture practice (e.g., bloodborne pathogens, Universal Precautions, CDC and OSHA Guidelines)
 - 2. Practice according to Clean Needle Technique (CNT) standards and procedures
- D. Case management
 - 1. Patient education and communication
 - a. Communicate diagnosis, treatment plan, and prognosis using patient-appropriate language
 - b. Communicate/collaborate with patient to set treatment goals and expectations
 - 2. Follow-up care
 - a. Refer and/or discharge patient as appropriate
 - b. Communicate and collaborate with other health care providers to identify the most effective treatment for patient (e.g., evidence-informed practice, applying integrative patient care)



Domain II: Treatment Plan (50% of Exam)

- A. Strategies and treatment methods
 1. Determine strategies and treatment methods
 2. Determine modifications based on special populations (e.g., pediatrics, geriatrics, pregnancy, special needs)
- B. Acupuncture treatment strategies according to diagnosis
 1. Perform point selection based on differentiation/symptoms, functions and indications
 2. Select points according to traditional Chinese medicine concepts
 - a. Channel Theory
 - b. Five Elements Theory
 - c. Point Categories
 - i. Five Transporting (*Shu*)/Antique points (e.g., *Jing*-Well, *Ying*-Spring, *Shu*-Stream, *Jing*-River, *He*-Sea)
 - ii. Extra points (**Refer to Appendix of Extra Points**)
 - iii. Eight Influential points
 - iv. Eight Confluent points
 - v. Four Seas points
 - vi. Front-*Mu* (Alarm) points, Back-*Shu* (Associated) points and their combination(s) (e.g., excess/deficient, systemic imbalances)
 - vii. Source (*Yuan*) and Connecting (*Luo*) points
 - viii. Tonification and/or Sedation points
 - ix. Five Elements
 - x. Xi-Cleft points
 - d. Root and Branch Theory
 - e. Organ Theory (*Zang Fu*)
 - f. Eight Principles
 - g. Point Combinations (e.g., Four Gates, Mother/Son, Entry/Exit)



- h. Tender points (*Ashi*)
- i. Chinese organ clock
- 3. Select points according to other acupuncture concepts
 - a. Auriculotherapy
 - b. Local, adjacent, distal
 - c. Mirroring (e.g., elbow-for-knee, right-for-left, front-for-back)
 - d. Scalp acupuncture
- 4. Select points according to biomedical concepts
 - a. Trigger points
 - b. Motor points
 - c. Myofascial treatments
 - d. Effects on blood flow, neurohormonal regulation, and brain connectivity
- C. Cautions and contraindications
 - 1. Identify cautions and contraindications (e.g., pregnancy, organ damage, inflamed or non-intact skin)
- D. Treatment plan modifications
 - 1. Re-evaluate and modify treatment plan based on response

Domain III: Treatment Techniques (20% of Exam)

- A. Acupuncture
 - 1. Determine position of patient for treatment
 - 2. Select needles to achieve desired treatment goals (e.g., length, gauge, filiform or other types of needles)
 - 3. Needling technique
 - a. Apply insertion techniques (e.g., angle, depth, stretching skin)
 - b. Apply needle manipulation (e.g., arrival of Qi, reinforcing, reducing, lifting and thrusting)
 - c. Determine needle retention time



- d. Apply needle removal techniques (e.g., order, speed, pressure)
 - e. Adjust technique based on patient presentation (e.g., stimulation method, intensity, needle retention time)
- B. Moxibustion
- 1. Identify functions, indications, and contraindications
 - 2. Determine and apply techniques (e.g., direct, indirect, warming needle)
- C. Adjunctive therapies
- 1. Identify functions, indications, contraindications, and application
 - 2. Determine and apply techniques during treatment
 - a. Bleeding
 - b. Cupping
 - c. Ear seeds, balls, magnets
 - d. Electroacupuncture
 - e. Gua Sha
 - f. Heat
- D. Asian bodywork therapy
- 1. Recognize appropriate application of Asian bodywork therapy (e.g., Tui Na, Shiatsu, acupressure)

Domain IV: Acupuncture Point Location (15% of Exam)

- A. Acupuncture point location methods
- 1. Identify points on images
 - 2. Identify points according to cun measurement and anatomical landmarks



Appendix: Extra Points

The exam will focus on but may not be exclusively limited to the list below.

- | | |
|----------------------|---------------------------|
| Anmian | Luozhen |
| Bafeng | Pigen |
| Baichongwo | Shiqizhuixue/Shiqizhuixia |
| Bailao | Sifeng |
| Baxie | Sishencong |
| Bitong | Taiyang |
| Dannangxue | Weiguanxiashu |
| Dingchuan | Xiyan/Neixiyan |
| Erbai | Yaotongxue |
| Erjian | Yaoyan |
| Heding | Yintang |
| Huatuojiaji | Yuyao |
| Jianqian/Jianneiling | Zigongxu |
| Lanweixue | |



Acupuncture with Point Location Bibliography

The Content Outline is the primary resource for studying for this examination. The purpose of this Bibliography is only to provide the candidate with suggested resources to utilize in preparation for the examination. Candidates should feel free to consider other resources that cover the material in the Content Outline.

There is no single text recommended by NCCAOM®. All NCCAOM® modules and examinations reflect practice in the United States as determined by the most recent job analysis.

NCCAOM®'s item writers and examination development committee members frequently use the following texts as resources; however, the sources used are not limited to the books listed here. The NCCAOM® does not endorse any third-party study/preparation guide.

Primary Sources

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