Finger Lakes School of Acupuncture and Oriental Medicine
of
NYCC

Guide to Outcomes Assessment Examinations
Oriental Medicine Theory I
1st Year Outcomes Assessment

DISCLAIMER

The attached study guide is meant to serve as a reference to guide your studying. It is based upon the syllabi and course content presented by your instructors however, it is not exhaustive. While the majority of questions will be based on the material addressed in the study guide, it is possible that questions will appear on the exam even though the topic is not explicitly stated on the study guide.

The exams are designed to be comprehensive of all of the material you have studied to date. The questions are not meant to trick you or catch you up. Rather, they are straightforward questions covering basic material.

Our hope is that after studying for and taking these exams you will feel more confident about your knowledge and prepared to work at a new clinical level.

Should you have any questions or concerns prior to the exam, please address them with the Dean or OA Coordinator.
This exam, given at the end of the 4th trimester covers content from the following courses:

- **OM Theory I** 100 questions
  - AOM 5135 Introduction to Chinese Herbal Medicine
  - AOM 5100 Oriental Medicine Theory I
  - AOM 5200 Oriental Medicine Theory II
  - AOM 5205 Introduction to Taiji/Qigong
  - AOM 5300 Oriental Medicine Theory III
  - AOM 5305 Qigong
  - AOM 5410 Oriental Medicine Theory IV
  - AOM 5405 Tai Ji

This exam covers several major content areas:

- Fundamental Theory
- OM Diagnosis Examination
- OM Pattern Identification
- Treatment Principles & Treatment Methods
- Understanding of the principles of Tai Ji & Qi Gong
- Lifestyle recommendations and disease prevention

This test will examine the student’s understanding of Chinese medicine theory as well as their ability to develop or identify an appropriate Oriental Medicine diagnosis based upon their understanding of Oriental Medicine theory. Many of the questions in this examination will be case study type questions in which you may be asked to determine the best diagnosis, treatment principle or treatment method. However, no case study will have more than one question associated with it.
Fundamental Theory questions may be straightforward questions regarding the basic and fundamental theory of Chinese medicine or they may be questions that require the use and understanding of fundamental theory to choose a diagnosis. Topics in fundamental theory may include but are not limited to:

Yin Yang Theory
- Fundamental principles, yin & yang pathologies, ability to view symptoms in terms of yin and yang,
- Ability to make a diagnosis based on yin yang theory

Five Phase Theory
- Correspondences, cycles, applications to physiology and pathology,
- Ability to make a 5 phase diagnosis.

Eight Principles
- Terminology, definitions, characteristics
- Pathologies, tongue, pulse
- Ability to make an Eight Principles diagnosis

Essential Substances
- Qi, blood, body fluids, essence and their functions, formation, interrelationships, and patterns
- Ability to make an essential substance diagnosis

Spirit
- Patterns, functions, formation, interrelationships
- Ability to make a diagnosis based on spirit

Channel Theory
- 12 Regular channels, 8 Extraordinary Vessels, Cutaneous channels, Sinew Channels, Divergent Channels, Network Vessels
- Ability to make a Channel Theory diagnosis

Zang Fu Theory
- Organ physiology, pathology, interrelationships & patterns
- Ability to make a zang fu diagnosis

6 Evils
- Knowledge of the 6 evils, definitions, characteristics, manifestations, interrelationships & pathological effects
- Ability to make a 6 evils diagnosis

Mechanisms of Disease
- Ability to understand the disease mechanism and knowledge of disease mechanism (bing ji) theory in relation to Six Channels, 4 Aspects, 6 external evils, viscera & bowels
- Basic pathological mechanisms
  - Struggle between right and evil
  - Inbalance between yin and yang
  - Disturbance of qi and blood
  - Abnormal metabolism of body fluids

4 Aspects (Wei, Qi, Ying, Xue)
- 4 Aspect Pattern differentiation & symptom recognition
6 Channels (Taiyang, Yangming, Shaoyang, Taiyin, Shaoyin, Jueyin)
- 6 Channel pattern differentiation and symptom recognition

Triple Burner Differentiation
- Triple burner pattern differentiation and symptom recognition

Oriental Medicine Clock
- Understanding of how the time of day can affect symptoms and how it affects the circulation of qi and blood and the balance of yin and yang.

**OM Diagnostic Methods:** questions may be straightforward questions regarding the 4 diagnostic methods or they may be questions that require the use and understanding of the 4 diagnostic methods to make an assessment Topics in OM Diagnostic methods may include but are not limited to:

**Inspection:**
- Spirit
- Form
- Head (eyes, nose, mouth, lips, teeth, throat, hair)
- Physical characteristics (movement, weight, expression/demeanor, general behavior)
- Complexion
- Skin, flesh, hair, scalp, nails
- Head, torso, abdomen, limbs, hands, feet
- Secretion & Excretions (sweat, urine, stool, phlegm, vomitus)
- Tongue
  - Significance of inspection
  - Map of tongue
  - Body spirit, colors, shapes & diagnostic significance of each
  - Fur: Thickness, form, moisture, color, distribution & diagnostic significance of each

**Listening and Smelling**
- Respiratory sounds
- Tonal qualities, strength of voice, quality/manner of speech
- Abdominal sounds & joint sounds
- Body, breath & mouth odor
- Odor of secretions & excretions

**Inquiry:** 10 questions –
- Sensation of heat & cold, chills & fever
- Patterns & nature of sweating
- Nature, intensity, location of pain, discomfort, sensation
- Secretions & excretions (sweat, mucus, sputum)
- Sleep
- Thirst, appetite, digestion
- Preferences for food, cravings, tastes, flavors
- Bowels, Urine, GI status
- Sexual & reproductive health
Pediatric issues
- Eyes, ears, nose, mouth, lips, throat, teeth
- Skin
- Emotions, cognitive abilities, lifestyles

Palpation
- Pulse:
  - Pulse positions
  - Pulse exam method
  - Categories of pulse differentiation
    - Rate
    - Depth
    - Force
    - Form
    - Rhythm
  - Stomach Qi, Spirit, Root of pulse
  - 28 Abnormal pulse & diagnostic significance of each
- Palpation of the body
  - Abdominal palpation & map
  - Channel palpation
  - Point palpation

OM Pattern Identification and Differential Diagnosis
- Zang Fu Pattern Differentiation
- Qi, blood, body fluid pattern differentiation
- Five phase pattern differentiation
- Eight principle pattern differentiation
- Yin yang pattern differentiation
- 6 evils pattern differentiation
- 6 channel pattern differentiation
- 4 aspects pattern differentiation
- Triple burner pattern differentiation
- 4 General treatment principles
- Treatment methods
- Constitutional strength & weakness & how this impacts pathology & diagnosis
- Root & branch
- Emotional factors
- Seasonal/environmental factors

Disease Prevention and Life style changes
- OM theory as regards disease prevention (moderation, diet, exercise etc.)
- OM Dietary principles
- Relaxation, breathing, exercise techniques (tai ji, qi gong)
- Ability to know appropriate lifestyle recommendations for a patient’s condition.
**Recommended References**

The following list of books are books that are required or recommended by the FLSAOM faculty. It is recommended that you focus your study on the use of these books. However, you should be aware that some books required by the FLSAOM faculty are not on the list of books recommended for study by the NCCAOM and some books recommended by the NCCAOM are not necessarily used by the FLSAOM. When studying for the NCCAOM examinations, the student should be sure to review the book list supplied by the NCCAOM.

Cheng, Xin Nong (ed)  
Chinese Acupuncture and Moxibustion, Foreign Language Press, Beijing, Most recent edition.

Deng, Tie-Tao  
Practical Diagnosis in Chinese Medicine, trans: Marnae Ergil, Churchill-Livingston, 1999

Ergil, Marnae & Ergil, Kevin  

Ellis Andy & Wiseman, Nigel  

Flaws, Bob.  
Statements of Fact, Blue Poppy Press, CO. 2006

Kaptchuk, Ted.  
The Web that Has No Weaver Boston: Contemporary 2000. [Web]

Ni, Yi Tian with Richard Rosenbaum  
Navigating the Channels of Traditional Chinese Medicine, Oriental Medicine Center, San Diego, 1996.

Shanghai College of Traditional Medicine,  

Wiseman, Nigel and Andrew Ellis  
Fundamentals of Chinese Medicine, Paradigm Publications,  
Wiseman and Ye,  
A Practical Dictionary of Chinese Medicine, Paradigm Pubs: Taos, NM 1998