

**COURSE 3: Prevention  
Medicine, Self Treatment &  
Early Intervention with  
Chinese Medicine**

**Student Interactive Workbook**

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## **SESSION 1: Introduction, and Acupressure for Pain part 1: application, strengths & limitations.**

Learning Outcomes:

By the end of this session, students will be able to:

1. Articulate the overarching structure and objectives of the 12-week course on Prevention Medicine, Self-Treatment, and Early Intervention with Chinese Medicine, including its emphasis on integrating acupuncture-derived modalities for pain management and self-care.
2. Differentiate between self-treatment, preventive medicine, and self-care within the framework of Chinese Medicine, while critically evaluating their historical and contemporary contexts, such as the roles of WHO Community Health Workers and Chinese Barefoot Doctors in resource-limited settings where partial healthcare access is preferable to none.
3. Critically assess the ethical and practical limitations of self-treatment in Chinese Medicine, including challenges to objectivity and self-diagnosis, and explain why professional diagnosis is often essential prior to implementing daily self-administered interventions.
4. Analyze pain as a multifaceted symptom in Chinese Medicine, including its prevalence, physiological and psychological impacts, and the rationale for not dismissing it without investigating underlying causes, thereby justifying Chinese Medicine's efficacy in pain relief compared to other systems.
5. Determine appropriate scenarios for applying self-treatment techniques for pain management, such as during delays in accessing emergency care, in geographically isolated contexts, or for chronic conditions with known aetiologies, while integrating an understanding of when professional medical intervention is imperative.
6. Identify and prioritize red flags associated with pain that necessitate immediate medical attention, such as escalating acute pain, chest discomfort suggestive of cardiac events, severe abdominal symptoms indicating organ perforation, sudden neurological deficits signaling stroke, or systemic signs of infection like sepsis, and explain their pathophysiological implications in both Western and Chinese Medical paradigms.
7. Explain the foundational principles of the acupuncture system in Chinese Medicine, including the concepts of Qi, meridians/channels, the Cun measurement system for point location, and core etiological models of illness (e.g., imbalances affecting emotional, digestive, and non-physical aspects), drawing connections to holistic health maintenance and early intervention strategies.
8. Compare and contrast traditional and modern methods of stimulating acupuncture points for therapeutic purposes, including acupressure (point pressing), tuina (channel massage), acupuncture (needling), moxibustion (heat stimulation), cupping (suction-based stimulation), and contemporary electro-stimulation devices, while evaluating their applicability, safety profiles, and evidence-based limitations in self-treatment contexts.

Follow along with the lesson using these prompts for notes:

Self-treatment differs from self-care because self-treatment involves....

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The WHO (World Health Organisation) recognises a concept of “Community Health Workers” in contexts with limited \_\_\_\_\_.

List *at least* one limitation to self-treatment:

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How might you incorporate self-treatment and self-care with the care of a Chinese Medicine doctor/health professional ?

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What is a 'red flag' sign or symptom?

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For reference, pain-related red-flag symptoms:

1. Any acute (recent /new) where **pain gets WORSE and WORSE.**
2. **Chest pain or discomfort:** Especially if it's sudden, crushing, or spreads to the arms, neck, jaw, or back, accompanied by shortness of breath, sweating, nausea, or dizziness—this could signal a heart attack or other cardiac issue.
3. **Severe abdominal pain:** If it's intense, persistent, or comes with vomiting (especially blood), fever, bloating, tenderness when touched, or blood in stool/urine, it might indicate appendicitis, perforation, or infection.
4. **Sudden severe headache:** Described as the "worst headache of your life," with confusion, vision changes, weakness, or seizures—possible signs of stroke, aneurysm, or bleeding in the brain.
5. **Neurological symptoms:** Such as sudden weakness/numbness on one side, loss of coordination, slurred speech, confusion, fainting, or seizures, which could point to a stroke or neurological emergency.
6. **Loss of bowel or bladder control:** Often with back or leg pain.
7. **Signs of infection or systemic issues:** Pain accompanied by high fever, chills, rapid heartbeat, unexplained weight loss, or swelling/redness, suggesting possible sepsis or organ involvement.
8. **Pain after major trauma or injury:** Such as falls, accidents, or blows, especially with bleeding, deformity, or inability to move the affected area.

It is advisable to seek medical professional help for ANY UNDIAGNOSED pain – ie any pain where you don't know the cause of the pain.

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Basics of the Acupuncture system:

Qi – write your own notes on Qi, its translation and meaning:

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What are channels or meridians?

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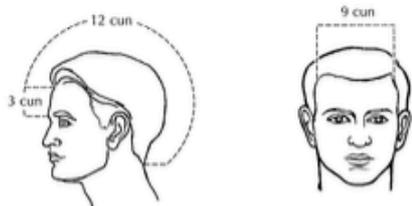
## The Cun Measuring System:

### POINT LOCATION AND NEEDLING

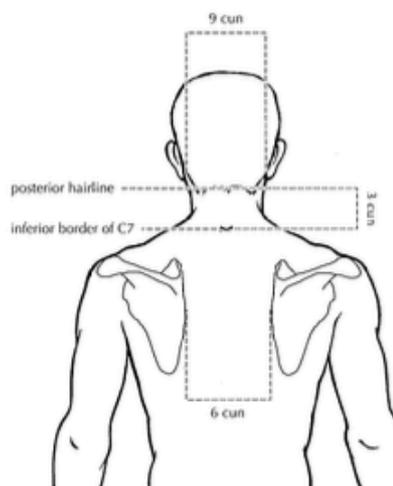
#### CUN MEASUREMENTS

The human body has traditionally been measured according to proportional units known as cun. The cun measurement system is indispensable in accurate location

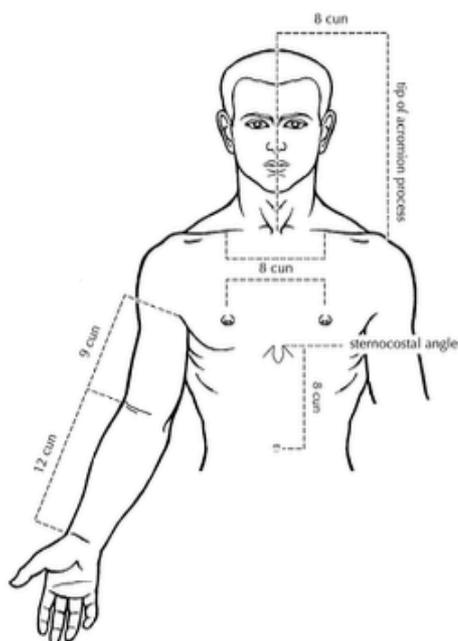
of the acupuncture points. Since it is a proportional measurement system it is equally applicable to adults or children and to thin or obese subjects.



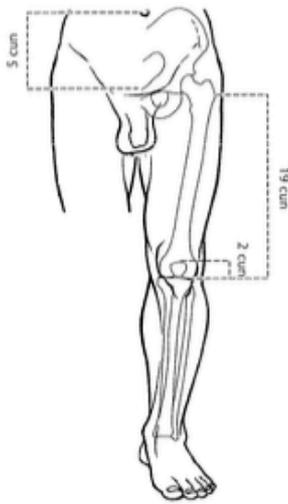
- The distance between the anterior and posterior hairlines is 12 cun.
- The distance between the glabella and the anterior hairline is 3 cun.
- The distance between the angles of the hairline is 9 cun.



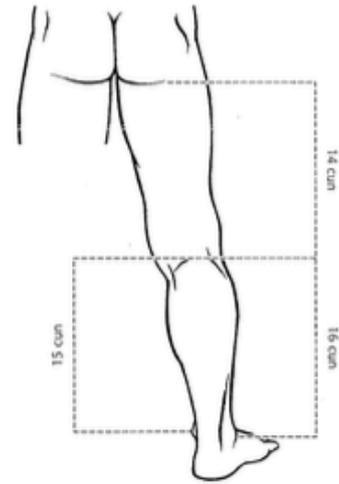
- The distance between the mastoid processes is 9 cun.
- The distance between the posterior hairline and the inferior border of the spinous process of C7 is 3 cun.
- The distance between the medial borders of the scapulae is 6 cun.



- The distance between the nipples is 8 cun.
- The distance between the midpoint of the clavicles is 8 cun.
- The distance between the tip of the acromion process and the midline of the body is 8 cun.
- The distance between the anterior axillary and cubital creases is 9 cun.
- The distance between the cubital crease and the wrist creases is 12 cun.
- The distance between the sternocostal angle and the umbilicus is 8 cun.



- The distance between the umbilicus and the pubic symphysis is 5 cun.
- The distance between the lateral prominence of the greater trochanter (approximately level with the inferior border of the pubic symphysis) and the popliteal crease is 19 cun.
- The height of the patella is 2 cun.

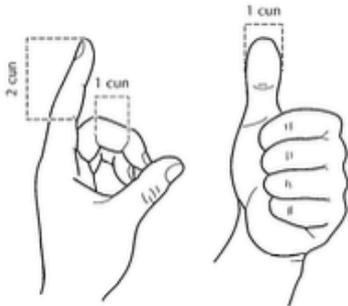


- The distance between the gluteal fold and the knee is 14 cun.
- The distance between the popliteal crease and the lateral malleolus is 16 cun.
- The distance between the popliteal crease and the medial malleolus is 15 cun.

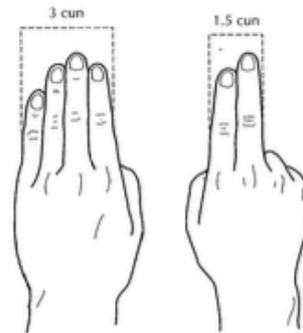
#### QUICK MEASUREMENTS

Generally speaking it is most accurate to locate points by using the above system of measurements. In practice, however, experienced practitioners often use hand

measurements as follows. It is important to remember that it is the dimensions of the subject's hand, rather than the practitioner's, that should be used.



- The distance between the ends of the creases of the interphalangeal joints of the middle finger at their widest point is 1 cun.
- The distance between the proximal interphalangeal joint and the tip of the index finger is 2 cun.
- The width of the interphalangeal joint of the thumb is 1 cun.



- The width of the four fingers held close together at the level of the dorsal skin crease of the proximal interphalangeal joint of the middle finger is 3 cun.
- The width of the index and middle fingers held close together at the level of the dorsal skin crease of the proximal interphalangeal joint of the middle finger is 1.5 cun.

CHARTS REFERENCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

How can Acupuncture points be accessed/treated:

1. Pressing the points – \_\_\_\_\_
2. \_\_\_\_\_ – Tui Na (Chinese Remedial Massage)
3. Needling the points - \_\_\_\_\_
4. \_\_\_\_\_ – Moxibustion
5. Stimulating both points and channels through suction /heat \_\_\_\_\_
6. Draining the channels /blood vessels - \_\_\_\_\_

Modern methods of 'acupressure' can include electro-stimulation devices

### **RESOURCES TO LEARN ACUPRESSURE**

(Cheng & Deng, 1999; Deadman et al., 2007)

(Pritchard & He, 2015)

References for this Class:

Cheng, X., & Deng, L. (1999). *中國針灸學*: Foreign Language Press.

Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Pritchard, S., & He, L. (2015). *Chinese Massage Manual: A comprehensive, step-by-step introduction to the healing art of Tui na*: Jessica Kingsley Publishers.

