

## **Module catalogue**

Master of Science:

### **Traditional Chinese Medicine**

Status as of February 15, 2013

<b>Description:</b>	Traditional Chinese Medicine
<b>Organizational assignment:</b>	Department of Sport and Health Sciences
<b>Qualification:</b>	Master of Science
<b>Standard period of study (credits):</b>	6 Semesters / (120 Credits)
<b>Nature of study program:</b>	Course of further studies, alongside professional activity (extra occupational), on part-time basis
<b>Admission:</b>	Selection procedure
<b>Start date:</b>	Winter semester 2013/14
<b>Languages:</b>	German / English
<b>Head of study program:</b>	Prof. Dr. med. Carl-Hermann Hempen
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## Introduction to TCM, Diagnostics and Physiology

### 1. General information

#### *Module title*

Introduction to TCM, Diagnostics and Physiology

#### *Module level*

Master's degree program

#### *Module subtitle*

Introduction to TCM, Diagnostics, Physiology, Pathology

#### *Duration*

One Semester

#### *Frequency*

Winter Semester

#### *Language*

German

#### *ECTS*

12

### 2. Workload

Contact hours:	180
Self-Study hours:	180
Total:	360

### 3. Description

#### *Recommended requirements*

As this is the first module in the course of studies, the essential prerequisite is no more than the minimum requirement permitting access to this course, namely adequate knowledge of Western medicine (i.e. successful conclusion of a Western medical training with the license to practice medicine).

#### *Learning outcomes*

After successful participation in the module, students are able:

- to perceive or identify the different epistemological backgrounds of our Western medicine and of Traditional Chinese Medicine
- to understand the sophistication of Chinese Diagnostics and finally, after having had sufficient practice, to be able to apply these techniques individually, in particular such refined diagnostic tools as tongue and pulse diagnosis

- to recognize the energy concept of physiology in Chinese Medicine as a useful complement to the Western somatotropic approach to medicine and,
- on the basis of clinical data (symptoms), to reach a coherent Chinese diagnosis
- to adopt the clear procedure to reach a Chinese diagnosis using the following steps:
  1. arrangement of the information found in accordance with the Eight Diagnostic Principles
  2. identification of possible pathogenic agents and
  3. attribution to the functional systems affected

and to formulate a differentiated diagnosis, as a prerequisite for appropriately effective therapy

- to see the Five Pillars of Chinese Therapy (medicinal therapy, acupuncture, dietetics, Tai Chi, Qi Gong and Tuina) as possible forms of therapy and to have an understanding of the range of options each of these therapies offers.

## Content

### Introduction to TCM

- Introduction to, and the history of, Traditional Chinese Medicine
- Philosophical and epistemological foundations of Western and Chinese medicine
- Relationship to developments in psychosomatics
- Heuristic criteria of TCM
- Causal analysis – Inductive synthesis
- The standard conventions of TCM (the language of TCM)
- Yin and Yang
- The Five Phases
- The Chinese language and texts

### Physiology

- The kinds of energy
  - QI (individually specific active energy)
  - XUE / “Blood”(individually specific substantial energy)
  - JING (the essence)
  - YIN (active and substantive body fluids)
  - SHEN (the spirit)
- The functional systems (orbes, zang fu)
- (the central elements of Chinese physiology as analogies to the organs of Western medicine)
  - The Yin functional system
  - The Yang functional system
  - The Extraordinary functional systems
- The agents (disease-triggering factors)
  - External agents
  - Internal agents
  - Neutral agents

### Diagnostics

- The Eight Diagnostic Principles (as a comprehensive systematic arrangement)
- Diagnosis in practice
  - Inquiry and investigation of history

- Listening and smelling
- Observation (including special tongue diagnosis)
- Palpation (including special pulse diagnosis)

#### Therapy methods (the Five Pillars of Chinese Therapy)

- Introduction to fundamentals of medicinal therapy
- Introduction to acupuncture therapy
- Introduction to dietetics
- Introduction to movement therapy (Tai Chi, Qi Gong)
- Introduction to manual/massage therapy (Tuina)

#### Kinds of pathologies

- Pathology of the functional systems (various diseases/syndromes, pathology of the orbs) (Morbi varii, Orbis pathology)
- Pathology of each of the 12 functional systems
- Pathology of the “Cold-Damage diseases” (Algor laedens, Shang han)
- Pathology of the “Warm diseases” (Morbi temperati, Wen bing)

### *Teaching and learning methods*

The module consists of lectures and practical exercises. The content will be worked on not only in lectures but also in presentations and in question-guided methodology.

In the practical exercises, the diagnostic procedure will be practised in groups, focusing in particular on pulse and tongue diagnosis.

Typical diagnostic examples will be demonstrated with the help of patients and volunteers so that the theory learnt can be implemented more easily in everyday practice.

## **4. Assessment of studies and examination**

### *Assessment of studies*

Assessment in this module will be by oral examination. The student must provide evidence of a thorough understanding of the nature of Chinese Medicine. Western medicine is primarily organotropic, i.e. it focuses on the soma, whereas Chinese Medicine by contrast, concentrates on the vital functional and energetic processes, looking at these in combination with each other and postulates the existence of different “forms of energy.”

The student has acknowledged these interdependencies and understands the physiological conception of Chinese Medicine and its distinct dissimilarity to that of Western medicine but above all s/he also appreciates the significance of the complementary benefit that this medical approach can offer.

Applying specific diagnostic methods (among others tongue diagnosis and pulse diagnosis), the student can formulate a Chinese diagnosis based on an individual’s physiology; this diagnosis can then serve as the foundation for all therapeutic measures undertaken.

### *Examination*

The student must demonstrate in discussion with the examination panel that s/he is capable of translating clinical diagnostic data into an understandable Chinese diagnosis.

No specific grades will be awarded for this examination; there will be a result of either “pass” or “fail” (final assessment).

# General principles of Acupuncture / Acupuncture 1

## 1. General information

### *Module title*

General principles of acupuncture: Acupuncture 1

### *Module level*

Master's degree program

### *Module subtitle*

Acupuncture: the channels, foraminology (the doctrine of acupuncture points), acupuncture techniques.

### *Duration*

One semester.

### *Frequency*

Winter Semester

### *Language*

German

### *ECTS*

7

## 2. Workload

Contact hours:	96
Self-Study hours:	114
Total:	210

## 3. Description

### *Recommended requirements*

The knowledge of the module "Diagnostics and Physiology" is the prerequisite for this module.

### *Learning outcomes*

After successful participation in the module, students are able:

- to understand the entire structure of acupuncture as a therapeutic tool (the understanding of a flowing system, the Qi in the channels) which can be stimulated and modulated by this form of therapy

- to understand, with referral to the “Diagnostics and Physiology” module, an indication for the administration of acupuncture treatment
- to assess any contraindications as well as undesirable effects (side effects) before a course of treatment
- on the basis of a correct diagnosis (see the module “Diagnostics and Physiology”) to make a clear assignment of the therapeutically relevant acupuncture points (see categorisation of acupuncture points)
- to provide the necessary conditions in preparation for acupuncture treatment (organisation, storage, appropriate medical equipment, etc.)
- to understand, correctly, select and then use the most important acupuncture points in the first two channel cycles (consisting of eight channels, see “Content”)

This means the student must know the 219 classic acupuncture points on these channels, 53 points are considered to be relevant for assessment purposes and should be mastered in all their details.

## *Content*

### General principles of acupuncture

- Neurophysiological and humoral principles of the acupuncture points
- Trigger points
- Anatomy of the acupuncture points
- Current state of (Western) studies into acupuncture
- WHO indications for acupuncture
- Contraindications for acupuncture treatment
- Undesirable effects (side-effects of acupuncture)
- Informing the patient
- Documentation of cases of TCM treatment (with documentation of acupuncture cases as examples)
- Quality management in the clinical administration of TCM, in particular acupuncture treatment in everyday practice as well as medicinal therapy and dietetics.
- Practicalities of acupuncture treatment (organisation, storage, equipment needed)
- Treatment techniques:
  - Needle-insertion therapy
  - Moxibustion
  - Cupping
- Units of anatomical measurement for determining the location of acupuncture points

### The system of acupuncture

- Sinarteriology (the doctrine of channels)
- The paradigm of acupuncture points
- General foraminology (the doctrine of acupuncture points)
- General categorisation of the 361 classic acupuncture points

### The paradigm of acupuncture points:

- Name of the acupuncture points (foramen) German – Chinese – English
- Detailed explanation of the names giving insight into understanding the acupuncture points
- Exact anatomical, topographic position

- Treatment techniques, relevant contraindications
- Classification of the foramen in terms of Chinese Foraminology
- Relationship to functional systems
- Direction of influence
- Location of effect
- Concise clinical summary of the effects of the particular acupuncture point
- Central key definition of the “effects and indications” of the particular acupuncture point in the context and terms of Chinese Medicine
- Comprehensive commentary (physiological, clinical)
- Combination of this particular acupuncture point with other acupuncture points

The main channels and their points of influence (number of acupuncture points / relevant for assessment in all their details)

1<sup>st</sup> Cycle

- Lung channel (11 / 4)
- Large intestine channel (20 / 5)
- Stomach channel (45 / 11)
- Spleen channel (21 / 6)

2<sup>nd</sup> Cycle

- Heart channel (9 / 3)
- Small intestine channel (19 / 4)
- Kidney channel (27 / 3)
- Bladder channel (67 / 17)

### *Teaching and learning methods*

In view of the limited number of participants (35 students), this module will be delivered in the form of multi-day seminar blocks.

The contents will be transmitted through presentation lectures and developed through question-guided interaction sessions.

There will be a variety of conventional teaching, exercise sessions, discussion activities, presentations, dialogue and demonstrations.

In exercises, groups will practise determining the appropriate acupuncture points and locating them precisely.

Using demonstrations involving patients, groups of students will work on finding solutions (starting from a Chinese diagnosis, determining the correct acupuncture points relevant for an appropriate course of therapy) and at the same time the efficacy of treatments that have already been carried out will be demonstrated and explained.

Working individually and also in groups, students will answer specific questions and will deal with selected example cases.



## 4. Assessment of studies and examination

### *Assessment of Studies*

The assessment in this module will be in writing.

The student must provide evidence that s/he has understood the system of acupuncture in terms of its application potential. In particular a Chinese diagnosis should be directly translated into a specific programme of acupuncture therapy.

### *Examination*

The student will be examined on his/her ability to locate acupuncture points accurately on the anatomy and to give information about the medical effect to be achieved at the specific points. Detailed knowledge of the 53 particularly important acupuncture points such as the name of the points in Chinese, in German; their classification, etc. (see Content) will be examined.

# Manual Therapy/Movement Therapies / Tai Chi / Qigong / Yang Shing (Nourishing Life)

## 1. General information

### *Module title*

Manual Therapies / Tuina, Movement Therapies / Qigong / Tai Chi

### *Module level*

Master's degree program

### *Module subtitle*

Manual therapy / Tuina in Chinese Medicine, the Movement Therapies Qigong and Tai Chi

### *Duration*

The module extends over 6 semesters (with 1 CP per semester) accompanying the other modules in the course.

### *Frequency*

The module is offered consecutively over 6 semesters.

### *Language*

German

### *ECTS*

6

## 2. Workload

Contact hours:	170
Self-Study hours:	10
Total:	160

## 3. Description

### *Recommended requirements*

From the 2<sup>nd</sup> semester onwards, knowledge of the module "Diagnostics and Physiology" will be required; in the 1<sup>st</sup> semester students will be expected merely to learn practical exercises, for which there are no prerequisites.

### *Learning outcomes*

After successful participation in the module students are able:

- to understand Tai Chi and Qigong as well as Tuina therapy from the perspective of Chinese Medicine and to appreciate their physiological and pathophysiological significance

- to gain a concrete understanding of the use of these methods as preventive and therapeutic measures in Chinese Medicine as a result of their personal experience
- to apply these methods in conjunction with a Chinese diagnosis and to integrate them into a therapeutic programme as suitable supplementary methods
- to select the appropriate therapeutic method to match a variety of patients' complaints
- to obtain an overview of the current research and studies in this field and to be capable of implementing the fundamental scientific conditions required to perform clinical studies
- to apply the methods in this module appropriately for prophylactic and preventative purposes throughout the field of medical care and to maintain a healthy way of life.

## *Content*

### Qigong and Yang Shing

- Basic principles of Qigong exercises performed when at rest, standing, sitting and lying down
- Introduction to, and learning of, a sequence of Qigong exercises
- Exploration and examination of current scientific research studies
- Fundamental principles of the Chinese concept of "Nourishing Life" (Yang Shing), recommendations for the practice of Qigong at different seasons of the year, times of the day, and different stages of life
- Overview of current research and studies
- Possible ways of using Qigong as a preventive and curative measure

### Tai Chi

- Teaching of the basic principles of Tai Chi using simple exercises
- Differences from, and similarities to, Qigong
- Learning of the basic position and the first pattern of movements of a Tai Chi sequence
- Fundamental principles of the Chinese concept of "Nourishing Life" (Yang Shing), recommendations for the practice of Tai Chi at different seasons of the year, times of the day, and different stages of life
- Intermeshing of the different methods of Qigong, Tai Chi, Dietetics and Tuina
- Overview of current research and studies
- Possible ways of using Tai Chi as a preventive and curative measure

### Tuina

- Basic principles of Tuina treatment
- Essential manual techniques
- Introduction to self-massage
- Self-massage using Tuina techniques to treat headache, back pain, pain in the joints
- Complementation by Qigong
- Relaxation exercises and practice of massage exercises on each other
- Fundamental principles of the Chinese concept of "Nourishing Life" (Yang Shing), recommendations for the practice of Tuina at different seasons of the year, times of the day, and different stages of life
- Overview of current research and studies

### *Teaching and learning methods*

The module will be delivered in the form of multi-day seminar blocks.

In most cases the content will be transmitted in practical teaching activities in small groups.

In addition, some matters will be presented in lectures and using conventional presentation methods but some will also be developed in question-guided sessions.

There will thus be a variety of conventional teaching and group-oriented activities. There will also be discussion sessions, presentations, interactive dialogue, demonstrations and predominantly practical exercises.

## **4. Assessment of studies and examination**

### *Assessment of studies*

By means of a report describing his/her experiences, the student should demonstrate an understanding of, and experience with, manual therapy / Tuina and movement therapies / Qigong / Tai Chi. Here it is a question not only of subjective but also of objective experience and perceptions which the student gained when performing the module's exercises on him- or herself or on test persons. These observations are to be analysed in accordance with the criteria of Traditional Chinese Medicine. It is important to understand "energetic" experiences or observations from the perspective of Chinese physiology and to express these in the precise language and terminology used in TCM.

In addition, the student will be expected to demonstrate movement therapies (Qigong, Tai Chi) as well as massage techniques (Tuina) and to be able to answer questions about theory and technique.

### *Examination*

In this module assessment takes the form of an oral/practical examination.

# General principles of Chinese Medicinal Therapy

## 1. General information

### *Title of module*

General principles of Chinese Medicinal Therapy, individual medicines and formulas.

### *Module level*

Master's degree program

### *Module subtitle*

General principles of medicinal therapy. The individual substances and formulas for "supporting" and "warming" as well as for "opening," "cooling" and "eliminating."

### *Duration*

One semester.

### *Frequency*

Summer Semester

### *Language*

German

### *ECTS*

12

## 2. Workload

Contact hours:	140
+ Excursion:	20
Self-Study hours:	200
Total:	360

## 3. Description

### *Recommended requirements*

This module will require students to have the knowledge of the "Diagnostics and Physiology" module.

### *Learning outcomes*

After successful completion of this module the student is able:

- to understand the entire scope of Chinese Medicinal Therapy as a therapeutic instrument and to be aware of its system and taxonomy
- to recognize an indication for use of medicinal therapy in particular with recourse to the "Diagnostics and Physiology" module, and to initiate and plan such therapy
- to weigh up possible contraindications as well as undesirable effects (important during pregnancy)

- on the basis of a correct Chinese diagnosis (see “Diagnostics and Physiology” module), and taking account of the given paradigm of a medicine and the formula, to make a correct selection of the therapeutically appropriate medicine
- to assess the clinical effects of the most important medicines of the first groups (see groups indicated above), to see possibilities to combine medicines and thus to grasp the rationale of classic Chinese formulas (which can consist of 4 to 10 ingredients) and ultimately to understand its complexit.
- To have a concrete understanding of Chinese phytotherapeutic substances, underpinned by visits to the Botanical Gardens to receive input and to draw comparisons with Western phytopharmaceutical substances.

## Content

### General principles of Chinese Pharmacology

- The paradigm of medicinal products
- Response to temperature
- Tastes
- Relation to functional systems and channels
- Direction of influence
- Location of effect
- Effects, indications
- Physiological pharmacological effects
- Toxicity
- Daily dosage
- Cooking time
- Combinations
- Compatibility
- Contraindications
- Forbidden medicinal substances during pregnancy

### Details of the individual medicinal substances in the group

- Individual substances and formulas for “Supporting the Qi and ‘Blood’ /Xue” (Mm. suppletia Qi and Xue)
- Individual substances and formulas for “Supporting the Yin and the Essence/Jing” (Mm. suppletia Yin, Mm. adstringentia)
- Individual substances and formulas for “Supporting the Yang” and “Warming the Interior” (Mm. suppletia Yang, Mm. tepefacientia intimae)
- Individual substances and formulas for “Opening the Exterior” (Mm. liberantia extimae)
- Individual substances and formulas for “Cooling and Removal of Heat, Glow and Toxins” (Mm. refrigerantia)

### General principles of classic Chinese formulas

- The paradigm of medicinal formulas
- Group affiliation
- Names of the formulas
- Response to temperature
- Relation to functional systems, channels
- Direction of influence

- Location of effect
- Effects, indications
- Clinical significance
- Modifications and formulas derived
- Contraindications, toxicity
- Use during pregnancy
- Ways of preparation

#### Excursions to the Botanical Gardens

- Demonstration of the most important natural medicinal products in outdoor cultivation

### *Learning and teaching methods*

The module will be presented mainly in the form of multi-day seminar blocks. This module will be supplemented by excursions to the Botanical Gardens to provide practical illustration of the subject-matter taught.

The course content will be delivered in lectures and presentations and developed and pursued in question-guided exploration.

The module will be a blend of conventional teaching activities and practical exercises, discussions, presentations, interactive dialogue and demonstrations. Specialised literature will complement, and provide more detail of, the course subject-matter.

On the basis of genuine clinical cases, groups will work on finding solutions in which an exact Chinese diagnosis will be used to produce a draft programme of therapy based on these Chinese medicinal substances.

Therapeutic effects will be examined using clinical examples.

## **4. Assessment of studies and examination**

### *Assessment of studies*

The student must give evidence that s/he has understood how to make use of Chinese Medicinal Therapy and what its potential applications are. This is to be demonstrated in particular in the direct translation of a Chinese diagnosis into specific and appropriate medicinal remedies.

The student must also be able to explain in detail the categorisation of the medicinal substances studied up to this point (phytotherapeutic substances, medicinal herbs) and to give information in his/her own words about their clinical significance. S/he must also display knowledge of the first, and for this group the most important, classic formulas, and show understanding of their composition and be able to explain their coherence.

Examination questions will cover the entire syllabus of the module and the answers will require students to formulate their own responses.

### *Examination*

Assessment in this module will take the form of either a written or an oral examination

## The practice of Acupuncture / Acupuncture 2

### 1. General information

#### *Module title*

The practice of Acupuncture: Acupuncture 2

#### *Module level*

Master's degree program

#### *Module subtitle*

Acupuncture: Systematic acupuncture, somatotopy, practical acupuncture treatment and case-study seminars.

#### *Duration*

One semester.

#### *Frequency*

Summer Semester

#### *Language*

German

#### *ECTS*

7

### 2. Workload

Contact hours:	112
Self-Study hours:	98
Total:	210

### 3. Description

#### *Recommended requirements*

This module will require students to have completed the "Diagnostics and Physiology" and "General Principles of Acupuncture / Acupuncture 1" modules.

#### *Learning outcomes*

After successful participation in the module students are able:

- to apply the different treatment techniques (such as needling techniques, moxibustion and cupping) skilfully and correctly and in accordance with the diagnostic system
- to make use of the full therapeutic scope of acupuncture (at this stage of the course this extends to 361 classic acupuncture points on 14 channels of which the student is expected to have comprehensive knowledge)
- to understand, in addition to classic acupuncture, the most important special forms of acupuncture (somatotopies such as ear acupuncture, etc.) and to be able to incorporate these into a programme of therapy



- to be more precise about the indication for acupuncture treatment by taking into consideration all the extra aspects and techniques that are available
- at this stage of study, the complete classic acupuncture structure should be known as well as a variety of supplementary and complementary acupuncture methods.
- on completion of this stage, the student should also be familiar with the precise acupuncture techniques and be able
- to implement the practical skills learnt in the treatment of individual cases
- to carry out, unsupervised, acupuncture treatment of frequently occurring disease patterns.

After successful completion of this 2<sup>nd</sup> acupuncture module, the student fulfils the theoretical prerequisites set by the state medical authorities entitling use of the additional professional designation "Acupuncture."

(As the supplementary training stipulated by the state medical authorities extends over 24 months, students must later be provided with attendance certificates for the subsequent practical courses to confirm that the period of 24 months' training has been completed.)

## *Content*

### Systematic acupuncture

- The main channels and their Transport Points
- The Pericardium Channel (9/3)
- Main channel of FS3 - the Triple Burner (23/6)
- The Gall Bladder Channel (44/8)
- The Liver Channel (14/5)
- The Eight Extraordinary Vessels
- The Controller Vessel (Ren mai) (24/6)
- The Governing Vessel (Du mai) (28/7)
- The most important Extra Acupuncture Points not on the channels (10)

### Somatotomy, ear acupuncture

- Scientific foundations of ear acupuncture
- Indications, contraindications
- Mapping of the ear
- System of projection zones and points
- Techniques and localisation of points on the ear
- Needle materials / needling technique
- Projection of the regions of the human body onto the ear
- Topographic position of characteristic points / correspondence points
- Therapy concepts
- Treatment concepts for frequent illnesses

### Other somatotopies

- Skull acupuncture
- Mastoid acupuncture
- Further somatotopies
  - Anatomy
  - Cartography
  - Simple treatment concepts

### Practical acupuncture treatment and case-study seminars

- Illnesses of the musculoskeletal system
- Neurological disease patterns (pain therapy)
- ENT illnesses
- Gynaecological illnesses
- Other disease patterns
- Demonstrations involving patients / test-subjects
- Practical elaboration of a course of acupuncture treatment
- Briefings, explanations, discussions of case studies in small groups

### *Learning and teaching methods*

In view of the number of participants (approx. 35 students) the module will be delivered in the form of multi-day seminar blocks.

The course content will be delivered in lectures and presentations; it will be developed and pursued in question-guided exploration.

The module will be a blend of conventional teaching activities and practical exercises, discussions, presentations, interactive dialogue and demonstrations.

This will be supplemented by practical acupuncture sessions with test-subjects and patients.

In the practical exercises, groups will work out solutions when patients or test-subjects are introduced with specific symptom patterns; after a Chinese diagnosis has been reached, a concrete programme of acupuncture treatment will not only be drafted but also carried out in practice.

In the case-study seminars, progress will also be monitored, i.e. the patient will be presented for ongoing observation so that a check can be made on the results of the therapy and, if necessary, further therapeutic steps can be taken.

In particular, students must demonstrate their ability to translate a Chinese diagnosis directly into a programme of acupuncture therapy. This may be done as part of practical exercises in cases in which selected patients are suffering from musculoskeletal problems, from ENT illnesses or from gynaecological complaints or as part of group exercises using test subjects for diagnosis and therapy purposes.

Students must demonstrate successful application and implementation in practical clinical cases.

## **4. Assessment of studies and examination**

### *Assessment of studies*

Assessment in this volume will take the form of oral and practical examinations.

The student must provide evidence of a proper understanding of acupuncture and its potential for medical application. S/he must display a thorough grasp of the whole system of acupuncture, the most important acupuncture points, the connections between a Chinese diagnosis and this form of therapy as well as the additional dimensions offered by somatotomy, and the ability to implement this knowledge in practical terms.

### *Examination*

Assessment in this module is by oral/practical examination.

# Clinical application and practice of Chinese Medicine I

## *1<sup>st</sup> Part: Musculoskeletal system and pain*

### 1. General information

#### *Module title*

Clinical application and practice of Chinese Medicine, Part 1

#### *Module level*

Master's degree program

#### *Module subtitle*

Clinical application of Chinese medicine: pain syndrome, traumas, diseases of the musculoskeletal system, rheumatoid complaints, neurological diseases, ophthalmological illnesses

#### *Duration*

Third and fourth semester (4 CP in 3<sup>rd</sup> Semester, 8 CP in 4th Semester)

#### *Frequency*

Winter Semester

#### *Language*

German

#### *ECTS*

12

### 2. Workload

Contact hours:	160
Self-Study hours:	200
Total:	360

### 3. Description

#### *Recommended requirements*

This module builds on the knowledge gained in the modules "Dietetics and Physiology," "General Principles of Medicinal Therapy" and "Practical Chinese Medicinal Therapy," "Acupuncture 1 and 2," "Chinese Dietetics" and the part of the "Manual Therapy /Movement Therapies" module taught so far.

## *Learning outcomes*

After successful participation in this module students are able:

- to understand the clinical subjects (pain therapy, diseases of the musculoskeletal system, rheumatoid complaints, neurological conditions, ophthalmological illnesses) in terms of their physiology from the perspective of Chinese Medicine and to understand their pathophysiological variations
- to have gained, as a result of the clinical cases experienced, a concrete understanding of the therapeutic possibilities offered by Chinese Medicine in the fields studied
- to reach a diagnosis in the sense of Chinese Medicine on the basis of the pathophysiological changes and the diagnostic data available, and thus, also in the case of a Western pattern of symptoms, to be able to formulate the necessary Chinese differential diagnosis
- on the strength of this differential diagnosis, to draw up a clear therapy programme primarily making use of acupuncture and Chinese phytotherapy
- to formulate independently a coherent diagnosis for patients with illnesses in the clinical categories mentioned above and subsequently to develop an appropriate course of therapy.

## *Content*

### Addiction and pain therapy

- The physiology/pathophysiology of addiction from a Chinese perspective
- Addiction therapy possibilities
- The physiology/pathophysiology of pain from a Chinese perspective (free flow of the Qi as well as the “Blood”/Xue)
- Differentiation of pain according to its character and modalities, etc.
- Symptoms and therapy,
- Influences
  - external agents
  - internal agents
  - neutral agents
  - as a result of energy deficiency
  - owing to stasis of the “Blood”/Xue

### Musculoskeletal system

- Diseases of the musculoskeletal system
- General pathophysiology
- Categorisation in accordance with the Guiding Principles
- The harmful agents
- The functional systems affected
- The free flow of the Qi and the “Blood”/Xue
  
- General traumatology
  
- Diseases of the upper extremities
  - Cervical spine / nape of the neck
  - Shoulder
  - Shoulder–Arm Syndrome

- Elbow
- Epicondylitis
- Carpal tunnel syndrome
- Wrist joint, finger
  
- Disease of the lower extremities
  - The back in general
  - Lumbar spine
  - Lumbago
  - Hips
  - Knee
  - Ankle joint

#### Rheumatoid disease patterns (Bi-Syndrome)

- Pathophysiology of Bi-Syndrome disorders
- Arthritis
- Fibromyalgia
  
- Differential diagnosis in consideration of main symptoms, aetiology, depth of penetration
  - General therapy
  - Therapeutic principles
  - Medicinal therapy depending on groups
  - Medicinal therapy depending on aetiology (ventus, algor, humor, calor)
  - Medicinal therapy depending on region (topography)
  
- Acupuncture therapy
  - General acupuncture therapy
  - Acupuncture therapy depending on aetiology

#### Neurology

The most important neurological disease patterns:

- Cephalgia (headaches), migraines, tension headaches
  - (Differential diagnosis and differential therapy)
- Trigeminal neuralgia
  - (Differential diagnosis and differential therapy)
- Polyneuropathy
  - (Differential diagnosis and differential therapy)
- Sciatica
  - (Differential diagnosis and differential therapy)
- Cerebrovascular diseases
  - (Differential diagnosis and differential therapy)
- Peripheral facial paresis
  - (Differential diagnosis and differential therapy)
- Cerebral seizures (epilepsy)
  - (Differential diagnosis and differential therapy)
- Vestibular neuritis
  - (Differential diagnosis and differential therapy)

- Sleep disorders (Insomnia)
  - (Differential diagnosis and differential therapy)
- Dizziness / Vertigo
  - (Differential diagnosis and differential therapy)
- Parkinson's disease
  - (Differential diagnosis and differential therapy)
- Disseminated encephalomyelitis (Multiple Sclerosis)
  - (Differential diagnosis and differential therapy)

### Psychiatry

- Depression
  - (Differential diagnosis and differential therapy)
- Chronic-fatigue syndrome
  - (Differential diagnosis and differential therapy)
- Anxiety disorders
  - (Differential diagnosis and differential therapy)
- Stress-related illnesses
  - (Differential diagnosis and differential therapy)

### Ophthalmology

- Physiology and pathophysiology of the eye
  - General therapy measures
  - Phytotherapy
  - Acupuncture
  - Frequent clinical conditions
- Conjunctivitis, allergic rhinoconjunctivitis
  - (Differential diagnosis and differential therapy)
- Sicca syndrome
  - (Differential diagnosis and differential therapy)
- Uveitis
  - (Differential diagnosis and differential therapy)
- Degenerative diseases of the retina (macular degeneration)
  - (Differential diagnosis and differential therapy)
- Glaucoma
  - (Differential diagnosis and differential therapy)
- Hordeolum

### *Learning and teaching methods*

The module will be presented in the form of multi-day seminar blocks.

The content will be presented in lectures and in conventional presentations but also developed through question-guided exploration.

In this "Clinic" module, students will work predominantly with numerous patient demonstrations, i.e. the disease patterns mentioned will be illustrated to students through the examination of patients before and after treatment to show the efficacy of Chinese Medicine. Conventional teaching will be blended with group-oriented practice activities. There will also be discussion sessions, presentations and demonstrations as well as practical exercises involving patients. Therapeutic procedure will be elaborated in small groups. The module is to be accompanied and extended by the study of specialised literature.

## 4. Assessment of studies and examination

### *Assessment*

Assessment in this module will take the form of oral and practical examinations. Students must demonstrate that they can formulate a Chinese diagnosis of the most frequent symptom patterns in the special clinical categories mentioned and are subsequently able to develop a coherent programme of acupuncture therapy, as well as correct phytotherapy and also be able to describe the treatment options available by means of Chinese dietetics, movement therapies (Tai Chi, Qigong) and the specific manual therapy (Tuina).

Furthermore, students will be confronted with genuine symptom patterns from everyday clinical practice and be expected to show that they are capable of reaching a coherent Chinese diagnosis in the specific clinical specialisations of this module and finally to draft a programme of therapy from the resources of the “Five Therapeutic Pillars.”

### *Examination*

The examination will cover the entire content of the seminars in this module and students will be expected to formulate their own responses.

## Practical Chinese Medicinal Therapy

### 1. General information

#### *Module title*

Practical Chinese Medicinal Therapy, individual medicinal substances, formulas, modern scientific review.

#### *Module level*

Master's degree program

#### *Module subtitle*

Practical medicinal therapy, individual medicinal substances and formulas for the treatment of "Dampness," diuretics, for elimination of "Wind Damage" (Ventus) as well as "Wind-Dampness Damage" (humor venti), for "calming" and "subduing," for regulation of the Qi, for improving digestion (Digestiva), for regulation of the "Blood" /Xue, for transformation of the "phlegm processes."

Scientific review of Chinese phytotherapy in accordance with Western quality criteria.

#### *Duration*

One semester.

#### *Frequency*

Winter Semester

#### *Language*

German

#### *ECTS*

12

### 2. Workload

Contact hours:	160
Self-Study hours:	200
Total:	360

### 3. Description

#### *Recommended requirements*

This module builds on the knowledge gained in the modules "Dietetics and Physiology," and "General principles of Chinese Medicinal Therapy."



## Objectives

After successful participation in the module students are able:

- to apply the entire scope of Chinese Medicinal Therapy comprehensively including both the individual medicinal substances and the most important classic formulas
- to plan and carry out a detailed and essentially more differentiated indication (than after the “General principles of Chinese Medicinal Therapy” module) for specific medicinal therapy
- to demonstrate an understanding of the Western quality criteria with regard to the application of Chinese medicinal substances
- on the basis of a correct Chinese diagnosis, and now using significantly greater knowledge, to make a clear selection of the medicinal substances and formulas that are relevant for therapeutic measures
- to assess the most important medicines of all the 18 classic groups in terms of their clinical effects, to explain their combination potential with other medicines and to understand the corresponding classic formulas, their applications and also their complexity
- to take account of the possible interactions with Western medicines and the explicitly known side-effects
- to know the essential methods of preparation of Chinese medicines (processing in the pharmacy as decoctions, granules, etc.), to understand the complexity and thus to be able to discuss the practical implications for the handling of these medicines

## Content

### The individual medicines of the groups

- Individual medicines and formulas for the “Treatment of Dampness” (Mm. transformatoria humoris)
- Individual medicines and formulas for “Elimination of Wind-Dampness damage” (Mm. expellentia humor venti)
- Individual medicines and formulas for “Calming” (Mm. sedativa)
- Individual medicines and formulas for “Regulation of the Qi” (Mm. regulatoria qi, Mm. di-gestiva)
- Individual medicines and formulas for “Regulation of the “Blood”/Xue” (Mm. regulatoria xue)
- Individual medicines and formulas for “Treatment of phlegm processes” (Mm. transformatoria pituitae)

### Western scientific presentation of TCM medicinal substances

- Quality criteria and test regulations, monographies
- Identity tests
- Purity tests
- Natural content and foreign components such as heavy metals, pesticide and herbicide residues, mycotoxins, microbial contamination
- Ensuring the quality criteria are respected
- Macroscopic, test of morphological features
- Sensory test
- Microscopic test
- Physical, chemical evidence procedure with regard to authenticity
- Chromatographic methods

- Interaction with Western medical substances/drugs

#### The practice of preparing medicinal substances in the pharmacy

- Visit to pharmacy
- Production of decoctions, granulates etc.
- Special treatment method for raw medicines (Pao Zhi)

#### *Learning and teaching methods*

In view of the number of participants (35 students), the module will be held in the form of multi-day seminar blocks.

The module will also include visits to the pharmacy for the purpose of illustration and explanation of the course-content covered.

The subject-matter will be presented both in the form of presentational lectures and in question-guided sessions.

There will be a variety of conventional teaching and practice sessions, discussions, presentations, dialogues and demonstrations. Study of specialised literature will complement the teaching and provide more detail of the course subject-matter.

In group work based on case studies, and starting from an exact Chinese diagnosis, students will elaborate a practical programme of therapy using these Chinese medicinal substances. The therapeutic effect will be studied in clinical examples

## **4. Assessment of studies and examination**

### *Assessment of studies*

Evidence must be provided that the student has understood the now complete range of Chinese medicinal therapy and its potential application (extended in this module to cover all 18 groups). In particular students will be expected to demonstrate the direct translation of a Chinese diagnosis into a concrete and differentiated programme of medicinal therapy.

The student should show that s/he has understood the essential concerns underlying the approaches of the scientifically-oriented Western medicine and the scientific efforts of accompanying disciplines (pharmaceutical biology) vis-à-vis Chinese phytotherapy.

Above all, the student should show appreciation and awareness of the problem areas such as verification of identity, checking of purity, determining of the amount of foreign substances such as heavy metals, herbicides and pesticides contained in natural medicines.

The student can provide detailed information about the medical substances studied up to this point and, in the course of discussion, can explain their clinical significance and application.

The most important classic formulas should also be talked about, their composition should be understood and their coherence should be explained.

### *Examination*

Assessment in this module is by oral examination. Examination questions will cover the entire subject-matter.

## Dietetics

### 1. General information

#### *Module title*

Basic principles of Chinese Dietetics, individual foodstuffs and formulas

#### *Module level*

Master's degree program

#### *Module subtitle*

Basic principles of Dietetics. The foodstuff groups, individual foods and formulas for dietary application

#### *Duration*

One semester

#### *Frequency*

Winter Semester

#### *Language*

German

#### *ECTS*

3

### 2. Workload

Contact hours:	60
Self-Study hours:	30
Total:	90

### 3. Description

#### *Recommended requirements*

Students will be expected to have the knowledge contained in the modules "Diagnostics and Physiology" as well as "General principles of Chinese Medicinal Therapy" and "Special Chinese Medicinal Therapy."

#### *Objectives*

After successful completion of the module students are able:

- to understand the entire structure of Chinese dietetics as a therapeutic instrument and to apply its system.

- to understand an indication for dietetic treatment and also, in particular in application of the “Diagnostics and Physiology” module, to plan and initiate such therapy.
- to take account of possible contraindications and undesirable effects (important during pregnancy)
- on the basis of a correct Chinese diagnosis (see module “Diagnostics and Physiology”), and with the given paradigm of foodstuffs and the formulas in mind, to make a clear selection of the therapeutically appropriate foodstuffs.
- to assess the most important foodstuffs in the groups mentioned in terms of their clinical effects, to see their possible combinations with other foodstuffs and thus to appreciate the rationale of classic dietetic formulas and to understand this in all its complexity
- to apply Chinese dietetics as an instrument for prevention and prophylaxis as well as for a generally beneficial lifestyle.

## *Content*

### General principles of Chinese dietetics

- The paradigm of foodstuffs
- Response to temperature
- Dependence on the constitution (Yang Sing)
- Tastes
- Relation to the functional systems and channels
- Direction of influence
- Location of effect
- Effects, indications
- Physiological pharmacological effects
- Toxicity
- Daily dosage
- Cooking time
- Combinations
- Compatibility
- Contraindications

### The individual foodstuffs in the food groups

- Cereals
- Pulses / Legumes
- Nuts and seeds
- Vegetables / fruits
- Meat
- Fish
- Sea foods
- Milk products
- Spices / Seasonings
- Oil
- Fat
- Luxury foods

### General principles of the most important classic dietary formulas

- The paradigm of formulas

- Group assignment
  - Names of the formulas
  - Response to temperature
  - Relation to the functional systems and channels
  - Direction of Influence
  - Location of effect
  - Effects, indications
  - Clinical significance
  - Modification and derived formulas
  - Consideration of the availability of European foodstuffs
  - Contraindications, toxicity
  - Use during pregnancy
  - Methods of preparation
- Dietary treatment as preventive and prophylactic measures and as part of a general lifestyle.

### *Learning and teaching methods*

The module will be held in the form of multi-day seminar blocks. The subject-matter will be dealt with in both lectures and in conventional presentations but will also be developed in question-guided sessions. This module will also involve patient demonstrations, i.e. patients will be examined before and after dietary therapy to show students how effective this aspect of Chinese medicine is. There will be a variety of conventional teaching, group-oriented exercises, discussions and presentations, dialogues and demonstrations as well as practical exercises involving patients.

The basic therapeutic procedure will be elaborated in small groups. Cooking courses will provide practical exercises. It is necessary to complement the module with a detailed study of literature on the subject.

## **4. Assessment of studies and examination**

### *Assessment of studies*

The student will be expected to display a full understanding of the application potential of Chinese dietetics. In particular s/he will be expected to translate a Chinese diagnosis directly into a concrete programme of dietary therapy. The student must be able to explain precisely the categorisation of the foodstuffs covered in the course and to provide information about their clinical significance.

The composition of the most important formulas in Chinese dietetics should be understood and their coherence should be explained.

### *Examination*

As a rule, assessment in this module is by written examination.

Examination questions will cover the entire subject-matter of the module and will require the student to formulate his/her own responses.

## Clinical application and practice of Chinese Medicine II

### **Part 2: Dermatological-, ENT-, gastrointestinal- , paediatric illnesses, setting up scientific clinical studies**

#### **1. General information**

##### *Module title*

Clinical application and practice of Chinese Medicine, Part 2

##### *Module level*

Master's degree program

##### *Module subtitle*

Clinical application and practice of Chinese Medicine: dermatological patterns of disease, Ear-Nose-Throat- /respiratory tract diseases, gastrointestinal illnesses, paediatric illnesses, metabolism disorders, infectious diseases

##### *Duration*

One semester.

##### *Frequency*

Summer Semester

##### *Language*

German

##### *ECTS*

11

#### **2. Workload**

Contact hours:	160
Self-Study hours:	170
Total:	330

#### **3. Description**

##### *Recommended requirements*

Participants will be expected to have the knowledge contained on the modules "Diagnostics and Physiology," "Medicinal therapy 1 and 2," "Acupuncture 1 and 2," "Chinese Dietetics" as well as the parts of the module on "Manual Therapies /Movement Therapies" taught so far.

## Objectives

After successful participation in the module students are able:

- to understand the clinical subjects (dermatological diseases, ear-nose-throat-/respiratory tract illnesses, gastrointestinal diseases, paediatric illnesses, metabolic disorders, infectious diseases) from the perspective of Chinese Medicine in terms of their physiology and of their pathophysiological variations
- as a result of clinical experience, to have a concrete grasp of the scope of therapeutic possibilities offered by Chinese Medicine in the treatment of the illnesses mentioned
- on the basis of pathophysiological variants and the diagnostic data, to reach a Chinese diagnosis in line with Chinese medical principles, that is to say to be able to formulate the necessary differential diagnosis even when faced with Western medicine symptom patterns
- on the strength of this differential diagnosis, to devise a clear programme of therapy primarily making use of acupuncture and Chinese phytotherapy
- to deal independently with patients suffering from diseases in the clinical categories mentioned above and to formulate a coherent diagnosis and subsequently to develop an appropriate course of therapy
- To be aware of the basic principles of scientific work in setting up and performing a clinical study so as to be able to take part in, and even initiate, such a study.

## Content

### Dermatology

(Chinese differential diagnosis and differential therapy for all the following disease patterns)

- Physiology and Pathophysiology
- Allergic dermatological illnesses / Pruritus
- Urticaria
- Neurodermitis/Atopic Dermatitis
- Psoriasis
- Acne
- Seborrhoea
- Alopecia
- Vitiligo
- Herpes zoster and simplex
- Eczema
- Ulcers and furuncles
- Mycosis
- Warts

### ENT

(Chinese differential diagnosis and differential therapy for all the following disease patterns)

- Allergic rhinitis
- Rhinitis (acute/chronic)
- Sinusitis (acute/chronic)
- Adenoids
- Loss of sense of smell / Anosmia
- Tonsillitis (acute/chronic)
- Laryngitis (acute/chronic)

- Pharyngitis (acute/chronic)
- Otitis (acute/chronic)
- Otosclerosis
- Hypoacusis (hardness of hearing)
- Vestibular Neuritis
- Menière's disease
- Respiratory tract diseases
- Bronchitis (acute/chronic)
- Asthma
- Sleep apnoea
- Recurrent aphthous ulcers

### Gastrointestinal diseases

(Chinese differential diagnosis and differential therapy for all the following disease patterns)

- Oesophagitis
- Reflux oesophagitis
- Gastrointestinal infections
- Diarrhoea
- Constipation
- Gastritis
- Duodenal / gastric ulcer
- Ulcerative colitis (Crohn's disease)
- Irritable bowel syndrome
- Diverticulitis
- Haemorrhoids

### Paediatrics

(Chinese differential diagnosis and differential therapy for all the following disease patterns)

- The special psychology of a child
- Special therapeutic methods
- Special paediatric dietetics
- Paediatric respiratory diseases
- Gastrointestinal diseases
  - Loss of appetite
  - Vomiting
  - Diarrhoea
  - Anorexia
- Urinary tract diseases
- Childhood infections
- Neurological disturbances
  - Hyperkinetic syndrome
  - Childhood paroxysmal disorders

### Metabolic disorders

(Chinese differential diagnosis and differential therapy for all the following disease patterns)

- Osteoporosis
- Adiposity
- Dyslipidaemia (hypercholesterolaemia /hyperlipidaemia)



- Thyroid disorders
  - Goitre
  - Exophthalmus
  - Hyperthyroidism
  - Hypothyroidism
  - Thyroiditis
- Diabetes mellitus
- Hyperuricaemia (Gout)
- Cholecystitis (acute/chronic)
- Cholelithiasis
- Pancreatitis
- Liver cirrhosis

### Infectious diseases

(Chinese differential diagnosis and differential therapy for all the following disease patterns)

- Varicella
- Influenza
- Borreliosis
- Viral hepatitis (acute/chronic)
- Mononucleosis (EBV)
- Measles
- Rubella /German measles
- Epidemic parotitis (Mumps)
- Scarlet fever
- Pertussis
- Food poisoning

### *Learning and teaching methods*

The module will be held in the form of multi-day seminar blocks.

The subject-matter will be presented in lectures as well as in conventional presentations but will also be developed in question-guided sessions.

Predominantly, however, in the “Clinic” module students will be working with patient demonstrations, that is to say that the symptoms and disease patterns studied will be illustrated by patients who will be observed before and after treatment to show the efficacy of Chinese Medicine.

There will be a mixture of conventional teaching activities and group-oriented practical exercises. There will also be discussion sessions as well as presentations, dialogues and demonstrations and there will be practical exercises involving patients. Therapeutic procedures will be elaborated in small groups. It will be necessary for students to complement and intensify the work in this module with extensive study of specialised literature.

## 4. Assessment of studies and examination

### *Assessment of studies*

Evidence must be provided of competence in the formulation of a Chinese diagnosis with regard to frequent illnesses in the clinical specialisms mentioned. Students will be expected, subsequently, to design a coherent and appropriate programme of acupuncture therapy, a correct course of phytotherapy as well as to provide a description of the treatment possibilities using Chinese dietetics, movement therapies (Tai Chi, Qigong) and using special massage therapy (Tuina).

Furthermore, students will be expected to show that they have understood the principles of scientific work and are capable of setting up and performing clinical studies.

Students should be able to reach a coherent Chinese diagnosis when presented with specific patterns of symptoms from everyday clinical practice with regard to the specialisations in question here and, subsequently, to draft an appropriate programme of therapy using the resources of the “Five Therapeutic Pillars.”

### *Examination*

Oral/practical examination

## Clinical application and practice of Chinese Medicine III

### **Part 3: Cardio-vascular disorders, gynaecology, urology, oncology, life care /nourishing life (Anti-Ageing)**

#### **1. General information**

##### *Module title*

Clinical application and practice of Chinese Medicine Part 3

##### *Module level*

Master's degree program

##### *Module subtitle*

Clinical application and practice of Chinese Medicine: cardio-vascular diseases, gynaecological illnesses, urological illnesses, oncological diseases, life care / nourishing life (Anti-Ageing) in Chinese Medicine

##### *Duration*

One semester

##### *Frequency*

Winter Semester

##### *Language*

German

##### *ECTS*

8

#### **2. Workload**

Contact hours:	120
Self-Study hours:	120
Total:	240

#### **3. Description**

##### *Recommended requirements*

Participants will be expected to have the knowledge contained in the modules "Diagnostics and Physiology," "Medicinal Therapy 1 and 2", "Acupuncture 1 and 2," "Chinese Dietetics" as well as the part of the "Manual Therapies /Movement Therapies" module taught so far.

## *Learning outcomes*

After successful participation in the module, students are able:

- to understand the clinical conditions (cardio-vascular diseases, gynaecological illnesses, urological illnesses, oncological diseases, Nourishing Life (Anti-Ageing) in Chinese Medicine) in terms of their physiology from the perspective of Chinese Medicine and to understand them in their pathophysiological variations
- with the help of the clinical cases studied, to gain a concrete understanding of the therapeutic scope of Chinese Medicine to treat the categories of disease covered
- on the basis of the pathophysiological changes and the diagnostic data, to reach a diagnosis in accordance with Chinese medical principles, and thus, even in the case of a Western pattern of symptoms, to formulate the necessary Chinese differential diagnosis
- on the strength of this discerned differential diagnosis, to draw up a clear programme of therapy primarily making use of acupuncture and Chinese phytotherapy
- to formulate independently a coherent diagnosis for patients with diseases in the clinical categories mentioned above and subsequently to develop an appropriate course of therapy.

## *Content*

### Cardio-vascular diseases

(Chinese differential diagnosis and differential therapy for all the following disease patterns)

- Angina pectoris/coronary heart disease
- Cardiac arrhythmia
- Hyperlipidaemia/Arteriosclerosis
- Hypertension
- Heart failure

### Gynaecological illnesses

(Chinese differential diagnosis and differential therapy for all the following disease patterns)

- Special physiology and pathophysiology
- Menstrual disorders
- Premenstrual Syndrome (PMS)
- Dysmenorrhoea
- Uterine myoma
- Endometriosis
- Amenorrhoea
- Infertility/sterility
- Ovarian cyst
- Menopausal symptoms
- Pruritus vulvae
- Vaginal discharge
- Fluor vaginalis
- Hyperemesis
- Mastitis

### Urological/Andrological illnesses

(Chinese differential diagnosis and differential therapy for all the following disease patterns)

- Cystitis (acute/chronic)
- Nephritis (acute/chronic)
- Glomerulonephritis (acute/chronic)
- Nephrotic syndrome
- Concretion in the urinary tract
- Urinary incontinence /Enuresis
- Prostatitis
- Prostatic hyperplasia
- Epididymitis
- Hydrocele testis
- Infertility/impotence

#### Oncological symptoms / complaints / conditions

(Chinese differential diagnosis and differential therapy for all the following disease patterns)

- Mammary carcinoma
- Prostate carcinoma
- Bronchial carcinoma
- Colon carcinoma
- Rectal carcinoma
- Stomach carcinoma
- Oesophageal carcinoma
- Cervical carcinoma
- Ovarian carcinoma
- Lymphoma
- Leukaemia

#### Chinese Medicine and Nourishing Life (Anti-Ageing)

- Basic principles of Chinese geriatrics
- The mechanism of ageing
- Frequently used acupuncture points, medicines and formulas
- Foodstuffs, special dietetics
- Cosmetic treatments, external application

#### *Learning and teaching methods*

The module will be given in the form of multi-day seminar blocks.

The subject-matter will be presented in lectures as well as in conventional presentations but will also be developed in question-guided sessions.

Predominantly, however, in the “Clinic” module students will be working with patient demonstrations, that is to say that, with regard to the symptoms and disease patterns studied, patients will be observed before and after treatment to illustrate the efficacy of Chinese Medicine.

There will be a mixture of conventional teaching activities and group-oriented exercises.

There will be discussion sessions as well as presentations, interactive dialogues and demonstrations and there will be practical exercises involving patients. Therapeutic procedures will be elaborated in small groups. It will be necessary for students to complement and intensify this work with extensive study of specialised literature.

#### **4. Assessment of studies and examination**

Assessment in this module will be through oral /practical examination. Students will be expected to master the skill of formulating a Chinese diagnosis of the frequently presented disease symptoms in the clinical fields covered so that an appropriate course of acupuncture therapy can subsequently be drawn up, a correct plan of phytotherapy can be designed and a description given of the treatment options available using Chinese dietetics, movement therapies (Tai Chi, Qigong) and specific manual therapy (Tuina).

In the clinical fields covered, the student should be able to analyse concrete disease symptoms in everyday practice, to reach a coherent Chinese diagnosis and subsequently to draw up an appropriate course of treatment using the resources of the “Five Therapeutic Pillars.”

## Practical training placement

### 1. General information

#### *Module title*

TCM Practical Training module

#### *Module level*

Master's degree program

#### *Module subtitle*

#### *Duration*

#### *Frequency*

#### *Language*

#### *ECTS*

5

### 2. Workload

Total: 150 hours (5 credits)

### 3. Description

#### *Recommended requirements*

Successful completion of all module assessments from 1<sup>st</sup> to 4<sup>th</sup> semester.

#### *Learning outcomes*

After completion of the practical training, the student is able to understand the full scope of Traditional Chinese Medicine in a physician's or a clinic's everyday activities and to implement such medical care in practice. The student is aware that the needs and requirements to be met by TCM differ in accordance with the application (i.e. in a hospital or in a physician's medical practice) and are dependent on the cultural context (in Germany or e.g. in China).

#### *Content*

Under supervision, the student becomes familiar with the work in a TCM practice. On the basis of sound theoretical knowledge, the student is able to build on the practical and theoretical skills s/he has learnt by working in an approved institution, as a rule a medical practice or clinic which specialises in TCM either in Germany or abroad (especially in China).

Here she/he can see the implementation of TCM in everyday medical activity and, under supervision, gather first-hand experience.

The student also has the possibility to obtain direct experience of the application of Chinese medicine in both out-patient and in-patient treatment.

Support is provided primarily by the Sport and Health Sciences, but can also be provided in collaboration with other mostly clinical faculties.

In this way the student will be assigned to cooperating medical practices, clinics or hospitals and university institutions at home and abroad (collaboration i.a. with USA, China) to take up an appropriate position which provides practical training.

#### **4. Assessment of studies and examination**

Certified participation in practical training



## Master's Thesis

### 1. General information

#### *Module title*

Master's thesis module

#### *Module level*

Master's degree program

#### *Module subtitle*

#### *Duration*

The module starts partly during 5<sup>th</sup> semester, completely during 6<sup>th</sup> semester.

#### *Frequency*

#### *Language*

German

#### *ECTS*

25

### 2. Workload

Self-Study hours:	750
Total:	750

### 3. Description

#### *Recommended requirements*

Successful completion of all module assessments from 1<sup>st</sup> to 5<sup>th</sup> semester.

#### *Learning outcomes*

After completion of a master's thesis, the student is able, independently, to plan and carry out research into a scientific issue in the field of Traditional Chinese Medicine and subsequently to evaluate the data and to present the results in accordance with international scientific standards.

#### *Content*

Under supervision, the student researches into a scientific subject and central issue of TCM. On the basis of a considered theoretical foundation and building on the practical and theoretical knowledge learnt, the student can choose to carry out an experimental study independently based on an appropriate design and subsequently to evaluate the data in

conformity with the recognised procedures, and present the results in accordance with international standards in terms of form and content.

Equally, the student may choose to perform theoretical research, under supervision, into sources made available to her/him or other documents and evidence that s/he gathers.

Naturally, this work also has to meet the international standards in terms of form and content.

Supervision is provided primarily by the Sport and Health Sciences Faculty, but can also be arranged in collaboration with other faculties of the university that are associated with medicine. In this way cross-disciplinary studies which concern themselves specifically with a subject in a clinical field can, if necessary and after consultation, be supervised by a number of faculties.

The student should receive support in the application of the scientific skills required to research thoroughly into one aspect of a relevant special field and, starting from a limited but nevertheless general question about this issue and using appropriate scientific methods, provide an answer to it.

#### **4. Assessment of studies**

Master's thesis and presentation.