

# TCM Clinical Gynaecology and Obstetrics

A Diploma Course with Trevor Wing and his team - London UK

## Introduction

Gynaecology in Traditional Chinese Medicine (TCM) included both gynaecology and obstetrics and provides natural treatments for almost all the same obgyn conditions treated by conventional medicine. However in depth specialist training is necessary to be able to competently and safely practice TCM gynaecology as well as understand the conventional medicine pathology, differential diagnosis and treatment.

## Course Overview

This course is for qualified TCM and Chinese Herbal Medicine Practitioners who wish to specialise in gynaecology. Every aspect of clinical practice in both conventional medicine and TCM gynaecology is taught in a logical, organised way which strictly follows the PROC government approved curriculum and teaching methods used to teach gynaecology in every TCM University in the PROC today. The course is 8 full taught days plus one examination half day. The focus of the entire course is on the treatment of conditions seen routinely in clinic and the skills needed to provide successful treatment outcomes. Great emphasis is given to the correct application of disease diagnosis and pattern discrimination which is at the heart of good clinical results. Classes are limited to 30 practitioners per course to provide the “tutorial” atmosphere for 1-1 questions and answers during the lectures and conducive to class discussion. Each student is supplied with a binder on the first day of the course and handouts at the beginning of each course day. A course internet forum is also provided with PDF downloadable files of all the material used in the course. Those students passing the written examination will also receive a diploma and be added to The Women’s Natural Health Practice associated practitioner list.

### Day 1 - TCM and Biomedicine gynaecology theory refresher

- Masters class definition and prerequisites
- TCM style of Chinese medicine
- Pattern discrimination
- Bao Gong, Bao Mai, Bao Liu
- TCM Gynaecology viscera
- TCM Gynaecology physiology
- Gynaecology meridians
- Ren Mai, Du Mai, Chong Mai, Dai Mai
- Qi and Blood relationship and Qi stagnation

- Divisions of TCM gynaecology
- TCM Menstrual cycle theory
- BM female anatomy and physiology refresher

## **Day 2 – BBT chart reading and diagnostic application with practical exercises**

- Revision and peer marked test on Day 1
- BBT charting theory and rules
- BBT chart taught examples
- BBT chart reading practical exercises
- Linking BBT charting to TCM menstrual cycle theory
- Using BBT charts to aid diagnosis and track treatment progress
- NFP rules and exercises

## **Day 3 - Common gynaecology disease TCM diagnosis, discrimination, treatment and BM differential diagnosis and treatment.**

- Revision and peer marked test on Day 2
- Menstrual disease (Yue Jing Bing)
  - Abnormal Uterine Bleeding
  - Amenorrhoea
  - Dysmenorrhoea
  - Endometriosis
  - Pelvic Inflammatory Disease
  - Polycystic ovaries
  - Hydrosalpingis

## **Day 4 - Common gynaecology disease TCM diagnosis, discrimination, treatment and BM differential diagnosis and treatment.**

- Revision and peer marked test on Day 3
- Abnormal vaginal discharge (Dia Xia Bing)
  - Vulvar disease
  - Vaginitis
  - Vaginosis
  - Cervical disease
- Miscellaneous disease ( Za Bing)
  - Concretions and conglomerations (Zheng Jia JiJu)
    - Uterine Leiomyomas
    - Uterine Polyps
    - Ovarian cysts
  - Plum pit Qi (Mei He Qi)

- Visceral agitation (Zang Zao)
- Adenomyosis

### **Day 5/6- Infertility, TCM diagnosis, discrimination, treatment and BM differential diagnosis and treatment**

- Revision and peer marked test on Day 4
- Miscellaneous disease ( Za Bing)
  - Infertility (Bu Yun Zheng)
    - BM infertility diagnosis and treatment including IUI, IVF, ICSI and male factor infertility
    - Assisted conception drugs and energetic properties
    - TCM infertility diagnosis and treatment
    - Embryo transfer acupuncture support
    - Integrating BM and TCM infertility treatment

### **Day 6 - Gestational disorders, TCM diagnosis, discrimination, treatment and BM differential diagnosis and treatment**

- Revision and peer marked test on Day 5
- Gestational disorders (Tai Qian Bing)
  - Nausea and vomiting - (Ren Shen E Zu)
  - Lower abdominal pain - (Ren Shen Fu Tong)
  - BM - Ectopic pregnancy
  - Restless fetus - (Tai Dong Bu An)
  - BM - Threatened miscarriage
  - Fetal leakage of blood
  - BM - Hydatidiform mole - (Tai Lou Xia Xue)
  - Slippery fetus - (Hua Tai)
  - Falling fetus (BM - miscarriage) – (Duo Tai)
  - Habitual miscarriage (Xi Guan Xing Liu Chan)
  - Fetal decline and failure to grow – (Ren Shen Tai Wei Zao)
  - BM - Small at birth (IUGR) - (Duo Tai Xiao Chan)

### **Day 7 - Gestational disorders, TCM diagnosis, discrimination, treatment and BM differential diagnosis and treatment**

- Revision and peer marked test on Day 6
- Misc gestational diseases
  - BM - Gestational Diabetes (Ren Shen Fan Re)
  - BM & TCM - Oedema during pregnancy (Ren Shen Fu Zhong)
  - BM - Polyhydramnios (Yang Shui Guo Duo)
  - TCM & BM Urination retention (Ren Shen Xiao Bian Bu Tong)
  - BM - High blood pressure (Ren Shen Gao Yue Ya)
  - Albuminuria (Dan Bai Nao)
    - Preeclampsia (Xian Bei Zi Xian)
    - Eclampsia (Zi Xian)
    - Fetal leakage of blood

- BM - Placenta Previa (Tai Lou)
- Difficult delivery (Nan Chan)
- Stagnant delivery (Zhi Chan)

## **Day 8 - Postpartum disorders, TCM diagnosis, discrimination, treatment and BM differential diagnosis and treatment**

- Revision and peer marked test on Day 7
- Post Partum Diseases (Can Hou Bing)
  - Postpartum haemorrhage (Chan Hou Xue Chu)
  - Postpartum infection (Chan Hou Fa Re)
  - Retention of lochia (Chan Hou E Lou Bu Xia)
  - Postpartum dizziness (Chan Hou Xue Yun)
  - Postpartum uterine prolapse (Chan Hou Zi Gong Tuo Chu)
  - Postpartum low back pain (Chan Hou Yao Tong)
  - Postpartum thirst (Chan Hou Ke)
  - Postpartum oedema (Chan Hou Fu Zhong)
  - Postpartum haematuria (Chan Hou Nao Xue)
  - Postpartum haemafecia (Chan Hou Da Bian Chu Xue)
  - Postpartum urinary stress incontinence (Chan Hou Xiao Bian Shi Jia)
  - Postpartum urinary retention (Chan Hou Niao Zhu Liu)
  - Postpartum galactorrhoea (Chan Hou Que Ru)
  - Postpartum areolar eczema (Chan Hou Ru Tou Po Sui)
  - Postpartum mastitis (Chan Hou Ru Yong )
  - Postpartum breast leakage (Chan Hou Ru Zi Chu)
  - Postpartum depression (Chan Hou Jing Ji Huang Hu Xu Fan)

## **Day 9 – Final written examination (half day only)**

# Clinical Gynaecology and Obstetrics Course Registration Information

The first eight days are mandatory attendance to receive a CPD certificate of attendance. In addition those sitting and passing the final examination on day 9 will receive a diploma in TCM gynaecology. Students not passing the final examination will still receive 32 CPD points from the RCHM and can attend a subsequent course to re-sit the final examination if they wish obtain the a diploma without any additional cost.

## Venue and dates

The course will be held at **The Richmond Hill Hotel**, Richmond, Surrey, U.K, which is equidistant between London Heathrow Airport and central London. The course will be run over 4 weekends on a Friday and Saturday and dates for the 9 lecture days in 2010 are:

- 3rd September - Day 1
- 4th September - Day 2
  
- 1st October - Day 3
- 2nd October - Day 4
  
- 5th November Day 5
- 6th November- Day 6
  
- 3rd December - Day 7
- 4th December - Day 8 and end of course dinner
- 5th December - Examination (morning only)

## Requirements for attendance

UK applicants must have graduated from an RCHM accredited school of Chinese medicine; non-UK applicants must have an equivalent qualification in order to be eligible to attend the course. The course takes place annually in London

Dates and registration details will be posted at <http://www.naturalgynae.com/nav11.html> on January 1<sup>st</sup> 2009 but pre-registration to reserve a place on the next course can be made at any time by emailing [enquiries@naturalgynae.com](mailto:enquiries@naturalgynae.com) with your name, qualifications, location and email address.

## **Course fees**

**£1500.00**

A place will be guaranteed on receipt of a non-refundable deposit of £300.00 with the outstanding balance paid in full 7 days before the first day of the course.