



Pan Canadian Exam Case Studies
Week 3

1. Which answer does not contain all Luo points?
 - A. LU7, LR5, GB37, BL59
 - B. LI6, LU7, SP4, ST40, TE5
 - C. PC6, HT5, LR5, KI4, SP4
 - D. ST40, LU7, GB37, BL58, SI7

2. Which answer does not contain all Yuan Source points?
 - A. SI4, LR3, PC7, LI4
 - B. GB40, TE3, ST42, KI3
 - C. PC7, KI3, SP3, BL64
 - D. GB40, LU9, HT7, BL64

3. Sarah, a 39-year-old woman, has had hiccups for the past two months that she can't seem to cure. In addition to this, she has an uncomfortable feeling in her stomach, thirst with a desire to drink in small sips and a smaller appetite but can't really decide what she wants to eat. Her bowel movements are constipated. What would you expect the tongue and pulse to be?
 - A. Red tongue with a yellow coat and a Rapid pulse
 - B. Red tongue no coat and a Thin, Rapid pulse
 - C. Red tongue with a thick, greasy, yellow coat and a Rapid, Slippery pulse
 - D. Pale tongue with a thin, white coat and a Soggy pulse

4. What is the diagnosis for the case above?
 - A. Stomach Fire
 - B. Stomach Yin Deficiency
 - C. Damp Heat in the Middle Jiao
 - D. Middle Jiao Qi Deficiency



5. A patient complains of bleeding multiple times throughout the month. The blood is abundant but without clots and is rather light in color. There is also a heavy sensation in her lower abdomen. Oddly enough, there is a yellowish discharge as well when she is not bleeding. She tells you she is often thirsty. Other symptoms include irritability and a feeling of heaviness in the body, especially in the lower abdomen. She has loose stools with a foul odor. Her urine is scanty-dark and sometimes there is burning on urination. The tongue has a yellow, sticky coat and the pulse is Soft. What is the diagnosis for this case?
 - A. Heat trapped in the Uterus with Damp Heat in the Lower Jiao
 - B. Damp Accumulation in the Lower Jiao, Hot Blood with Spleen Qi Deficiency
 - C. Spleen not Holding Blood with Damp Heat in the Lower Jiao
 - D. Damp Accumulation in the Lower Jiao

6. Steve, a 45-year-old patient complains of insomnia. He says that he is feeling slightly manic and isn't always sure if things are as he perceives them to be. Upon further questioning he says that he has regular bowel movements although there is some mucus in his stools. He also has abdominal distention. What is your diagnosis?
 - A. Heart Phlegm Fire
 - B. Food Stagnation
 - C. Stomach Phlegm Fire
 - D. Stomach Fire

7. What would you expect the tongue and pulse to be for the case above?
 - A. Red tongue with a thick, sticky, yellow coat and a Rapid, Slippery pulse
 - B. Red tongue with a thick, yellow coat and a Rapid pulse
 - C. Red tongue with no coat and a Thin, Rapid pulse
 - D. Red tongue with a thick, white coat and a Slippery, Moderate pulse

8. A young man in his twenties was rushed to the emergency room complaining of excruciating abdominal pain that came on suddenly. He has nausea and vomiting. His pulse is Wiry and Deep. What is the differential diagnosis?
 - A. SI Qi Pain
 - B. SI Qi Tied
 - C. Stomach Yang Deficiency
 - D. Excess Heat in the Large Intestine

9. Which extra point would you use to treat this condition?
 - A. Dan Nang Xue
 - B. Ba Feng
 - C. Lan Wei Xue
 - D. Bai Chong Wu



10. A female patient, age 37, comes to your office because she has been having bowel movements that are slightly bloody. She is very worried about this condition and is afraid that she might have some type of colon cancer. During the intake she tells you she also has irregular periods with a heavy menstrual flow with dark red blood. Sometimes she has sharp pains in her abdomen, below her belly button. She also shows you a spot on her abdomen that came up in the past few days. The spot is purplish-red and is not raised nor it causes her any pain. What would you expect her tongue and pulse to be?
- A. Purple tongue with darker, purple sides and a Wiry and Choppy pulse
 - B. Purple spots on her tongue and Knotted pulse
 - C. Red tongue with redder sides and a Rapid, Wiry pulse
 - D. Pale tongue with a thin, white coat and a Thin, Weak pulse
11. Sarah has had a persistent cough for the past two weeks with profuse, yellow sputum. She is only wearing a t-shirt and jeans although it is the middle of January; however, she says she feels hot. Her face is usually red. What is the Five Element diagnosis for this case?
- A. Fire not generating Earth
 - B. Fire overacting on Earth
 - C. Fire overacting on Metal
 - D. Fire overacting on Water
12. Steve has been suffering from asthma that is accompanied by a persistent cough. He has difficulty breathing. Often he experiences that his voice becomes hoarse and then he can't talk for days. What is the Five Element diagnosis?
- A. Earth overacting on Water
 - B. Metal not generating Water
 - C. Earth not generating Metal
 - D. Metal overacting on Wood
13. Bella went on a cruise to Mexico. On the ship she experienced intense seasickness. Upon returning she noticed that she was experiencing extreme dizziness and vertigo and often has a headache. What is the Five Element diagnosis for this case?
- A. Water not generating Fire
 - B. Wood insulting Earth
 - C. Wood overacting on Earth
 - D. Water not generating Wood
14. Which of the following is not a Lower He Sea point?
- A. ST37
 - B. ST38
 - C. ST39
 - D. BL39



15. Which answer contains only Yuan Source points?
- A. GB40, HT7, SP5
 - B. LR3, PC7, TE7
 - C. LU9, BL64, GB40
 - D. LU7, SI4, KI5
16. A patient presents with nocturnal emissions, dizziness and tinnitus. What is the diagnosis?
- A. Liver Yang Rising with Liver and Kidney Yin Deficiency
 - B. Kidney Yang Deficiency
 - C. Kidney Yin Deficiency
 - D. Liver Fire
17. Sarah has had bleeding gums and tongue ulcers for the past month. She also complains that even though she eats often, she never feels satiated. At night she has a hard time falling asleep and when she does sleep she has very vivid dreams. She is constantly drinking cold water but can't quench her thirst. What would you expect the tongue and pulse to be?
- A. Red tongue with no coat and a pulse that is Excessive
 - B. Red tongue with a dry coat, peeling in patches and an Excessive, Rapid pulse
 - C. Red tongue with a yellow, greasy coat and an Excessive, Slippery pulse
 - D. Red tongue with a yellow coat and an Excessive, Rapid pulse
18. A pulse that is Slippery can indicate any of the following except:
- A. Phlegm and Fluid Retention
 - B. Yang Deficiency Cold
 - C. Excess Heat
 - D. Pregnancy
19. A pulse that is Full would signify which of the following?
- A. Deficiency leading to Excess
 - B. Excess leading to Deficiency
 - C. Deficiency only
 - D. Excess only



20. Sasha comes to your office because for the last 5 months she has had a chronic back ache. You notice she can't walk properly and walks with a limp. She tells you sometimes her legs feel very weak, like they can't support her weight. Her face looks dark. She suffers from shortness of breath and her vision isn't very good. Which two points would work best in this case?
- A. KI3 + BL58
 - B. LI4 + LU7
 - C. LR3 + GB37
 - D. BL64 + KI4
21. Cortisol is produced in the:
- A. Pituitary gland
 - B. Adrenal gland
 - C. Hypothalamus
 - D. Pineal gland
22. The pineal gland secretes:
- A. Oxytocin
 - B. Calcitonin
 - C. Cortisol
 - D. Melatonin
23. A patient presents with tongue and mouth sores that are painful, red and painful eyes, constipation, abdominal distention, thirst but no desire to drink and a heavy sensation in the body. The skin and eyes look yellow. He also complains that he has a constant low-grade fever at night and his hands and feet get hot at night. What is the best diagnosis for this case?
- A. Stomach Phlegm Fire with Liver Fire and Blood Deficiency
 - B. Stomach Fire with Damp Heat and Yin Deficiency
 - C. Food Stagnation with Damp Accumulation and Qi Deficiency
 - D. Stomach Phlegm Fire with Heart Fire and Liver Damp Heat
24. What is the test for appendicitis that is located on the left side of the abdomen?
- A. McBurney's
 - B. Rovsing
 - C. McMurray's
 - D. Obturator Sign



25. Which hormone is affected when a person suffers from Parkinson's disease?
- A. Dopamine
 - B. Epinephrine
 - C. Serotonin
 - D. Growth hormone
26. One of your patients caught a febrile disease eight weeks prior to coming in. She feels feverish every night and she doesn't know why. This started about two weeks ago. She says she's lost about 10 lbs and she hardly feels like eating. You ask her if she is feverish all day as well. She tells you that she wakes up every morning feeling normal. Sometimes she is even cool. You ask if she has night sweats to which she replies, "No." What is the tongue and pulse for this case?
- A. Pale tongue with a thin, white coat and a Thin, Weak pulse
 - B. Red tongue without a coat, and a Thin, Rapid pulse
 - C. Red and geographic tongue with a Thin, Rapid pulse
 - D. Red tongue with dry coat and a Floating, Deficient pulse
27. The _____meridian reaches the root of the tongue, it spreads over its lower surface, while the _____meridian terminates at the root of the tongue.
- A. Spleen, Kidney
 - B. Spleen, Heart
 - C. Kidney, Spleen
 - D. Heart, Kidney
28. The _____meridian passes in front of the ear, while the _____ and _____meridians enter the ear.
- A. GB, SI, TE, ST
 - B. ST, SI, TE, GB
 - C. ST, GB, KI, LI
 - D. GB, ST, KI, TE
29. Which channels reach the outer canthus?
- A. SI, TE, GB
 - B. BL, SI
 - C. SI, GB
 - D. GB, TE



30. Which channel curves around the external genitalia?
- A. SP
 - B. KI
 - C. LR
 - D. ST
31. Which two channel pathways surround the tissues of the eye and which one goes to both canthi?
- A. ST and BL; SI
 - B. ST and LR; SI
 - C. LR and HT; BL
 - D. LR and HT; SI
32. Which three channels do not have crossing points?
- A. HT and ST and CV
 - B. HT and PC and Dai
 - C. HT and LU and GV
 - D. HT and LU and CV
33. Which points are anterior to the SCM and which ones are in the middle?
- A. Anterior: LI18, ST11; Middle: TE16, SI16, LI17
 - B. Anterior: SI17, ST9, ST10; Middle: LI18, ST11
 - C. Anterior: SI17, ST9, ST10; Middle: TE16, SI16, LI17
 - D. Anterior: TE16, SI16, LI17; Middle: LI18, ST11
34. You treated your patient for knee pain from a bike accident. He had to be taken to the hospital and given pain medication. He came to acupuncture to help with the pain and with recovery. The area is black and blue and very swollen. You diagnose the case as Qi and Blood Stagnation. After six visits, the patient was much better. After 12 visits, the patient was 100% recovered. Your patient comes back four months later complaining of pain of a terrible headache at the vertex. This started after a weekend of ice fishing. He also says he has a terrible pain in his scrotum and he's been vomiting clear watery fluids since the weekend. What is the best treatment principle for this case?
- A. Warm the Liver, expel Exterior Cold, stop pain
 - B. Warm the Liver and Gall Bladder, tonify Spleen Qi and stop pain
 - C. Warm the Spleen and Kidney Yang, descend Yang from the Head
 - D. Warm the Liver, expel Interior Cold, stop pain



35. Which divergent channel pathway “ascends to penetrate the HT”?
- A. ST
 - B. HT
 - C. SI
 - D. SP
36. Which level of the Wen Bing Lun corresponds to Yang Ming Jing in the Shang Han Lun?
- A. Wei Level
 - B. Qi Level
 - C. Ying Level
 - D. Xue Level
37. Which Luo channel pathway enters the ear, which one terminates at the throat, and which one disperses over the dorsum of the foot?
- A. ST, LI, SI
 - B. LI, ST, GB
 - C. GB, BL, KI
 - D. TE, KI, ST
38. A patient shows up with fever and aversion to cold. There is no sweating at this time. This is accompanied by a headache, feeling of heaviness, irritability and thirst. The tongue is red with a white, sticky coat and the pulse is Soggy, Rapid. What is the best diagnosis for this case?
- A. Summer Heat
 - B. Fire
 - C. Dry Heat
 - D. Wind Heat
39. A patient reports of loose stools, chilliness and weakness of the limbs. What is the 5 Element Diagnosis for this case?
- A. Earth not generating Metal
 - B. Metal not generating Water
 - C. Water not generating Wood
 - D. Fire not generating Earth



40. A patient presents with hypochondriac and epigastric pain, a feeling of distension, irritability, loose stools, poor appetite and a greenish hue on the face. What is the 5 Element Diagnosis for this case?
- A. Fire not generating Earth
 - B. Wood overacting on Earth
 - C. Earth overacting on Water
 - D. Water not generating Wood
41. A patient has been studying for the past 10 years as he earns his master's degree. He suffers from weakness in the limbs, mental and physical fatigue and abdominal distention after eating. A month after the appearance of these symptoms, he starts to develop edema around his ankles and on his abdomen. What is the root (ben) in this case?
- A. Edema around the ankles and on the abdomen
 - B. Studying for the past 10 years to earn his master's degree
 - C. Spleen Yang Deficiency
 - D. Spleen Qi Deficiency
42. If Wind predominates in an exterior Wind Cold invasion, you would expect to see which essential symptom?
- A. Slight sweating
 - B. Aversion to cold
 - C. Headache
 - D. Fever
43. Ben has COPD. Since recently, his ankles and legs are swollen and puffy. You press on the legs with your thumb which leaves a thumbprint. He tells you he is often cold. You notice that his abdomen is always swollen. He tells you that he feels like there is water trapped in his belly. His urine is scanty but clear. Every morning he wakes up with an urgency to go to the rest room. He always has diarrhea. The tongue is pale with a white coat and the pulse is Deep, Weak and Slow. What is best treatment principle for this case?
- A. Tonify and warm Kidney Yang
 - B. Tonify and warm Kidney and Spleen Yang
 - C. Tonify and warm Spleen and Heart Yang
 - D. Tonify and warm Kidney and Spleen Yang, transform Water
44. Which of the following symptoms would you see at the Nutritive Qi level?
- A. High fever, cough with expectoration of yellow sputum and thirst
 - B. Fever at night, bleeding and mania
 - C. Mental changes and fever at night
 - D. Slight sweating, runny nose with yellow discharge and a Floating pulse



45. A patient comes in with hemoptysis. What is the most important point to include?
- A. LU6
 - B. LU9
 - C. HT6
 - D. KI2
46. Susan, 32-year-old, complains of constipation. She has a bowel movement on average of three times a week. When she does have a bowel movement, the stool is dry. She also suffers from poor memory, insomnia and her hair and nails are brittle. She has terrible PMS and her periods last for a day with very little blood. What is the best treatment principle for this case?
- A. Clear Heat in the Large Intestine, nourish Fluids, move Liver Qi and tonify Blood
 - B. Tonify Blood, nourish Fluids, regulate Liver
 - C. Tonify Blood
 - D. Tonify Blood, regulate Qi
47. A patient has dry stools that are difficult to pass with dry mouth and throat. There is no thirst. What is the best treatment principle for this case?
- A. Clear Heat
 - B. Promote Fluids in the Large Intestines
 - C. Tonify Blood, nourish Fluids
 - D. Clear Heat in the Yangming, promote bowel movement
48. When diagnosing the color of the skin, a dark color on the skin would most likely indicate which of the following?
- A. Obstruction
 - B. Heat
 - C. Cold
 - D. Local pain
49. Alan, 72-years-old, has developed a tremor in the left hand. It has steadily gotten worse over the last decade. He also suffers from poor memory, insomnia, dizziness and blurred vision. He has a constant dry mouth so is always drinking water. Recently, he has developed a constant yellow nasal discharge and a bit of oppression in his chest. He is often dizzy. What is the best diagnosis for this case?
- A. Liver Blood Deficiency generating Wind
 - B. Liver Yin and Blood Deficiency generating Wind with Stomach Damp Heat
 - C. Liver Wind, Phlegm Heat
 - D. Liver Yang Rising



50. 87-year-old Martha comes into your office complaining of chest pain. When asked further about the quality of the pain she tells you it's more like cramping or compressing sensation than pain. She says her grandchild, whom she is very close with, recently was hospitalized after a car accident so she's been under a lot of stress. She says in addition to the pain, which feels worse when she thinks about her grandchild, she feels irritable and has a bitter taste in her mouth. When asked how she's been sleeping lately, she says awful. She tells you she has been having a lot of vivid dreams that don't allow her to sleep deeply. Her tongue has a white coat and her pulse is Wiry. What is the best treatment principle for this case?
- A. Tonify Heart Qi, move Stagnant Liver Qi, nourish Liver Blood, tonify the Spleen and relieve pain
 - B. Promote Qi circulation in the chest and stop the pain
 - C. Calm the Heart, nourish the Liver Blood, tonify the Kidneys and relieve pain
 - D. Tonify and nourish the Blood of the Upper Jiao, stop the pain
51. Which type of cupping method is best for deficient patients experiencing numbness and a worsening in their function?
- A. Wet cupping method
 - B. Flash cupping method
 - C. Sliding cupping method
 - D. Multiple cupping method
52. What point can be used to treat night sweating, spontaneous sweating or fever with lack of sweating?
- A. KI7
 - B. KI9
 - C. HT7
 - D. HT9
53. Which of the following point prescription is the battlefield acupuncture protocol?
- A. Point Zero (Wonderous point), Omega 2, Shen Men, Thalamus, Cingulate Cortex
 - B. Ear Shen Men, Lung, Kidney, Sympathetic, Heart
 - C. Point Zero (Wonderous point), Vagus Nerve, Liver, Kidney, Spleen
 - D. Ear Shen Men, Lung, Thalamus, Omega 2, Lung
54. Your patient comes in with allergic dermatitis. You want to use indirect moxa on the area. Which material is best to use with this patient?
- A. Ginger
 - B. Fu Zi (Aconite)
 - C. Garlic
 - D. Clay



55. For scalp acupuncture, a frequency that is _____, is best for Deficiency conditions.
- A. 9 Hertz
 - B. 8 Hertz
 - C. 12 Hertz
 - D. 30 Hertz
56. Which wave form is best for relieving pain, improving metabolism, blood circulation and eliminating inflammation?
- A. Dense-continuous
 - B. Disperse-continuous
 - C. Intermittent
 - D. Dense-disperse
57. Which point on the Conception Vessel is important for treating edema?
- A. CV12
 - B. CV11
 - C. CV10
 - D. CV9
58. What is the location of the He Sea point on the Heart meridian?
- A. With the elbow flexed, at the midpoint of the line connecting the medial end of the cubital crease and the medial epicondyle of humerus
 - B. When the elbow is flexed, the point is in the depression at the lateral end of the transverse cubital crease, midway between Chize (LU5) and the lateral epicondyle of the humerus
 - C. On the cubital crease, in the depression of the radial side of the tendon of m. biceps brachii; this point is located with the elbow slightly flexed
 - D. When the elbow is flexed, the point is located in the depression between the olecranon of the ulna and the medial epicondyle of the humerus
59. What moxa should be used to treat weakness of the Stomach and Spleen such as diarrhea, abdominal pain, painful joints and symptoms due to Yang Deficiency?
- A. Ginger moxibustion
 - B. Salt moxibustion
 - C. Moxibustion with monkshood (Fuzi) cake
 - D. Garlic moxibustion



60. What moxa should be used to treat scrofula, tuberculosis, the early stage of skin ulcer with boils or poisonous insect bite?
- A. Ginger moxibustion
 - B. Salt moxibustion
 - C. Moxibustion with monkshood (Fuzi) cake
 - D. Garlic moxibustion
61. To treat constipation which of the following points should be included?
- A. TE4
 - B. TE5
 - C. TE6
 - D. TE10
62. After inserting a needle into a patient, you turn him on his side. After you turn him, you notice the needle has become bent. How should you remove this needle?
- A. Return the patient to their original position and gently remove the needle
 - B. Place a needle nearby, massage around the needle and gently remove it
 - C. Gently wiggle the needle until it becomes loose and swiftly remove it
 - D. Swiftly remove the needle
63. Which extra point is indicated for rubella, eczema and gastrointestinal parasitic diseases?
- A. EX-34 Huanzhong
 - B. EX-36 Baichongwo
 - C. EX-37 Lanweixue
 - D. EX-40 Bafeng
64. Which extra point is indicated for appendicitis?
- A. EX-34 Huanzhong
 - B. EX-36 Baichongwo
 - C. EX-37 Lanweixue
 - D. EX-40 Bafeng
65. Which extra point is indicated for hemorrhoids?
- A. EX-26 Zhongkui
 - B. EX-39 Dannangxue
 - C. EX-31 Er Bai
 - D. EX-28 Luo Zhen



66. Which extra point is indicated for stiff neck?
- A. EX-26 Zhongkui
 - B. EX-39 Dannangxue
 - C. EX-31 Er Bai
 - D. EX-28 Luo Zhen