

Summer 2022

MEDICINAL ROOTS 藥 慧 MAGAZINE

Ancient Wisdom - Modern Healthcare

A scenic photograph of a traditional Chinese garden. In the foreground, there's a calm pond reflecting the surrounding greenery. A dense line of weeping willow trees with long, drooping branches forms a lush backdrop. To the right, a traditional Chinese pavilion with a green tiled roof and red pillars is partially visible through the trees. The sky is a soft, hazy blue.

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Submissions Callout

Now accepting submissions
for the Fall issue, deadline of
September 10, 2022

If you have an article of interest
to our readers, please check our
Submission Guidelines



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MRM encourages all article submissions
addressing any topic related to the practice
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A Case Study

Acupuncture Treatment of Atopic Eczema

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1 Hanifin JM, Reed ML, Eczema Prevalence and Impact Working Group. A population-based survey of eczema prevalence in the United States. *Dermatitis*. 2007;18(2):82-91

2 Silverberg JI, Hanifin JM. Adult eczema prevalence and associations with asthma and other health and demographic factors: a US population-based study. *J Allergy Clin Immunol*. 2013;132(5):1132-1138.

3 Shaw TE, Currie GP, Koudelka CW, Simpson EL. Eczema prevalence in the United States: data from the 2003 National Survey of Children's Health. *J Invest Dermatol*. 2011;131(1):67-73.

4 Al-Naqeeb J, Danner S, Fagnan LJ, et al. The Burden of Childhood Atopic Dermatitis in the Primary Care Setting: A Report from the Meta-LARC Consortium. *J Am Board Fam Med*. 2019;32(2):191-200.

5 Abuabara K, Magyari A, McCulloch CE, Linos E, Margolis DJ, Langan SM. Prevalence of Atopic Eczema Among Patients Seen in Primary Care: Data From The Health Improvement Network. *Ann Intern Med*. 2018.

by Michael Lavian, 4th-year MAcCHM Student

Reviewed by Dr. Zhenni Jin LAc, DAOM

Eczema is estimated to affect roughly 31.6 million Americans¹ and one in ten individuals will develop eczema during their lifetime.^{2,3,4,5}

Eczema, also known as atopic dermatitis, is a stubborn dermatological condition that often has patients feeling irritated.

A red itchy rash may be present, while an itch may occur with or without any rashes. A rash can be scaly or it can be dry.

WHAT CAUSES ECZEMA?

The cause of eczema, or atopic dermatitis, varies. Causes can include:

- Seasonal dust mites
- Pet dander
- Pollen
- Moulds
- Food and diet
- Bacterial, viral or fungal triggers

MAKING A CHINESE MEDICINE DIAGNOSIS OF ECZEMA

Before diagnosing a traditional Chinese medicine pattern differentiation, it is helpful to take a big picture approach by taking into account all the factors contributing to eczema observed in a patient.

QUESTIONS TO ASK WHEN MAKING A DIAGNOSIS

To determine an accurate Chinese medicine diagnosis upon initial consultation, we can ask questions such as:

- What time of year does this occur?
- Does it happen consistently throughout the year or only in certain seasons?
- Is there a particular food that seems to make your eczema worse?

The TCM clock may prove helpful to understand an underlying deficiency or excess condition in an organ or channel.

Of course, according to traditional Chinese medicine theory and diagnosis, the Lung organ system is involved with any skin condition since, in TCM theory, the lungs govern the skin.

The skin is also the largest organ of the body that protects our exterior Wei qi.

CHINESE MEDICINE TREATMENT PRINCIPLES FOR ECZEMA

The acute onset of eczema is often due to wind-damp heat or wind-dry heat. Typically treatment principles include releasing the exterior wind, clearing heat, transforming dampness, and nourishing the skin. An acute onset of eczema is considered an excess condition. However, it is important to note that there may be a Ying and Wei disharmony with any eczema skin condition due to a deficiency of blood, Wei qi, or an imbalance of the two. The blood nourishes the skin, which would help resolve the itching, and it would help bring circulation back to the area affected



PHOTO: Profelis Aurata for Unsplash.com

by atopic dermatitis. Additionally, by strengthening the Wei qi, we are adding protection against wind invasion on the skin.

Therefore, it would be beneficial to harmonize Ying and Wei even for acute atopic eczema conditions.

CHINESE MEDICINE TREATMENT PLAN FOR ECZEMA

A combination of herbal medicine and acupuncture would be an appropriate treatment for eczema.

CASE STUDY

A 31-year-old female presents with atopic eczema. The patient was prescribed Xiao Feng San (Eliminate Wind Powder) and a prescription of acupuncture which included a combination of the following points: SP3, SP4, SP6, SP10, LV8, GB31, ST36.

LI11 can be added if more heat is present. The combination of LI10 and ST36 can be added if the patient also has an auto-immune disorder or to boost immunity, along with micro-needling using Wei ci (surrounding technique) around the skin condition. By implementing the Wei ci method, we are inducing micro-injury to the dermal layer of the skin to send more collagen proteins to those areas and to help promote better circulation of qi and blood. This technique is especially useful if the eczema is due to an underlying blood deficiency in which the blood is failing to nourish the skin.



IMAGE: Courtesy of Michael Lavian

Patient with acute eczema receives Wei ci acupuncture treatment. The patient received 2-3 treatments a week until it was entirely resolved.



IMAGE: Courtesy of Michael Lavian

Patient with acute eczema receives Wei ci acupuncture treatment. The patient received 2-3 treatments a week until it was entirely resolved.



PHOTO: Evi Radauscjer for Unsplash.com

PREVENTION OF ECZEMA

To help our patients manage and prevent future eczema outbreaks, patients should:

- Avoid wearing cotton or wool clothing
- Avoid wearing tight clothing
- Avoid extreme temperatures by taking lukewarm showers instead of hot or cold showers, avoiding hot or cold weather
- Avoid humidity including saunas, steam rooms and jacuzzis that can cause excessive perspiration
- Keep fingernails short to prevent any itching and scratching that may cause the skin to break open.

Acupuncture and other traditional Chinese medicine modalities have much potential to help treat atopic dermatitis, the most common form of eczema. As of writing, there is a lack of published research showing how effective acupuncture can be as a proven treatment for atopic eczema.

By taking a more holistic approach to treatment and treating patients with proper herbal medicine, acupuncture treatment protocols, diet therapy and lifestyle changes, we believe we could see better results for our patients with atopic eczema.

- Michael Lavian



ABOUT THE AUTHOR

Michael Lavian, 4th-year MAcCHM Student

Michael Lavian is a 4th-year student in the MAcCHM program, specializing in traditional herbal medicine at AOMA Graduate School of Integrative Medicine. He currently works as an Herbalist and Sales Associate for AOMA.

Reviewed by Dr. Zhenni Jin LAc, DAOM, a faculty member, clinical practitioner and clinical supervisor for AOMA Graduate School of Integrative Medicine.



Dr. Zhenni Jin
LAc, DAOM



PHOTO: Eric Ward for Unsplash.com



Professional Associations- Putting Plans into Action

PHOTO: Aleksandr Eremin for Unsplash.com

by **Suzanne Williams,**
Executive Director, ATCMA

TCM and Acupuncture Associations across Canada are leveraging the fire energy of this summer by putting plans that have long been in development into action!

BC – TURNING CONNECTIONS INTO COLLABORATION

One of the most exciting ATCMA developments is the Healthcare Integration Project, for which we have several important initiatives:

LONG-COVID STUDY

- The ATCMA has applied for funding to study the effect of acupuncture on brain fog and fatigue in people with post-COVID syndrome. If secured, the funding will facilitate a case study-based project that would result in data useful for discussions on integrating acupuncture into treatment and care of long COVID sufferers. In particular we aim to

present the findings to the Post-COVID-19 Interdisciplinary Clinical Care Network that hosts Long COVID clinics in BC. The ATCMA will also host education sessions on the treatment approaches used so that acupuncturists can integrate them into their care for long COVID patients.

COMPENSATION FOR ACUPUNCTURISTS WORKING IN PUBLIC HEALTHCARE PROGRAMMES

- The ATCMA is systematically educating public health authorities on fair compensation for acupuncturists who are or will be working in publicly funded healthcare programmes. Beginning with Vancouver Coastal Health, we have suggested a pay scale and provided guidelines that will help them determine the specific pay an acupuncturist should receive. Our goal is to have

acupuncturists compensated at a level commensurate with their education, experience and expected complexity of care. We hope this will inspire more acupuncturists to help clients in public programmes.

COLLABORATION WITH PAIN BC

- The ATCMA is working with Pain BC (<https://painbc.ca/>) to develop information sharing and collaborative programming. Stay tuned for a survey that will give you an opportunity to tell us what you need in the realm of pain education and resources. This future partnership with Pain BC will not only provide additional resources for acupuncturists and their patients, it will provide a forum to educate other healthcare professionals about acupuncture.



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QUÉBEC: A POTENTIAL SHIFT IN REGULATION MAY REQUIRE US TO SPRING INTO SUPPORT MODE

Our fellow associations across Canada continue to dedicate time and effort on education and advocacy.

In particular, we want to highlight a bizarre situation currently happening in Québec.

They have recently been told that only acupuncture is regulated in Québec, not the other aspects of their medicine. This is a major departure from the reality of the last 27 years of acupuncture practice there, and could mean that they can no longer integrate Tuina, herbs, Qi Gong, diet within the practice of acupuncture. At the time of writing, the AAQ (l'Association des acupuncteurs du Québec / Association of Acupuncturists of Québec) was trying to gain clarity on the situation.

Fellow acupuncturists across Canada, please be on the lookout for news and a possible call to action to help our colleagues in Québec.

Associations across the country need your support to continue advocating for our profession and bringing benefits to all practitioners. Join your provincial association today!

Alberta Association of Acupuncturists and Traditional Chinese Medical Doctors

www.aaatcmd.ca

BC Association of Traditional Chinese Medicine and Acupuncture Practitioners

www.atcma.org

TCMPA Working Group **Newfoundland**

Traditional Chinese Medicine **Ontario**

www.tcmo.ca

Association des acupuncteurs du **Québec**

www.acupuncture-quebec.com

- Suzanne Williams, Executive Director, ATCMA



PHOTO: Anastasiya Romanova



Suzanne Williams,
BA, APMCP, MBA,
R.Ac

ABOUT THE AUTHOR

Suzanne is the Executive Director of the ATCMA and an active practicing Registered Acupuncturist in Vancouver, BC. She graduated from ICTCMV and Langara College's Balance System of Acupuncture Certificate Program and is currently working towards her R.TCM.P designation. Suzanne studied and worked in Taiwan, Hong Kong and mainland China for over 12 years and speaks and reads Mandarin Chinese. She draws on her career in business market research and consulting in China and Canada to advocate for the BC TCM and Acupuncture profession and grow the range of benefits for the ATCMA membership.



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Dan Garcia
Executive Director, CARB-TCMPA

CARB-TCMPA Summer Update

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As we approach the summer months, this is the time of the year that I reflect on the goals I set out for myself six months ago and identify opportunities to course correct. Taking the time to understand—and celebrate—what we have accomplished can be as important and beneficial as identifying the opportunities and priorities that lay ahead.

Similarly, recognizing the need to slow down can help us realize the goals we set for ourselves. As the complexities of the world relentlessly build, self-reflection at the individual, group, and organizational levels helps us better understand and adapt to the evolving environment that we operate in.

One example that comes to mind relates to the Pan-Canadian Examinations program. The April 2022 exam administration was relatively smooth for the 280+ candidates, and most candidates did not experience any significant issues or delays. Although we could take a more passive approach to this successful exam sitting, we continue to collaborate with our exam administration partners to identify opportunities to proactively prepare candidates for online proctoring and improve their overall experience. To this end, a new edition of the Pan-Canadian Entry-Level Examinations Candidate Handbook was published on June 1st that includes clarifications on the examination procedures and instructions. We encourage all candidates to review the Candidate Handbook well in advance of their exam date.

In October, candidates seeking registration with the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario (CTCMPAO) will have the option to write their exam in English, Simplified Chinese, or Traditional Chinese. Candidates registering with CTCMPAO for the entry-to-practice exams should contact the College for additional details on the availability of the translated exams.

Below are important dates for the next exam sitting:

- Application and accommodations request deadline: July 15, 2022
- TCM Herbalists exam: October 3-4, 2022
- TCM Practitioners exam: October 5-6, 2022
- Acupuncturists exam: October 26-27, 2022

Another helpful resource for candidates is the Online Proctoring Candidate Checklist. This resource outlines key steps in preparing for the

exam, recommendations for the day of the exam, and information on common exam day issues. This checklist and other exam information about accommodations, delivery method, exam fees, and appeals are available on carb-tcmpa.org/pce.

As some of you may recall, CARB-TCMPA has been working with its member regulatory bodies to develop standards to accredit Traditional Chinese Medicine and Acupuncture education programs. Our ambitious project timelines have been set aside in response to the need to consult with our key stakeholders. We are getting closer to clarifying the next stage of this project and will make the information publicly accessible on our website as it becomes available.

We are also looking ahead at the future of the Pan-Canadian Examination program to identify development opportunities and improvements. Not only is it a best practice to review the foundational elements of a high-stakes licensing program on a periodic basis, but it is an opportunity to revisit



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foundational decisions and assumptions that were made before the COVID-19 pandemic. We will continue to engage our groups of subject matter experts and notify candidates and schools of changes that could impact them.

Finally, I would like to take this opportunity to welcome three recently appointed Directors to the CARB-TCMPA Board including Jean-François Bouchard, Directeur general of the Ordre des Acupuncteurs du Québec, Joanne Pritchard-Sobhani, President of the CTCMPAO Council, and Erin Stroud, Registrar and Executive Director of the College of Acupuncturists of Alberta. We are grateful for the time, energy, and effort of our dedicated volunteers and subject matter experts.

On behalf of the CARB-TCMPA Board, we hope you have a wonderful summer!

- Dan Garcia

For the most up-to-date information on CARB's activities, follow us on LinkedIn:
www.linkedin.com/company/carb-tcmpa



ABOUT CARB- TCMPA

The Canadian Alliance of Regulatory Bodies of Traditional Chinese Medicine Practitioners and Acupuncturists (CARB-TCMPA) is the national forum and voice of provincial regulatory authorities that are established by their respective provincial legislation. Through collaborative activities, CARB-TCMPA promotes quality practice and labour mobility across Canada. For more information about CARB-TCMPA, visit: carb-tcmpa.org

What would you like to see featured? Send us an email, or connect with us on Facebook and Twitter to let us know!





Submissions Callout

**Medicinal Roots Magazine (MRM)
encourages all article submissions
addressing any topic related to
the practices of acupuncture and
Traditional Chinese Medicine
(TCM).**

**If you have an article of interest to our readers,
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**Fall Deadline:
September 10, 2022**

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Medicinal Roots Magazine is the most targeted way to reach TCM practitioners in BC, across Canada and the world

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