



## **TCM Review Seminars**

### **Pan Canadian Written Exam Study Schedule**

This study schedule is a suggested daily study schedule. It is based on studying 3 hours a day for the first part of class. As the test approaches, the study time and amount will ramp up. Feel free to modify this schedule to fit your school, work and home life. The point is to spend between 15-20 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 ways to use this schedule on the next page.

This course is a jumping off point in your preparation for the Pan Canadian 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 and 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 Maciocia before the test.
7. When reading, read smart. Preview the chapter, go over the questions at the end of each chapter in Maciocia before starting to read. 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.
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. Review everything that you previously learned before moving onto new material. 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:** Foundations: Basic Theory and Zang Fu Theory

**# of Study Hours/Day:** 3

This class takes you back to the basics. It covers the basic theory of OM medicine and basic Zang Fu. It is much like a Western Medicine Anatomy and Physiology class.

**Objective:** Get the basics down. Most of this class is just straight memorization. With memorization material, the trick is to review it daily. Memorizing it on Monday and not looking at it again for 3-4 days, for a week, or for a month means you will forget it. Make sure a part of each study session is spent on reviewing the material you have previously learned.

Each day is divided into two activities; reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



## Week 1

### Day 1:

- **Read:** FCM, Chap. 1-4: Yin Yang Theory, Five Element Theory, Vital Substances, Transformation of Qi
- **Review and create study material from the video class:** Yin Yang Theory, Five Element Theory, Vital Substances, Transformation of Qi

### Day 2:

- **Read:** FCM, Chap. 19- 22: Six Extraordinary Yang Organs, Internal Causes of Disease, External Causes of Disease, Miscellaneous Causes of Disease
- **Review and create study material from the video class:** Six Extraordinary Yang Organs, Internal Causes of Disease, External Causes of Disease, Miscellaneous Causes of Disease

### Day 3:

- **Read:** FCM, Chap. 5: Functions of the Internal Organs – Introduction, Chap. 7: Functions of the Liver, Chap. 6: Functions of the Liver, Chap. 11: Functions of the Lungs
- **Review and create study material from the video class:** Introduction to Zang Fu theory, Liver Functions, Heart Functions, Pericardium Functions

### Day 4:

- **Read:** FCM, Chap. 9: Functions of the Spleen, Chap. 8: Functions of the Lung, Chap. 10: Functions of the Kidney, Chap. 13: Functions of the Yang Organs, Chap. 16: Gallbladder Functions
- **Review and create study material from the video class:** Spleen Functions, Lung Functions, Kidney Functions, Gallbladder Functions

### Day 5:

- **Read:** FCM, Chap. 5: Functions of the Internal Organs – Introduction, Chap. 7: Functions of the Liver, Chap. 6: Functions of the Liver, Chap. 11: Functions of the Lungs
- **Review and create study material from the video class:** Small Intestine Functions, San Jiao Functions, Stomach Functions, Large Intestine Functions, Bladder Functions

### Day 6:

Spend the day reviewing the material you have learned this week. If you didn't have time to study everything, please make sure you do so over the weekend.

### Day 7:

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



## **Week: 2**

**Class:** Diagnosis I: Introduction to diagnosis and Five Element Body Type, Physiognomy and Pediatric Digital Exam and 4 Pillars

**# of Study Hours/Day:** 3

Foundations was a snapshot of what is happening in the body when the body is functioning as it should. Diagnosis I starts to exam what symptoms manifest when there is pathology in the body.

**Objective:** There is a lot of material to memorize in this section. The schedule is set up for 6 days of studying. However, if you need to slow down the schedule, please do so. If it takes you two weeks to memorize all the material in this class, that is okay. There will be less to memorize next week when we cover Tongue and Pulse.

Each day is divided into two activities; reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



## Week 2

### Day 1:

- **Read:** FCM, Chap. 23: Diagnosis by Observation
- **Review and create study material from the video class:** Diagnosis by Observation

### Day 2:

- **Read:** FCM, Chap. 24: Diagnosis by Hearing and Smelling
- **Review and create study material from the video class:** Diagnosis by Hearing and Smelling

### Day 3:

- **Read:** FCM, Chap. 23: Diagnosis by Interrogation
- **Review and create study material from the video class:** Diagnosis by Interrogation: 1<sup>st</sup> third of the video material

### Day 4:

- **Read:** FCM, Chap. 23: Diagnosis by Interrogation
- **Review and create study material from the video class:** Diagnosis by Interrogation: 2<sup>nd</sup> third of the video

### Day 5:

- **Read:** FCM, Chap. 23: Diagnosis by Interrogation
- **Review and create study material from the video class:** Diagnosis by Interrogation: last third of the video

### Day 6:

- **Read:** FCM, Chap. 25: Diagnosis by Palpation
- **Review and create study material from the video class:** Diagnosis by Palpation

### Day 7:

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



### **Week: 3**

**Class:** Tongue and Pulse: Tongue Diagnosis, Pulse Diagnosis, Tongue and Pulse for Case Studies, Tongue and Pulse Case Studies

**# of Study Hours/Day:** 3

In this class, we will cover what you need to know for Tongue and Pulse for the Written Exam. We will also cover approach case studies using tongue and pulse as a quick and efficient diagnostic tool.

**Objective:** This is a light week. There are only 30 pulse pictures to know for the exam. Tongue is relatively straight forward. What is important is knowing how to break down tongue and pulse to use for case studies.

Each day is divided into two activities; reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



## Week 3

### Day 1:

- **Read:** FCM, Chap. 23: Diagnosis by Observation: tongue diagnosis starts on page 324
- **Review and create study material from the video class:** Tongue Diagnosis video

### Day 2:

- **Read:** FCM, Chap. 25: Diagnosis by Palpation: Pulse diagnosis starts on page 374
- **Review and create study material from the video class:** Diagnosis by Hearing and Smelling

### Day 3:

- **Read:** No reading associated for today
- **Review and create study material from the video class:** Please memorize the different ways that tongue and pulse will manifest according to Zang Fu pattern syndromes.

### Day 4-6:

- **Review Days:** Use the next 3 days to review what you have learned from week 1-3 and catch up on studying if you have fallen behind.

### Day 7:

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





**Week: 4**

**Class: Zang Fu Pattern Diagnosis**

**# of Study Hours/Day: 4-5**

In this class, we will cover all the Zang Fu patterns covered in FCM by Maciocia. Your exam is based on Zang Fu Theory. If you come from a Five Element or Classical Medicine school, you will want to do the assigned reading.

**Objective:** You want to become a master at *differentiating* Zang Fu patterns. Getting these patterns down is essential to mastering the case studies on the exam. Check in with your preconceived ideas about a pattern. For example, many students see poor appetite and immediately jump to Spleen Qi Deficiency as the cause. Yet, poor appetite is a symptom in many patterns: food stagnation, liver qi stagnation, and damp accumulation. Focus on seeing which symptoms show up across multiple patterns and which symptoms appear in only one pattern. The latter point to a clear diagnosis. A good way to study for this section is to first learn the individual patterns for each organ and then start working on cross comparing similar patterns to see how they are similar and what makes them different. I do a lot of this practice in the video class.

There is a lot of material in this class to learn. It might take you longer than 1 week to completely master it. The study schedule suggests learning 2 organs' patterns each day plus the reading. This might be where you slow down the class and spend an extra week or two mastering the material in this class. Week 5 case studies does not have reading assignments or assigned studying. There will be enough time to work through Week 4 assignments.

Each day is divided into two activities; reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



## Week 4

### Day 1:

- **Read:** FCM, Chap. 32: Heart and Chap. 39: Small Intestines patterns
- **Review and create study material from the video class:** Heart and Pericardium patterns

### Day 2:

- **Read:** FCM, Chap. 34: Liver and Chap. 41: Gallbladder patterns
- **Review and create study material from the video class:** Liver and Lung patterns

### Day 3:

- **Read:** FCM, Chap. 35: Lung and Chap. 40: Large Intestine patterns
- **Review and create study material from the video class:** Lung and Large Intestine patterns

### Day 4:

- **Read:** FCM, Chap. 36: Spleen and Chap. 38: Stomach patterns
- **Review and create study material from the video class:** Spleen and Stomach patterns

### Day 5:

- **Read:** FCM, Chap. 37: Kidney and Chap. 42: Urinary Bladder patterns
- **Review and create study material from the video class:** Kidney and Urinary Bladder patterns

### Day 6:

- **Read:** FCM, Chap. 33: Pericardium patterns
- **Review and create study material from the video class:** Pericardium patterns

### Day 7:

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



**Week: 5**

**Class: Case Study Analysis**

**# of Study Hours/Day: 3**

In this class, I break down how to approach case studies. The best approach is to do the case studies before class and then use the video class to find out how much your thinking process through a case study is close to mine. You will have plenty of practice with the online case studies, case studies posted on Facebook and the Live class weekly case study practice. For now, take this method and use it for cases in clinic and on your school exams. It will get you to the right answer every single time. If you are not getting to the right answer consistently, you need to master the Zang Fu patterns first.

There is no assigned reading or new material to learn for this class. Spend your study sessions catching up and reviewing the material we have learned so far.



**Week: 6**

**Class: Treatment Principles**

**# of Study Hours/Day: 3**

Treatment principles are an important subject in the Written Exam. They are even more important for the January exam. You might see questions asking to give the treatment principle for a particular case. I have organized them in such a way that they are quickly memorized. Study smarter, not harder!

This week's classes will look first at treatment principles for the Zang Fu patterns, categorize them and then we will look at how to use Treatment Principles for case studies.

**Objective:** Your goal is to become a master of treatment principles by the end of this week.

There are no reading assignments this week. Focus on learning the treatment principles in the course book. It is a light week so you have the remaining time to catch up on previous weeks' assignments or spend your time reviewing the material you have learned so far.



## **Week 6**

### **Day 1:**

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

### **Day 2:**

- **Review and create study material from the video class: Yang and Qi Deficiencies**

### **Day 3:**

- **Review and create study material from the video class: Blood Stasis, Qi Stagnation and Food Stagnation**

### **Day 4:**

- **Review and create study material from the video class: Fire, Phlegm and Damp**

### **Day 5:**

- **Review and create study material from the video class: Worms, Vessel Obstruction, Yang Rising, Cold, Dryness, Exterior Invasion**

### **Day 6:**

- **Review and create study material from the video class: Liver Overacting, Qi Rebellious, Wind**

### **Day 7:**

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



**Week: 7**

**Class: TCM Diagnostic Theories**

**# of Study Hours/Day: 3**

TCM is a medicine comprised of numerous micro-diagnostic systems. In this class, we go through some of the lesser used theories that pre-date Zang Fu Theory such as 8 Principles, Shang Han Lun, Wen Bing Lun, etc.

**Objective:** Patterns in these theories resemble each other. They also look very similar to Zang Fu patterns. Your goal is to tease out the symptoms that differentiate these patterns from each other. This is how you will be tested as well. I cover the key symptoms to know which help you with differentiation in the class. Your goal is to become a master of differentiating one pattern from another and master of each diagnostic theory.

Each day is divided into two activities; reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.



## Week 7

### Day 1:

- **Read:** FCM, Chap. 30: Eight Principle Diagnosis and Chap. 31: Qi, Blood and Body Fluids
- **Review and create study material from the video class:** Eight Principle Diagnosis and Qi, Blood and Body Fluids

### Day 2:

- **Read:** FCM, Chap. 43: Six pathogens and Chap. 49: Five Elements
- **Review and create study material from the video class:** Six Pathogens and Five Elements

### Day 3:

- **Read:** FCM, Chap. 44: Six Stages and Chap. 45: Four Levels
- **Review and create study material from the video class:** Six Stages (Shang Han Lun) and Four Levels (Wen Bing Lun)

### Day 4:

- **Read:** FCM, Chap. 46: Three Burners
- **Review and create study material from the video class:** Three Burners (San Jiao) and handout on pattern comparisons for this section

### Day 5:

- **Read:** FCM, Chap. 47: Channel Pathologies
- **Review and create study material from the video class:** Channel Pathologies (aka Meridian Differentiation on Blue Print)

### Day 6:

- Review what you have learned so far, or use this day to catch up.

### Day 7:

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



**Week: 8**

**Class: Single Point Functions**

**# of Study Hours/Day: 3**

Week 8 starts the review for acupuncture. I start you off focused on single points. Knowing single point functions and how points are used in actual treatment is essential for case study analysis. These point functions are based on textbook point prescription use and not their Deadman functions or indications. I have added the point location for these points. Point location is not something I will cover in detail in this class. It will be up to you to get those down on your own.

**Objective:** Master the single point functions, the dui xue (two-point combination), and the small point combinations. These are all handouts from your course book. Video class will cover the single points and also how to work with acupuncture case studies. Your goal is to memorize the single point functions. You will have plenty of practice with case studies in our case study class.

Each day is divided into two activities; reading from the source text when available and creating study material from the material in class. Reading is always optional. Reading is provided in case you did not learn the concepts covered in school.





## **Week 8**

### **Day 1:**

- **Review and create study material from the video class:** Lung, Large Intestine, Stomach and Spleen points

### **Day 2:**

- **Review and create study material from the video class:** Heart, Small Intestine and Urinary Bladder points

### **Day 3:**

- **Review and create study material from the video class:** Kidney, Pericardium, and San Jiao points

### **Day 4:**

- **Review and create study material from the video class:** Liver, Gallbladder, CV and GV points

### **Day 5:**

- **Review and create study material from the video class:** Distal, adjacent and local points

### **Day 6:**

- **Review and create study material from the video class:** Symptomatic points, Points for Channel problems, Upper and lower body treatments

### **Day 7:**

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



**Week: 9**

**Class: Channel Theory**

**# of Study Hours/Day: 3**

This week we go over channel theory, crossing points, Extra Points, and the Big Picture points. Most of this you will know from your time in school.

**Objective:** Channel theory is very simple and straight forward. Yet, students feel overwhelmed by this for some reason. There is a lot of memorization this week so get ready for a flashcard making marathon! Your goal is to at least have all the study material organized and created at minimum. Your Rockstar goal is to have the study material organized and created AND everything memorized!

There are no reading assignments for this week.



## **Week 9**

### **Day 1:**

- **Review and create study material from the video class:** Introduction to channel theory, cutaneous channels, muscle channels

### **Day 2:**

- **Review and create study material from the video class:** Primary channels, divergent channels and 8 extra channels

### **Day 3:**

- **Review and create study material from the video class:** Deadman crossing points

### **Day 4:**

- **Review and create study material from the video class:** Deadman contraindicated and cautioned points

### **Day 5:**

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

### **Day 6:**

- **Review and create study material from the video class:** Big Picture points and Big Picture practice

### **Day 7:**

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



**Week: 10**

**Class: Acupuncture Modalities**

**# of Study Hours/Day: 3**

This class covers the remaining topics in the acupuncture section. In this class, we cover the different acupuncture modalities like moxa, cupping, Gua Sha, electroacupuncture, ear acupuncture, scalp acupuncture, etc.

**Objective:** This is another heavy week for memorization work. You might not be able to get all this information down in week. Focus on completing your study material. You can master the material over the next few weeks.

There are no reading assignments for this week.

## Week 10

### Day 1:

- **Review and create study material from the video class:** Acupuncture techniques, angles and depths, tonification and sedation methods.

### Day 2:

- **Review and create study material from the video class:** Acupuncture contraindications and cautions, Three Edge Needle, Cutaneous Needle, Interdermal Needle, Nine Needles from Ancient Times,

### Day 3:

- **Review and create study material from the video class:** Korean 4 Needle Technique/ Mother-Child Points

### Day 4:

- **Review and create study material from the video class:** Moxa, Cupping, Electro-Acupuncture

### Day 5:

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

### Day 6:

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

### Day 7:

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



**Week: 11**

**Class: Safety Manual**

**# of Study Hours/Day: 3**

In this class, Dr. Sonia Tan does a thorough review of the Safety Manual. This is a general review as each province has slight variations of their Safety Manual. Please be sure to download a copy of the Safety Manual from your college and mark the differences between what is covered in class and what is additional information not in the video. You will want to review the extra information on your own.

**Objective:** Safety information is easy test questions on the exam and therefore easy points on the exam. This section makes up 4-6% (RAC) or 4-7% (TCMP) of the exam. That is about 6-10 (RAC) or 6-11 (TCMP) questions on the exam. The information is not dense and should be easy to learn. Re-reading the manual is a good way to study. Make flashcards of the material that Dr. Tan highlights in her lecture. Compared to Zang Fu patterns or Channel Theory, this class will be easier to digest. The last two days on the schedule cover Herbology (TCMP only)



## Week 11

### Day 1:

- **Read:** Safety Manual, p. 4-21 Section 1 – Section 2.5.1
- **Review and create study material from the video class:** Intro, overview, demonstration of understanding, acknowledgements, intellectual property and copyright, Infection Prevention and Control: intro, overview, routine practices, additional precautions, clean environment

### Day 2:

- **Read:** Safety Manual, p. 22-44 Section 2.5.2 – Section 3.2.1
- **Review and create study material from the video class:** Clean equipment, safety responsibilities of practitioners and staff, Waste Management, Other Regulations, breaking the chain of infection, risk management intro, working environment

### Day 3:

- **Read:** Safety Manual p. 45 -66 Section 3.2.2– Section 4.2.2
- **Review and create study material from the video class:** Storage and preparation of Chinese herbs (TCMP only), site of practice, emergencies, chemicals and wastes, staff, patients and their records, patient privacy and duties to report, relevant regulations, Safe Procedures and Processes: Acupuncture: required course materials, clean needle technique intro and CNT Principles

### Day 4:

- **Read:** Safety Manual p. 66 – 89 Section 4.3 – Section 5.2
- **Review and create study material from the video class:** Preparing the site, aseptic technique, acupuncture instruments and equipment overview, managing needlestick accidents, contraindications and precautions for acupuncture, managing adverse reactions to acupuncture treatment, injury to vital organs, other possible side effects and adverse reactions, specific considerations related to other techniques, acupuncture treatment in unfamiliar settings, patient privacy and draping, safety procedures and processes: herbology (TCMP only)

### Day 5:

- **Read:** Safety Manual p. 89 – 101 Section 5.3 – Section 5.5
- **Review and create study material from the video class:** Safety considerations: TCM Prescriptions (TCMP only), dispensing Chinese Herbal Medications (TCMP only), safe management of a TCM Herbal Dispensary (TCMP only)

### Day 6:

- **Read:** TCMP only: Be familiar with the Animal and Plant Ingredients in Traditional Medicine p.129 - 133

### Day 7:

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



**Week: 12**

**Class:** Biomedicine I with Dr. Ibbly Omole

**# of Study Hours/Day:** 3

Dr. Omole covers the basic information on biomedicine that will be covered on the test. This information is fairly straightforward. The amount of biomedicine on the exam is limited. Biomedicine is 10-12% (RAC) to 7-10% (TCMP) on the exam. This works out to 16-19 questions (RAC) or 11-16 questions (TCMP) on the exam. Given that board exams are exams designed to keep the population safe, your focus should be on Red Flags, knowing some of the lab values that are critical like for Hypertension. The biomedicine focus will be on what is relevant for an acupuncturist to know in clinic.

**Objective:** There is a lot of material to memorize in this section. The schedule is set up for 6 days of studying. However, if you need to slow down the schedule, please do so. If it takes you two weeks to memorize all the material in this class, that is okay. We will cover pharmacology in detail during week 14 of the course.

There is no reading for this class. Only memorization work. Making flash cards and study tools will be essential to help you memorize this information





## Week 12

### Day 1:

- **Review and create study material from the video class:** Vital signs, imaging techniques, influence of pathology on lab value, electrolyte imbalances

### Day 2:

- **Review and create study material from the video class:** Cancer, infections, integumentary system, musculoskeletal system, nervous system and mental function: cns vs pns and sympathetic vs parasympathetic

### Day 3:

- **Review and create study material from the video class:** Cranial nerves, dermatomes, Parkinson's disease, MS, headache, eating disorders, endocrine system and metabolism

### Day 4:

- **Review and create study material from the video class:** Pathologies of the endocrine system, hyperthyroidism vs. hypothyroidism, diabetes mellitus, abnormal blood glucose, cardiovascular system, blood, lymphatic and immune system

### Day 5:

- **Review and create study material from the video class:** Digestive system, respiratory system, urinary system, reproductive system

### Day 6:

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

### Day 7:

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



**Week: 13**

**Class: Red Flags**

**# of Study Hours/Day: 3**

This is an important class. Most of the information we cover in the class will be a solid review of who to refer out to when red flags show up in the clinic setting. Board exams are exams that really test a practitioner's ability to keep the patient safe. This section is very important for the exam.

**Objective:** This section is dense. What is important from each section is signs and symptoms, what a disease might be mistaken for, what to rule out and who to refer out to. Focus on these categories.

There is no reading for this week.



## Week 13

### Day 1:

- **Review and create study material from the video class:** Altered mental functions, animal bites, bleeding from an orifice, breast problems

### Day 2:

- **Review and create study material from the video class:** Breathing problems, children's problems, new onset constipation, diarrhea, fatigue, hearing and balance, indigestion and nausea

### Day 3:

- **Review and create study material from the video class:** Menstrual problems, pain – severe, localized midline back pain with spinal process tenderness to percussion

### Day 4:

- **Review Days:** Chest pressure coming on reliably with physical exertion – neck pain and progressive sensory changes and weakness in both arms and legs

### Day 5:

- **Review and create study material from the video class:** Shoulder pain and progressive inability to abduct the arm due to shoulder stiffness – slow onset of patchy numbness and weakness of > 1 body areas

### Day 6:

- **Review and create study material from the video class:** Unilateral, painless lymph node swelling in the neck, arm or groin – 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.*



**Week: 14**

**Class: Pharmacology**

**# of Study Hours/Day: 3**

This is an important class. Most of the information we cover in the class will be a solid review of who to refer out to when red flags show up in the clinic setting. Board exams are exams that really test a practitioner's ability to keep the patient safe. This section is very important for the exam.

**Objective:** This section is dense. For the Clinical Case Studies Exam, it is enough to know the drug that would be prescribed for each disease. You will not be asked for the drug class or mechanism of action. Focus just on the use of the drug and any important side effects.

There is no reading for this week.



## **Week 14:**

### **Day 1:**

- **Review and create study material from the video class:** Terminology, drug names (for the Clinical Case Studies exam: routes of Administration are not important), Adverse Drug Reactions, (Commonly used suffixes in Drug names is not important for your exam), Understanding Medication Categories and their Actions.

### **Day 2:**

- **Review and create study material from the video class:** Gastrointestinal drugs, endocrine drugs, reproductive medication, immune modulators

### **Day 3:**

- **Review and create study material from the video class:** Topical skin medication, anticancer medications, psychiatric medications, sedatives and sleep medications

### **Day 4:**

- **Review Days:** musculoskeletal medications, diuretics, nervous system medications, respiratory medications

### **Day 5:**

- **Review and create study material from the video class:** pain medications, antibiotics, antivirals, antiretrovirals

### **Day 6:**

- **Review and create study material from the video class:** antifungals, cardiovascular drugs, drugs of abuse

### **Day 7:**

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



**Week: 15**

**Class: 143 Diseases I**

**# of Study Hours/Day: 3**

Now we start to dive into the bulk of the material for the Clinical Case Studies exam. Remember that the previous 7 weeks of class were for those students who didn't take the Written exam with me. Starting with 143 Diseases I through the last Case Studies class, we will be focused on information specific for the Clinical Case Studies exam

**Objective:** 143 Diseases I go through each TCM Disease. I list the etiology and pathophysiology of each disease along with the top Zang Fu patterns associated with the disease. We talked through the treatment principle, the points and any adjunct therapies that would benefit the patient.

Very few of you are going to be able to learn all the material in this video in 1 week. The study schedule for this class covers 2 weeks (12 days total). This is a more manageable schedule for most of you.

There is no reading for this week.



## **Week 15:**

### **Day 1:**

- **Review and create study material from the video class:** Internal Medicine Lung – common cold, cough, wheezing syndrome

### **Day 2:**

- **Review and create study material from the video class:** Internal Medicine Lung – dyspnea, lung distention, pulmonary abscess, pulmonary tuberculosis

### **Day 3:**

- **Review and create study material from the video class:** Heart – chest impediment, palpitation, Digestive System – hiccoughing and belching, vomiting

### **Day 4:**

- **Review and create study material from the video class:** Digestive System – dysphagia occlusion syndrome, drum distention, constipation, diarrhea

### **Day 5:**

- **Review and create study material from the video class:** Digestive System – epigastric pain, abdominal pain, Liver - hypochondrial pain, jaundice

### **Day 6:**

- **Review and create study material from the video class:** Kidney + UB – seminal emission, impotence, lumbago, ischuria

### **Day 7:**

*Day off! Rest up for next week's study session or review what you have spent the week learning.*

**Week 15:**

**Day 8:**

- **Review and create study material from the video class:** Kidney + UB – watery phlegm/sputum, edema, sstranguria

**Day 9:**

- **Review and create study material from the video class:** Head + Upper Body - headache, tinnitus and deafness, vertigo, fainting

**Day 10:**

- **Review and create study material from the video class:** Emotional Disorders – depression, mania, insomnia, Stasis + Stagnation - impediment syndrome

**Day 11:**

- **Review and create study material from the video class:** Stasis + Stagnation – abdominal mass, goitre, Miscellaneous – bleeding disorders, convulsive syndromes

**Day 12:**

- **Review and create study material from the video class:** Miscellaneous – epilepsy, wind stroke, atrophy-flaccidity, consumptive disease

**Day 13:**

- **Review and create study material from the video class:** Miscellaneous – consumptive thirst, internal damage fever, spontaneous sweats, night sweats, malaria

**Day 14:**

*Day off! Rest up for next week's study session or review what you have spent the week learning.*





**Week: 16**

**Class: 143 Diseases II**

**# of Study Hours/Day: 3**

This week's class is a continuation of our overview of the 143 Diseases. This week we will go over Internal medicine, OB//GYN, pediatrics and lastly, orthopedics and traumatology.

**Objective:** 143 Diseases II go through each TCM Disease. I list the etiology and pathophysiology of each disease along with the top Zang Fu patterns associated with the disease. We talked through the treatment principle, the points and any adjunct therapies that would benefit the patient.

Very few of you are going to be able to learn all the material in this video in 1 week. The study schedule for this class covers 3 weeks (18 days total). This is a more manageable schedule for most of you.

There is no reading for this week.



## **Week 16:**

### **Day 1:**

- **Review and create study material from the video class:** Local Skin Infections – acne, boil, furuncle, carbuncle, scrofula, phlegmon

### **Day 2:**

- **Review and create study material from the video class:** Local Skin Infections – sebaceous cyst, Open Sores – bedsore, shank ulcer, Rashes – contact dermatitis, eczema

### **Day 3:**

- **Review and create study material from the video class:** Rashes – urticaria, drug rash, erysipelas, herpes zoster, Breast – acute mastitis

### **Day 4:**

- **Review and create study material from the video class:** Breast – breast cancer, breast lump, Prostate – prostatic hyperplasia, prostatitis, Anus – hemorrhoid, anal fissure

### **Day 5:**

- **Review and create study material from the video class:** Miscellaneous – alopecia, tinea, warts, varicose veins, digital gangrene, goitre

### **Day 6:**

- **Review and create study material from the video class:** OB/GYN: Menses – amenorrhea, dysmenorrhea, irregular menstruation, intermenstrual bleeding, menstrual breast ache

### **Day 7:**

*Day off! Rest up for next week's study session or review what you have spent the week learning.*



## **Week 16:**

### **Day 8:**

- **Review and create study material from the video class:** OB/GYN: Menses – menstrual edema, menstrual headache, menstrual hematemesis and epistaxis, menstrual mental disorder, menstrual oral ulcer

### **Day 9:**

- **Review and create study material from the video class:** OB/GYN – infertility, OB/GYN: Pregnancy – morning sickness, bleeding during pregnancy, miscarriage, OB/GYN: Postpartum - insufficient breastmilk, postpartum abdominal pain

### **Day 10:**

- **Review and create study material from the video class:** OB/GYN: Postpartum - postpartum convulsions, postpartum dizziness, postpartum fever, postpartum retention of urine, lochiorrhoea

### **Day 11:**

- **Review and create study material from the video class:** OB/GYN: Menopause – perimenopausal syndrome, OB/GYN: leukorrhagia, metrorrhagia and metrostaxis, uterine prolapse, abdominal (gynecological) masses

### **Day 12:**

- **Review and create study material from the video class:** Pediatrics: Lung – common cold, cough, asthma, pneumonia, Pediatrics: Wen Bing – chickenpox

### **Day 13:**

- **Review and create study material from the video class:** Pediatrics: Lung – measles, mumps, rubella, whooping cough, scarlatina, erysipelas

### **Day 14:**

*Day off! Rest up for next week's study session or review what you have spent the week learning.*



## **Week 16:**

### **Day 15:**

- **Review and create study material from the video class:** Pediatrics: Bleeding Disorders – purpura, Pediatrics: Digestive System: anorexia, malnutrition, food retention, diarrhea

### **Day 16:**

- **Review and create study material from the video class:** Pediatrics: Digestive System: intestinal parasitic worms, Pediatrics: Newborn – thrush, fetal jaundice, Pediatrics: Miscellaneous – enuresis, infantile edema

### **Day 17:**

- **Review and create study material from the video class:** Pediatrics: Miscellaneous – sweating, convulsions, epilepsy, retardation and flaccidity, Orthopedic & Traumatology: Spine - strained neck

### **Day 18:**

- **Review and create study material from the video class:** Orthopedic & Traumatology: Spine – cervical spondylosis, lumbar muscle strain, acute lumbar muscle sprain, prolapse of lumbar intervertebral disc, Orthopedic & Traumatology: Upper Extremities – carpal tunnel, ganglionic cyst

### **Day 19:**

- **Review and create study material from the video class:** Orthopedic & Traumatology: Upper Extremities – tennis elbow, frozen shoulder, Orthopedic & Traumatology: Lower Extremities – piriformis syndrome, knee joint collateral ligament injury, meniscal injury

### **Day 20:**

- **Review and create study material from the video class:** Orthopedic & Traumatology: Lower Extremities – sprained ankle, Achille's tendon injury, calcaneodynia, Orthopedic & Traumatology: General – bone fracture, joint dislocation

### **Day 21:**

*Day off! Rest up for next week's study session or review what you have spent the week learning.*

**Week: 17**

**Class: Pathophysiology**

**# of Study Hours/Day: 3**

Pathophysiology or pathogenesis is a subject that is often not taught in schools. It is an important topic for the Clinical Case Studies exam

**Objective:** Understanding the pathways of how disease evolves and progresses in the body is an important topic on the Clinical Case Studies exam. Often time students have these pathways confused or mixed up. Please make sure that you have a solid grasp of how disease manifests and progresses in the body.

There is no reading for this week.



## **Week 17:**

### **Day 1:**

- **Review and create study material from the video class:** Wind Cold, Wind Heat

### **Day 2**

- **Review and create study material from the video class:** Damp, Phlegm

### **Day 3:**

- **Review and create study material from the video class:** Emotions, Blood Deficiency

### **Day 4:**

- **Review and create study material from the video class:** Blood Stasis, Qi Stagnation

### **Day 5:**

- **Review and create study material from the video class:** Qi Deficiency, Spleen Qi Deficiency

### **Day 6:**

- **Review and create study material from the video class:** Yin Deficiency, Fire, Yang Deficiency

### **Day 7:**

*Day off! Rest up for next week's study session or review what you have spent the week learning.*



**Week:** 18 and 19

**Class:** Case Study Analysis

**# of Study Hours/Day:** 3

Over the next two weeks, we are going to synthesize all that you have learned in this course through case study practice.

**Objective:** The best approach to the case study classes is to make sure to complete all the case studies before watching the videos. This way as I am going through the answers, you can gauge how closely your answers are to mine. With short answer case studies, there is no one right answer. As long as your diagnosis is similar to mine, as long as you use simple basic points and as long as you are in the ballpark, you are fine to answer as you see fit. When we have our 4 weeks of case study classes that are live online, you will have a chance to ask questions regarding your answers.

There is no reading for this week or homework. Please make sure that you are keeping all the information you have learned thus far memorized.