



CLINICAL **Student Training**  
Blueprint



Alberta College of Acupuncture & Traditional Chinese Medicine

**Huatuo Clinic Training Centre**

2024-2025

## Purpose

The Huatuo Clinic Student Training Blueprint provides a structured and comprehensive framework for student clinic training at *Huatuo Clinic*, in partnership with the *Alberta College of Acupuncture & Traditional Chinese Medicine (ACATCM)*.

This document provides clear insights into the expectations, responsibilities, and objectives of the clinical training program. It serves as a detailed guide to help students understand the scope and purpose of clinical experiences, to confidently engage in all aspects of their training with an awareness of the processes and goals involved.

## Expectations of Students

- **Professionalism:** Students are expected to maintain a high standard of professionalism, including punctuality, appropriate attire, respectful communication, and adherence to clinic protocols.
- **Active Engagement:** Students should actively participate in all training activities, including hands-on practice, workshops, and community outreach. Engagement in reflection sessions and feedback opportunities is crucial for personal and professional growth.
- **Commitment to Learning:** Students are encouraged to demonstrate a commitment to continuous learning, including staying updated with current TCM research, attending all scheduled sessions, and seeking opportunities for additional learning.

## Student Responsibilities

- **Patient Care:** Provide compassionate, patient-centered care under supervision, adhering to ethical standards and clinic guidelines. This includes accurate record-keeping and maintaining patient confidentiality at all times.
- **Collaboration:** Work collaboratively with peers, supervisors, and clinic staff. Assist first and second-year observers and contribute positively to group practice sessions.
- **Feedback and Improvement:** Embrace feedback from supervisors and faculty to improve clinical skills and professional conduct. Regularly self-assess progress and identify areas for improvement.
- **Community Participation:** Actively participate in community outreach events and represent Huatuo Clinic professionally. Engage with the public to promote TCM and provide educational insights into acupuncture and TCM practices.

## Empowering Future Practitioners in Acupuncture and Traditional Chinese Medicine

Through this clinical training, ACATCM and Huatuo Clinic aim to cultivate skilled, compassionate, and scholarly practitioners who will contribute meaningfully to the Traditional Chinese Medicine (TCM) community and beyond. This blueprint is designed to bridge theoretical knowledge with practical application, ensuring that students develop the clinical proficiency, ethical standards, cultural competence, and research skills necessary to become skilled practitioners of Acupuncture and TCM.

### Objectives

- **Clinical Proficiency:** Develop students' ability to apply acupuncture and TCM techniques in real-world settings.
- **Patient Interaction:** Cultivate strong communication skills and patient-care practices.
- **Ethical Practice:** Instill a deep understanding of professional ethics and patient confidentiality, emphasizing their application in clinical settings to ensure safe, respectful, and effective patient care.
- **Cultural Competence:** Enhance awareness of cultural sensitivities in TCM practice.
- **Research and Evidence-Based Practice:** Encourage the integration of research and evidence-based practice into clinical decision-making.
- **Entrepreneurial and Marketing Skills for Clinical Practice:** Prepare students to navigate the business aspects of healthcare.

### Clinical Training Key Components

1. Orientation and Initial Training
2. Clinical Lessons – Technique Demonstrations and Practice
3. Clinical Observation
4. Supervised Clinical Practice
5. Group Practice
6. Special Workshops
7. Advanced Clinical Practice
8. Community Outreach and Engagement
9. Research and Case Study Development
10. Special Spring/Summer Volunteer Opportunities
11. Ethical Practice
12. Final Evaluation and Feedback

## Structure and Components

### 1. Orientation and Initial Training

- **Expectations:** Students are expected to understand clinic operations, policies, and their roles within the clinical environment.
- **Responsibilities:** Familiarize themselves with safety protocols, patient intake, and record-keeping.
- **Activities:**
  - Introduction to clinic operations, policies, and procedures.
  - Review of safety protocols, including hygiene and sterilization practices.
  - Overview of patient intake processes and record-keeping.
  - Introduction to clinic staff and understanding of roles within the clinic.
  - Students will develop proficiency in fundamental clinical techniques, including blood pressure measurement, cupping, and Gua Sha, etc.

### 2. Clinical Lessons – Technique Demonstrations and Practice

- **Expectations:** Master core TCM techniques through hands-on practice and demonstrations.
- **Responsibilities:** Actively participate in practice sessions and apply techniques in supervised settings.
- **Activities:** A comprehensive set of lessons that include hands-on demonstrations and practice sessions, designed to develop your clinical skills and techniques. The following outlines the modalities you will be learning each year:
  - First Year Modalities: Blood Pressure measurement, Moxibustion.
  - Second Year Modalities: Cupping, Guasha, Clinical Massage, Electro-stimulation, Pulse Diagnosis, Tongue Diagnosis, Clean Needling Technique, Point Location, Needling Technique, Herbal Prescription.
  - Third Year Modalities: Clinical Diagnostic Training, Treatment Planning.
  - Fourth Year Modalities: All the above.

### 3. Clinic Observation

- **Expectations:** Observe and learn from senior students and licensed doctors, focusing on patient interactions and treatment techniques.
- **Responsibilities:** Engage in reflection sessions and apply observed techniques during supervised practice.
- **Activities:**

- Observation of senior students and licensed doctors during patient consultations and treatments.
- Exposure to the clinical environment, including the flow of patient care and interaction between practitioners and patients.
- Observation of various treatment techniques and their practical application in a clinical setting.
- Reflection sessions to discuss observations and insights with faculty.

#### 4. Supervised Clinical Practice

- **Expectations:** Apply learned skills in real patient settings under supervision, focusing on developing clinical judgment and treatment planning.
- **Responsibilities:** Deliver patient care, maintain professionalism, and collaborate with observers and peers.
- **Activities:**
  - Focus on patient intake, initial consultations, and treatment planning under the direct supervision of licensed practitioners.
  - Hands-on practice in acupuncture, moxibustion, cupping, and herbal medicine preparation on clinic patients, with close supervision.
  - Regular feedback sessions with supervisors to discuss progress, challenges, and areas for improvement.
  - Students will work closely with 1st and 2nd-year observers (assistants).

#### 5. Group Practice

- **Expectations:** Collaborate with peers to refine techniques and enhance clinical skills through group sessions.
- **Responsibilities:** Participate actively in group practice, assist peers, and contribute to case discussions.
- **Activities:**
  - Under the guidance of a supervisor, students will engage in group practice sessions to refine techniques learned in classrooms and workshops.
  - These include, but are not limited to, cupping, Gua Sha, clinical massage, electro-stimulation device operation, pulse and tongue diagnosis, moxibustion, clean needle technique, specific needling techniques, herbal prescription methods, clinical diagnostics, and holistic treatment planning.
  - Point location, practicing the points learned from class, with the aim of preparation for the board exam.
  - Modality training to help students prepare for residency and the board exam.
  - Case studies using real patients will provide practical experience and insight.

## 6. Special Workshops

- **Expectations:** Expand knowledge and skills in specialized areas of TCM.
- **Responsibilities:** Attend workshops and integrate new skills into clinical practice.
- **Activities:**
  - **Herbology and Prescription:** In-depth sessions on herbal medicine, including identification, preparation, and prescription writing.
  - **Cosmetic Acupuncture:** Techniques and protocols for facial rejuvenation and cosmetic treatments using acupuncture.
  - **Sports Injury Acupuncture:** Approaches to treating sports-related injuries and enhancing athletic performance with acupuncture.
  - **Additional Workshops:** Topics such as moxibustion, auricular acupuncture, pediatric acupuncture, pain management strategies, and more.

## 7. Advanced Clinical Practice

- **Expectations:** Manage complex cases with increasing independence while refining diagnostic and treatment skills.
- **Responsibilities:** Handle specialized cases, engage in community acupuncture, and participate in peer reviews.
- **Activities:**
  - Semi-independent practice, where students handle more complex cases with minimal supervision. Emphasis on refining diagnostic skills and treatment strategies.
  - Students can get involved in Community Acupuncture initiatives.
  - Focus on specialized areas such as pain management, women's health, or chronic conditions, depending on student interest and clinic needs.
  - Case study presentations and peer reviews to enhance learning from diverse cases.
  - Students will work closely with 1st and 2nd-year observers (assistants).

## 8. Community Outreach and Engagement

**Expectations:** Lead and participate in community events to promote TCM, providing educational insights and treatments.

- 3<sup>rd</sup> and 4<sup>th</sup> year students will lead community events focused on educating the public about Acupuncture and TCM:
  - **Ba Duan Jin Workshops:** Students will teach the public why and how to practice Ba Duan Jin, highlighting its health benefits.
  - **Diet Therapy and Herbal Workshops:** These events will guide the community on the benefits and preparation of diet therapy, herbal teas, and herbal soups.
  - **Community Outreach Events:** Students will represent Huatuo Clinic in various public events to provide free acupuncture treatments on-site and introduce the public to Acupuncture and TCM.
  
- **Scholarly and Academic Freedom:** Participation in community outreach initiatives not only provides practical experience but also offers opportunities for scholarly activities. Students are encouraged to engage in independent research, develop educational materials, and present their findings, thus exercising academic freedom.
  
- **Samples of Community Engagement Activities:**
  - ☞ **Huatuo Invitational Golf Tournament**
    - **Role:** Students participate in organizing and executing the event, which supports mental health initiatives.
    - **Scholarly Component:** Students can engage in research related to the health impacts of the event, developing case studies on participant outcomes, or exploring the role of TCM in mental health advocacy.
    - **Benefits to Students:** Networking with professionals, developing project management skills, and contributing to public health research.
  
  - ☞ **Calgary Dragon Boat Festival**
    - **Role:** Managing the Huatuo Clinic booth, offering health consultations, and conducting treatments.
    - **Scholarly Component:** Opportunities to study the effectiveness of on-site treatments in a festival setting, and to develop public health education strategies.
    - **Benefits to Students:** Real-world experience in community health settings, potential for publication of research findings, and development of public speaking and education skills.

### ☞ **Walk For Wing Kei**

- **Role:** Supporting the event by providing health consultations and treatments, especially for the elderly.
- **Scholarly Component:** Research on the benefits of acupuncture for the elderly, case studies on treatment outcomes, and exploration of TCM's role in elder care.
- **Benefits to Students:** Hands-on experience with elderly populations, opportunities for scholarly research, and contributions to the broader conversation on aging and health.

### ☞ **Community Health Workshops and Seminars**

- **Role:** Organizing and conducting workshops for various community groups.
- **Scholarly Component:** Students can research and develop educational content based on current TCM research, potentially leading to publications or conference presentations.
- **Benefits to Students:** Enhancement of teaching skills, deepened understanding of TCM topics, and opportunities to contribute to academic discourse.

### ☞ **Community Clinics**

- **Role:** Providing acupuncture and TCM services in partnership with local organizations.
- **Scholarly Component:** Case studies and research on the effectiveness of TCM in underserved communities, with the potential for academic publication.
- **Benefits to Students:** Experience in delivering healthcare to diverse populations, academic recognition through research contributions, and development of empathy and community-focused care.

### ☞ **Public Health Campaigns**

- **Role:** Engaging in campaigns that raise awareness about key health issues and the role of TCM.
- **Scholarly Component:** Development of evidence-based materials and strategies, research on public health education outcomes, and potential for contributing to TCM literature.
- **Benefits to Students:** Skills in public health advocacy, opportunities for scholarly recognition, and the ability to influence public perceptions of TCM.



## 9. Research and Case Study Development

- Participation in ongoing research projects at ACATCM and Huatuo Clinic; gain knowledge on conducting surveys/forms for mental health and pain assessment. Learn to design and implement a clinic-wide research project. Develop skills for writing and publishing articles in relevant journals. Practice data collection from patients.
- Development of a detailed case study based on a patient treated during clinical practice, with an emphasis on evidence-based treatment and outcomes. Community acupuncture services offer valuable real-world cases for common diseases, providing an excellent resource for research and data collection.
- Presentation of research findings or case study to peers and faculty, with potential for publication or conference presentation.

## 10. Special Spring/Summer Volunteer Opportunities

**Expectations:** Utilize seasonal opportunities to deepen practical and research skills through volunteering.

- **San Fu Moxibustion Promotion and making San Fu Patches**
  - **Role:** Assist in organizing and promoting San Fu moxibustion sessions during the summer. Students can help with patient education, preparation, and application of moxibustion techniques.
  - **Benefits:** Students gain hands-on experience in a traditional therapy, learn about seasonal treatments, and interact with a diverse patient base.
- **Diet Therapy and Herbal Community Workshops**
  - **Role:** Organize and conduct workshops on diet therapy and herbal medicine, educating the public on how to use herbs and food for health maintenance during spring and summer.
  - **Benefits:** Students deepen their knowledge of herbal medicine and diet therapy, improve public speaking skills, and engage with the community.
- **Ba Duan Jin Workshops**
  - **Role:** Teach Ba Duan Jin, a traditional Chinese exercise, to the community. Students can lead classes, explain the health benefits, and demonstrate proper techniques.
  - **Benefits:** Students enhance their teaching and communication skills, while also promoting wellness practices aligned with TCM principles.

- **Spring/Summer Wellness Retreats**
  - **Role:** Organize wellness retreats focusing on acupuncture and TCM therapies. Students can lead sessions, provide treatments, and offer educational talks on TCM practices.
  - **Benefits:** Students gain experience in holistic wellness, event organization, and patient education.
  
- **Spring/Summer Research Projects**
  - **Role:** Join the teamwork to design and initiate a small case clinical research project; assist the practitioners' treatments to patients who join the project; Do data collection for the patients; Do the follow up surveys; Assist data analysis and draft the articles.
  - **Benefits:** Gain hands-on research experience; Develop a range of valuable skills; Enhance understanding of evidence-based practice; Develop critical thinking and problem-solving; Exposure to research methodologies; Networking opportunities; Contribution to the field.
  
- **Volunteer at Spring/Summer Festivals**
  - **Role:** Set up booths at local summer festivals like the Calgary Dragon Boat Festival and the Lilac Festival, offering TCM consultations, mini-treatments, and educational materials to festival-goers.
  - **Benefits:** Provides real-world experience in promoting TCM to diverse audiences, improves networking skills, and offers opportunities for community engagement.
  
- **Elder Care Programs**
  - **Role:** Volunteer at local senior centers or care homes, offering acupuncture treatments, herbal consultations, and TCM health advice tailored to elderly populations.
  - **Benefits:** Students gain valuable experience working with elderly patients, understanding their specific health needs, and contributing to the well-being of this population.
  
- **Note:** Not all opportunities may be offered annually, as availability depends on community needs and resources.

## 11. Ethical Practice

- **Overview:** Emphasizes the importance of professional ethics, patient confidentiality, and maintaining high ethical standards in all clinical interactions. This component aims to instill a strong ethical foundation in students as they progress through their clinical training.
- **Key Focus Areas:**
  - **Understanding Ethical Standards:** Students will learn about the ethical guidelines that govern clinical practice in acupuncture and TCM, including patient rights, informed consent, and professional boundaries.
  - **Application in Practice:** Practical sessions will incorporate discussions on real-world ethical scenarios, helping students to navigate challenges such as managing patient confidentiality and addressing ethical dilemmas.
  - **Reflection and Feedback:** Regular opportunities for reflection and feedback on ethical practice will be provided, enabling students to refine their understanding and application of ethical principles throughout their training.
- **Benefits to Students:** This component ensures that students are not only skilled practitioners but also ethical professionals who can handle the complexities of patient care with integrity and respect.

## 12. Final Evaluation and Feedback

- **Overview:** As students complete their clinical training, they will participate in a final evaluation focused on reflecting on their achievements and setting goals for their future practice.
- **Recognition:** Students will be congratulated for their hard work and dedication throughout the training. This marks their readiness to move forward as proud and confident practitioners of Acupuncture and TCM.
- **Next Steps:** With the skills, knowledge, and experience gained, students are encouraged to continue their journey as skilled practitioners, contributing to the TCM community with professionalism and pride.

This blueprint prepares ACATCM students to be skilled and ethical practitioners of Acupuncture and Traditional Chinese Medicine. With clinical training, community engagement, and scholarly activities, you are set to make a meaningful impact in the TCM field. Huatuo Clinic takes pride in this program and in supporting your journey. As graduates, you will carry forward the values of TCM, contributing to patient care and the healthcare community.