NCCAOM Examination
Review in Chinese Herbology

Dongcheng Li
Office: (954) 763-9840
E-mail: dcljdl@yahoo.com

NCCAOM Examination
Chinese Herbology
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.

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)
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

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
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

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
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

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
## 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)

#### 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

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
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  

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.
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

Thanks!!!