

NCCAOM Examination Review in Chinese Herbology

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NCCAOM Examination Chinese Herbology

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Examination Contents Outline (2015) Chinese Herbology

- Reference Books
 - All Knowledge points and Practice questions are from the following books:
 - Review and Pretest for NCCAOM and California Exams in Chinese Herbology, Vol. 2 (Volume 2) by Dongcheng Li.
 - Chinese Herbology Practice Tests by Dongcheng Li.
 - Previous Class Handouts.
 - Bensky, Dan, Steven Clavey, Erich Stoger, and Andrew Gamble. *Chinese Herbal Medicine: Materia Medica*. Third edition. Seattle, WA: Eastland Press, 2004.
 - Scheid, Volker, Dan Bensky, Andrew Ellis, and Randall Barolet. *Chinese Herbal Medicine: Formulas and Strategies*. 2nd ed. Seattle, WA: Eastland Press, 2009.

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Examination Contents Outline (2015) Chinese Herbology

- DOMAIN I: Safety and Quality (10% of Total Exam)
- DOMAIN II: Treatment Plan: Develop a Comprehensive Treatment Plan Using Principles of Chinese Herbology Based Upon Patient's Presentation and Diagnosis (60% of Total Exam)
- DOMAIN III: Patient Management: Patient Education and Treatment Evaluation (30% of Total Exam)

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Examination Contents Outline (2015) Safety and Quality

- **DOMAIN I: Safety and Quality (10% of Total Exam)**
- **A. Herbs and Herbal Formulas**
 1. Cautions and contraindications (e.g., condition-dependent, incompatibility)
 - Identify cautions and contraindications for herbs and herbal formulas (e.g., condition dependent, incompatibility)
 2. Herb/drug interactions
 - Recognize potential herb/drug interactions
 - Describe strategies to avoid herb/drug interactions

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Examination Contents Outline (2015) Safety and Quality

3. Toxicity
 - Identify potential toxicity of Chinese herbs and herbal formulas
 - Describe strategies to prevent toxicity of Chinese herbs and herbal formulas
4. Potential adverse effects
 - Identify potential adverse effects of Chinese herbs and herbal formulas
 - Prevent and resolve the adverse effects of Chinese herbs and herbal formulas

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Examination Contents Outline (2015) Safety and Quality

B. Herbal Purchasing and Dispensing

1. Identification of raw herbs by appearance, smell, and taste
 - Recognize the appearance of raw Chinese herbs
 - Identify the quality of raw Chinese herbs by appearance, smell, and taste

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Examination Contents Outline (2015) Safety and Quality

- 2. Identification of products containing endangered species, animal products, and potential allergens, (e.g., wheat, soy, sulfa)
 - Recognize Chinese herbs, herbal formulas and herbal products containing endangered species, animal products, and potential allergens (e.g., wheat, soy, sulfa)
 - Identify patient allergies to prevent potential allergic reactions to Chinese herbs, herbal formulas and herbal products
 - Apply substitutions for individual endangered species, animal products, and potential allergens (e.g., wheat, soy, sulfa) in Chinese herbs and herbal formulas

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Examination Contents Outline (2015)

Safety and Quality

- 3. Recognition of potential contamination of stored herbs
 - Identify signs of contamination of stored Chinese herbs and herbal products
 - Identify substitutions for contaminated Chinese herbs and herbal products
- 4. Identification of product manufacturers in compliance with Good Manufacturing Practice standards
 - Monitor Chinese herbs and herbal products for expiration dates
 - Assess the quality of Chinese herbs and herbal products according to current Good Manufacturing Practice (cGMP) standards

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Examination Contents Outline (2015)

Treatment Plan

- DOMAIN II: Treatment Plan: Develop a Comprehensive Treatment Plan Using Principles of Chinese Herbology Based Upon Patient's Presentation and Diagnosis (60% of Total Exam)
- A. Recommend Chinese herbs for Individual Patients Based on Assessment
- 1. Treatment strategies/methods of Chinese herbal medicine (e.g., purging, harmonizing, sweating)
 - Identify treatment strategies/methods of Chinese herbs and herbal formulas
 - Apply/prescribe Chinese herbs and herbal formulas based on the treatment strategies/methods of Chinese herbs and herbal formulas

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Examination Contents Outline (2015)

Treatment Plan

- **2. Individual herbs**
- **a.) Functions and indications**
 - Identify the functions and indications of individual Chinese herbs
 - Identify the functions and indications of processed forms of Chinese herbs [e.g., honey- processed (mi zhi), vinegar-processed (cu zhi), dry-fried (chao), etc.]
 - Apply/prescribe individual Chinese herbs for patients based on presenting signs and symptoms
- **b.) Combinations of Chinese herbs (Dui Yao)**
 - Identify the functions and indications of combinations of Chinese herbs
 - Apply/prescribe combinations of Chinese herbs for patients based on presenting signs and symptoms
- **c.) Tastes, properties, direction, and channels entered**
 - Identify characteristics (tastes, properties, directions, and channels entered) of Individual Chinese herbs
 - Apply/prescribe herbs for individual patients based on Chinese herb characteristics (tastes, properties, directions, and channels entered) 11

Examination Contents Outline (2015)

Treatment Plan

- **3. Chinese herbal formulas (Refer to Appendix of Chinese Herbal Formulas)**
- **a.) Functions and indications**
 - Identify the functions and indications of Chinese herbal formulas
 - Apply/prescribe Chinese herbal formulas for individual patients based on presenting signs and symptoms
- **b.) Ingredients**
 - Identify the ingredients of Chinese herbal formulas
 - Apply/prescribe Chinese herbal formulas for individual patients
 - Identify potential substitutions for individual ingredients in Chinese herbal formulas

Examination Contents Outline (2015) Treatment Plan

- c.) Structure (e.g., chief (Jun); deputy (Chen); guiding herbs)
 - Identify and analyze the structure of Chinese herbal formulas [e.g., chief (Jun); deputy (Chen); guiding herbs]
 - Apply/prescribe Chinese herbs based on the theory of Chinese herbal formula structure
- d.) Modifications
 - Modify Chinese herbal formulas based on a patient's presenting signs, symptoms, and medical history

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Examination Contents Outline (2015) Treatment Plan

- B. Formulate and Administer Herbal Recommendation
- 1. Form of administration (e.g., decoction, granules, topical)
 - Differentiate between forms of administration of Chinese herbs
 - Apply/prescribe Chinese herbs, herbal formulas, and herbal products for individual patients based on forms of administration
 - Advise individual patients on the use of Chinese herbs, herbal formulas and herbal products based on forms of administration
- 2. Preparation of herbs and herbal formulas
 - Demonstrate knowledge of preparation methods for individual Chinese herbs and herbal formulas
 - Advise individual patients on the preparation methods for individual Chinese herbs and herbal formulas

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Examination Contents Outline (2015) Treatment Plan

- 3. Dosage of herbs and formulas
 - Demonstrate knowledge of common dosages of individual Chinese herbs and herbal formulas
 - Apply/prescribe appropriate dosages of Chinese herbs and herbal formulas based on a patient's presenting signs, symptoms and medical history
- C. Chinese Dietary Therapy
 - Identify the characteristics, actions, and indications of foods based on TCM principles
 - Advise individual patients on the use of foods and dietary therapy in accordance with TCM principles

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Examination Contents Outline (2015) Patient Management

- DOMAIN III: Patient Management: Patient Education and Treatment Evaluation (**30% of Total Exam**)
- A. Patient Education
 - Advise individual patients of the benefits and expectations of Chinese herbal therapy
 - Advise individual patients of the potential side-effect(s) and risks of Chinese herbal therapy, including informed consent.

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Examination Contents Outline (2015) Patient Management

- **B. Treatment Evaluation and Modification**
 - Recognize and anticipate Chinese herbal therapy clinical outcomes for individual patients
 - Assess effectiveness of Chinese herbal therapy in individual patients, based on presenting signs and symptoms
 - Modify treatment plans for individual patients based on effectiveness of Chinese herbal therapy
 - Assess the condition of individual patients for appropriate medical referral and Intervention

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