

This exam is the one put out by the College as a sample exam. We do not have an answer key for this exam. Please use it as a way to familiarize yourself with the type of questions that may appear on your board exam. Look up any questions that you are not sure about.

Pan Canadian Yardstick Quiz

1. What is the pathogenesis for a patient who presents with purple scarring Acne (Fen Ci), a dark purple tongue and a Wiry (Xuan) pulse?
 - A.) Liver Fire
 - B.) Toxic Heat
 - C.) Blood Stasis
 - D.) Stomach Damp Heat
2. Which of the following formulas is *best* to treat Diarrhea (Xie Xie) due to Damp-Heat?
 - A.) Fu Zi Li Zhong Tang (Aconite Middle-Regulating Decoction)
 - B.) Huo Xiang Zheng Qi San (Agastache Powder to Rectify the Qi)
 - C.) Ge Gen Huang Qin Huang Lian Tang (Kudzu, Scutellaria and Coptis Decoction)
 - D.) Shen Ling Bai Zhu San (Ginseng, Poria, and Atractyloides Macrocephala Powder)
3. What is the *most* likely pulse presentation for a patient with a severe acute febrile disease?
 - A.) Racing (Ji)
 - B.) Soggy (Ru)
 - C.) Knotted (Jie)
 - D.) Hidden (Fu)
4. What is the appropriate angle and depth for ST 20 (Chengman) when treating an average sized adult?
 - A.) Oblique 0.5 – 0.8 cun
 - B.) Oblique 1.0 – 1.5 cun
 - C.) Perpendicular 0.5 – 1.0 cun
 - D.) Perpendicular 1.2 – 1.5 cun
5. According to Eight Principles Differentiation (Ba Gang Bian Zheng), which of the following patterns *best* describes patient who presents with acute wheezing and difficulty breathing? The patient is also experiencing an itchy throat, cough with yellow phlegm, and aversion to wind and thirst. Their tongue has a yellow coating and their pulse is Floating (Fu) and Rapid (Shuo).
 - A.) Interior Heat
 - B.) Interior Cold
 - C.) Exterior Heat
 - D.) Exterior Cold

6. According to the Five Transporting Points (Wu Shu Xue) theory, which of the following points is the *best* to treat Fainting/Syncope (Jue Zheng)?
- A.) HT 4 (Lingdao)
 - B.) HT 7 (Shenmen)
 - C.) HT 8 (Shaofu)
 - D.) HT 9 (Shaochong)
7. What acupuncture needling technique is *most* appropriate to treat accumulation of Phlegm- Heat in the Lung?
- A.) Gently twirling in small amplitude
 - B.) Gentle thrusting with heavy lifting
 - C.) Cover opening after needle is withdrawn
 - D.) Insert needle in the direction of Meridian
8. What is the *most likely* syndrome for a patient with a yellow complexion?
- A.) Sudden collapse of Yang Qi
 - B.) Blood Stasis and Cold
 - C.) Qi Stagnation and intense pain
 - D.) Deficiency and Dampness Accumulation
9. Which of the following prescription medication may create a negative interaction with Dang Gui (*Radix Angelicae Sinensis*)?
- A.) Antibiotic
 - B.) Antifungal
 - C.) Antidiabetic
 - D.) Anticoagulant
10. For how many years is a practitioner required to keep patient records for a 13-year-old patient?
- A.) 5 years after their last visit
 - B.) 7 years after their last visit
 - C.) 10 years after their last visit
 - D.) 15 years in total
11. According to Eight Principles Differentiation (Ba Gang Bian Zheng), which of the following syndromes correspond to a patient with a Deep (Chen), Excess (Shi) and Tight (Jin) pulse?
- A.) Interior Excess Heat
 - B.) Exterior Deficiency Heat
 - C.) Interior Excess Cold
 - D.) Exterior Deficiency Cold
12. Which of the following herbs would be *most* appropriate to add to Cang Er Zi San (Xanthium Powder) for a patient presenting nasal discharge with copious amounts of pus?
- A.) Qing Dai (*Indigo Naturalis*)

- B.) Lian Qiao (*Fructus Forsythiae*)
- C.) Pu Gong Ying (*Herba Taraxaci*)
- D.) Jin Yin Hua (*Floas Loricerae*)

13. Which of the following ingredients in the formula Bao He Wan (Preserve Harmony Pill) has the Assistant function of Harmonizing the Stomach to stop nausea and vomiting?
- A.) Shan Zha (*Fructus Crataegi*)
 - B.) Lai Fu Zi (*Semen Raphani*)
 - C.) Fu Ling (*Poria*)
 - D.) Chen Pi (*Pericarpium Citri Reticulatae*)
14. Which of the following acupuncture points is located on the anterior border of the sternocleidomastoid (SCM) muscle?
- A.) ST 10 (Shuitu)
 - B.) TE 16 (Tianyou)
 - C.) LI 17 (Tianding)
 - D.) SI 16 (Tiangchuang)
15. According to Pathogenic Factors Differentiation (Bing Yin Bian Zheng), which of the following pathogens is associated with slight headache, aversion to cold, absence of sweat, cough with little sputum, as well as dry nose, throat and lips. The patient has a pale and dry tongue and a Floating (Fu) pulse.
- A.) Fire
 - B.) Dryness
 - C.) Dampness
 - D.) Summer-Heat
16. How many grams of Huang Lian (*Rhizoma Coptidis*) in Bai Tou Weng Tang (Pulsatilla Decoction) is required for a 50 kg (110 lb) child?
- A.) 1 – 3
 - B.) 5 – 7
 - C.) 9 – 12
 - D.) 15 – 18
17. Which of the following types of information is a requirement for herbal dispensing records?
- A.) Origin of herb
 - B.) Payment amount
 - C.) Name of dispenser
 - D.) Date the prescription was written
18. What device or material is appropriate to prevent diseases transmitted by droplets?
- A.) Gloves
 - B.) Goggles
 - C.) Air ventilator

D.) Chemical hand sanitizers

19. Which of the following patient situations is herbal treatment *contraindicated*?
- A.) Chronic renal conditions
 - B.) First trimester pregnancy
 - C.) Infants under one year of age
 - D.) Taking multiple prescription medication
20. Which of the following symptoms is *most* suitable to be treated with Warm–Needling method?
- A.) Fever
 - B.) Hives
 - C.) Cold limbs
 - D.) Muscle spasms
21. Which of the following Chinese Manipulation Therapy (Tui Na) techniques is *best* to treat patients with Frozen Shoulder?
- A.) Kneading (Rou)
 - B.) Plucking (Tanbo)
 - C.) Traction (Bashen)
 - D.) Circular Rubbing (Mo)
22. Which of the following herbs is prohibited to use in Canada?
- A.) Shi Di (*Calyx Kaki*)
 - B.) Gui Ban (*Plastrum Testudinis*)
 - C.) Xiao Ji (*Herba Cephalanoploris*)
 - D.) Chuang Xiong (*Rhizoma Liguistici Chuanxiong*)
23. What is the terminology given when a practitioner engages in a sexual relationship with a current patient?
- A.) Harassment
 - B.) Sexual abuse/ misconduct
 - C.) Sexual exploitation
 - D.) Consensual relationship
24. Which of the following patient situations is acupuncture treatment *contraindicated*?
- A.) Pregnancy
 - B.) Malignant tumor
 - C.) Bleeding disorders
 - D.) Ingestion of poison
25. Which of the following formulas is the *best* to treat a 56-year-old patient who has a firm lump on the throat of his neck accompanied with a distending sensation, pain on pressure,

excessive phlegm in throat, a greasy yellow tongue coating, and a Wiry (Xuan) and Slippery (Hua) pulse?

- A.) Hai Zao Yu Hu Tang (Seaweed Jade Pot Decoction)
- B.) Chai Hu Shu Gan San (Bupleurum Liver – Easing Powder)
- C.) Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
- D.) Wu Wei Xiao Du Yin (Five Ingredient Decoction to Eliminate Toxin)

26. Which of the following signs and symptoms indicate that needles can be kept in the point?

- A.) itch at needling site
- B.) nausea and palm sweat
- C.) dizziness and light headedness
- D.) warm tingling sensation at the needling site

27. Which of the following situations would be acceptable for a practitioner to terminate their therapeutic relationship with a patient?

- A.) Patient has a strong body odor
- B.) Practitioner finds the patient attractive
- C.) Patient is repeatedly abusive toward the desk staff
- D.) Practitioner discovers the patient lives in their neighborhood

28. Which of the following spices should patients avoid when taking Ding Xiang (*Flos Caryophili*)?

- A.) Ginger
- B.) Pepper
- C.) Turmeric
- D.) Cinnamon

29. Which of the following auricular points is indicated for hypotension?

- A.) Heart
- B.) Subcortex
- C.) Adrenal Gland
- D.) Anterior Intertragic Notch

30. What blood test is used to diagnose anemia?

- A.) Ferritin
- B.) Hemoglobin
- C.) Vitamin B12
- D.) White blood cells

31. What is the *most likely* biomedical impression for a 6-year-old patient experiencing skin eruptions that are bumpy, red, itchy, various sizes, and filled with lucid liquid over the entire body? The child also has a fever, is tired, and has a runny nose.

- A.) Flu
- B.) Measles
- C.) Chickenpox

D.) Allergic dermatitis

- 32.** According to Four Levels Differentiation (Wei Qi Ying Xue Bian Zheng), which level is the syndrome at for a patient experiencing severe fever at night, irritability, delirium, a crimson tongue, a Thready (Xi) and Rapid (Shou) pulse?
- A.) Defence (Wei)
 - B.) Qi
 - C.) Nutrient (Ying)
 - D.) Blood (Xue)
- 33.** What sequence of the Five Element (Wu Xing) differentiation describes a patient experiencing continuous and long lasting painful diarrhea with pale-coloured mouth sores and foul-smelling stool, burning sensation around the anus after defecation, abdominal distention, pale-coloured mouth sores, fatigue, lack of strength and emaciation? The patient has an enlarged tongue with white slimy coating and a Wiry (Xuan) pulse.
- A.) Earth Insulting Wood
 - B.) Fire Controlling Wood
 - C.) Fire Overact on Earth
 - D.) Wood Overacting on Earth
- 34.** According to Triple Energizer Differentiation (San Jiao Bian Zheng), what is the pattern for a patient with a low fever that gets worse in the afternoon and is temporarily relieved by sweating? This patient experiences nausea, vomiting, loose stools and a sensation of incomplete defecation. Their body feels heavy with distension and fullness in the chest and epigastrium. Their tongue has a yellow greasy coating, and a Soggy (Ru) and Rapid (Shuo) pulse.
- A.) Upper Jiao
 - B.) Middle Jiao
 - C.) Lower Jiao
 - D.) Upper Jiao Directly effecting Lower Jiao
- 35.** Imbalance of which of the following Vital Substances would lead to dizziness, vomiting, sticky sputum, greasy tongue coating and a Slippery (Hua) pulse?
- A.) Qi
 - B.) Blood (Xue)
 - C.) Body Fluid (Jin Ye)
 - D.) Essence (Jing)
- 36.** What symptom might a patient experience if they were having an adverse reaction to acetaminophen?
- A.) Fever
 - B.) Nausea
 - C.) Constipation
 - D.) High blood pressure

37. According to Qi, Blood (Xue), Body Fluid (Jin Ye) Differentiation, what Qi pattern corresponds to a patient experiencing mental fatigue, lack of strength, dizziness and spontaneous sweating? All the symptoms are aggravated with exertion. They have a pale tongue and complexion. Their pulse is Weak (Ruo) and Deficient (Xu).
- A.) Sinking
 - B.) Deficient
 - C.) Stagnation
 - D.) Counterflow
38. What is the *most likely* biomedical impression for a patient experiencing an acute onset of aching sensation in the left arm, heart burn, nausea, shortness of breath, and sudden dizziness?
- A.) Stroke
 - B.) Aneurysm
 - C.) Heart attack
 - D.) Heart failure
39. What is the syndrome differentiation for a patient complaining of aches and weakness of the lumbar and knees? The patient also experiences dizziness, tinnitus, premature greying of hair, frequent clear urination, nocturia, and a red tongue with peeled coating.
- A.) Damp Cold in Bladder
 - B.) Kidney Yang Deficiency
 - C.) Insufficient Kidney Essence
 - D.) Bladder Deficiency and Cold

Use the following information to answer questions 40 to 41:

A 38-year-old patient complaints of Impotence (Yang Wei), and he has been unable to achieve an erection for the last three months.

Patient information:

- abdominal distention and pain
- borborygmi and diarrhea
- distention and pain in the sides and flanks
- fullness in the chest
- tendency to sigh, melancholy, depression
- irritable and angers easily
- Tongue: red, enlarged sides with greasy coating
- Pulse: Slippery (Hua) and Wiry (Xuan)

- 40-41. Impotence (Yang Wei) may be associated with which two underlying biomedical conditions? (**Select 2**)
- A.) Gastritis

- B.) Hypertension
- C.) Peptic Ulcer
- D.) Multiple Sclerosis

42-45 . Select *four* acupuncture points, including a Front (Mu) Point, that *best* treat this patient. (**Select 4**)

- A.) SP 6 (Sanyinjiao)
- B.) SP 15 (Daheng)
- C.) BL 31 (Shangliao)
- D.) GB 24 (Riyue)
- E.) GB 25 (Jingmen)
- F.) LR 8 (Ququan)
- G.) LR 13 (Zhangmen)
- H.) CV 14 (Juque)

Use the following information to answer questions 46 to 48:

Four days ago, a 62-year-old patient woke up with numbness in the left side of their face accompanied with deviated mouth.

Patient information:

- patient likes to keep window open for fresh air while sleeping at night
- unable to close left eyelid
- unable to close left corner of mouth when blowing outwards
- Tongue: red spots on tip with a white greasy coating
- Pulse: Thready (Xi), Choppy (Se) and Weak (Ruo)

46. What is the *most likely* biomedical impression for this patient?

- A.) Bell's Palsy
- B.) Lyme disease
- C.) Neurofibromatosis
- D.) Ramsay-Hunt Syndrome

47. Which of the following continuous care statement(s) are correct?

1. Instruct the patient on how to self-massage the affected area to prevent muscle atrophy.
2. The patient should wear facial covering to prevent further exopathogenic invasions.

- A.) Both statements are true
- B.) Both statements are false
- C.) The first statement is true, the second is false

D.) The first statement is false, the second is true

48. Which of the following descriptions is the *most* appropriate to clearly explain this patient's pathogenesis to other healthcare practitioners?

- A.) Facial Meridian Blockage due to external Evils
- B.) Insufficient Energy and Blood causing Blood Obstruction
- C.) Pathogenic Wind attacking the face causing flaccid Sinews
- D.) Dysfunction of the facial nerves caused by environmental factors

Use the following information to answer questions 49 to 53:

A patient complains of shoulder pain and generalized body aches.

Patient information:

- shoulder pain
- finger stiffness
- lower extremities swelling
- heavy sensation in the back
- reduced range of motion in joints
- fever and thirst
- scanty dark urine
- Tongue: yellow greasy coating

49. Rearrange the acupuncture points to treat this patient's symptoms.

- Fever.
- Shoulder pain
- Finger stiffness.
- Lower extremity swelling

A.) 4-TE (Yangchi)

B.) 9-SP (Yinlingquan)

C.) 14-GV (Dazhui)

D.) 22-M-UE (Baxie)

50. Which scalp acupuncture is *best* to stimulate in order to treat this patient's shoulder pain?

- A.) MS 8 Lateral Line 1 of Vertex (Dingpangxian I)
- B.) MS 9 Lateral Line 2 of Vertex (Dingpangxian II)
- C.) Lower 2/5th of the MS 6 Anterior Oblique Line of Vertex- Temporal (Dingnie Qianxiexian)
- D.) Upper 1/5th of the MS 7 Posterior Oblique Line of Vertex- Temporal (Dingnie Houxiexian)

(Lacking Question # 51-53)

Use the following information to answer questions 54 to 56:

A patient was diagnosed with Raynaud's Disease (Lei Nuo Bing) due to Kidney Yang deficiency, Blood stagnation, and Cold accumulation.

- 54.** In terms that are easily understood by other healthcare professionals, what is the appropriate treatment principle for this patient?
- A.) Thrombectomy
 - B.) Increase blood flow
 - C.) Increase kidney function
 - D.) Diffuse external cold elements
- 55.** The patient requested a letter explaining their treatment for their insurance company. How should the practitioner explain the purpose for their TCM treatment so it is easily understood by the insurance company?
- A.) Unblock Channels
 - B.) Aid kidney function
 - C.) Warm the extremities
 - D.) Raynaud's disease treatment
- 56.** During the consultation, the patient requests the practitioner to help them change their blood-soaked dressing on their finger for a wound that has not healed in the past four days. What protective measure should the practitioner use?
- A.) Gown
 - B.) Gloves
 - C.) Facial mask
 - D.) Eye protection

Use the following information to answer questions 57 to 62:

57-59. A 19-year-old patient was diagnosed with Common Warts (You) on both hands due to constitutional Liver Blood Dryness and attack of pathogenic Wind-Damp Toxin. The patient is irritable and impatient. The patient has a history of insomnia, and familial genetic diseases.

Select *three* Warts (You) characteristics that are expected to be seen on this patient.

(Select 3)

- A.) levelled

- B.) raised
- C.) smooth
- D.) rough
- E.) small sized
- F.) large sized

60-61. Select two pulse presentations that would *best* correspond to this patient.

(Select 2)

- A.) Wiry (Xuan)
- B.) Rapid (Shuo)
- C.) Tight (Jin)
- D.) Floating (Fu)

62. Which of the following moxibustion methods is *best* to treat this patient?

- A.) indirect with garlic on the warts
- B.) indirect with ginger around the warts
- C.) direct Moxa until there is redness
- D.) direct with warm needle on the warts

Use the following information to answer questions 57 to 62:

A 25-year-old patient complains of localized redness, and sharp ankle pain, after landing on her foot incorrectly while playing basketball two days ago.

Patient information:




- Ankles are swollen and bruised and has restricted joint movement
- Tongue: red with thin white coating
- Pulse: Wiry (Xuan)

57. What is the syndrome differentiation for this patient?

- A.) Qi Hyperactivity
- B.) Blood Deficiency
- C.) Qi and Blood Deficiency
- D.) Qi and Blood Stagnation

58. Rearrange the following perpendicular needling depths to match the acupuncture point appropriate to treat this patient.

- ST 45 (Lidui)
- BL 59 (Fuyang)
- BL 61 (Pucan)

- A.)  0.1 cun
- B.)  0.4 cun
- C.)  0.8 cun

59. Which of the following acupuncture stimulation techniques is *most* appropriate to treat this patient?
- A.) Slow insertion and fast withdrawal
 - B.) Gentle thrusting and forceful lifting
 - C.) Guiding the needle tip in the direction of the channel flow
 - D.) Insert when patient exhales and withdraw when patient inhales
60. Based on TCM Classic history, who standardized acupuncture points that are used to treat this patient?
- A.) Zhang Zhong Jing (150-219 AD)
 - B.) Huang Fu Mi (215-282 AD)
 - C.) Tao Hao Jing (456-536 AD)
 - D.) Sun Si Miao (581-682 AD)
- 61-62. Select *two* of the following muscles to directly apply Chinese Manipulation Therapy (Tui Na) that are *best* to treat this patient's lateral ankle sprain. (**Select 2**)
- A.) gastrocnemius
 - B.) extensor digitorum longus
 - C.) flexor digitorum longus
 - D.) flexor digitorum brevis
63. What is the pathogenesis for a patient who presents with purple scarring Acne (Fen Ci), a dark purple tongue and a Wiry (Xuan) pulse?
- A.) Liver Fire
 - B.) Toxic Heat
 - C.) Blood Stasis
 - D.) Stomach Damp Heat