NCCAOM Examination Review

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Introduction to NCCAOM Examination
NCCAOM Exam Brief Introduction

- NCCAOM stands for National Certification Commission For Acupuncture and Oriental Medicine
- Q: Why do I need NCCAOM Certification?
- A: NCCAOM certification is the only nationally recognized certification available to qualified practitioners of acupuncture and Oriental medicine. NCCAOM certification is a requirement for licensure in most states (About 43/50 states). Many third-party payers recognize NCCAOM certification as a criterion for reimbursement. Employers may require NCCAOM certification as a condition for hiring or promotion. NCCAOM certification indicates to your clients that you adhere to nationally accepted standards of practice.

From www.nccaom.org
NCCAOM Exam Brief Introduction

• State Licensure Information
  – From
  – States Use of NCCAOM Certification or Exams for Acupuncture Licensure

NCCAOM Exam Brief Introduction

• Q: What is the difference between State Licensure and NCCAOM Certification?
• A: The NCCAOM is a private, voluntary certification organization. It awards certification in Acupuncture, Chinese Herbology, Oriental Medicine and Asian Bodywork Therapy. It does not award licenses to practice acupuncture or other forms of Oriental medicine. In the United States, licensure laws vary among the 50 states, the District of Columbia, and United States territories and possessions.

From [www.nccaom.org](http://www.nccaom.org)
### NCCAOM Exam Brief Introduction

#### Q: What are the fees for certification?

<table>
<thead>
<tr>
<th>Application</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oriental Medicine Application</td>
<td>$595</td>
</tr>
<tr>
<td>Acupuncture Application</td>
<td>$475</td>
</tr>
<tr>
<td>Chinese Herbology Application</td>
<td>$425</td>
</tr>
<tr>
<td>Asian Bodywork Therapy Application</td>
<td>Retired on 12/31/2012</td>
</tr>
</tbody>
</table>

Prices are subject to change after 2011. Please check [www.nccaom.org](http://www.nccaom.org) for the most up-to-date information.

#### Q: What are the examinations for different certification?

<table>
<thead>
<tr>
<th></th>
<th>Oriental Medicine Certification</th>
<th>Acupuncture Certification</th>
<th>Chinese Herbology Certification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncture with Point Location Module Exam</td>
<td>Required</td>
<td>Required</td>
<td></td>
</tr>
<tr>
<td>Foundations of Oriental Medicine Module Exam</td>
<td>Required</td>
<td>Required</td>
<td>Required</td>
</tr>
<tr>
<td>Biomedicine Module Exam</td>
<td>Required</td>
<td>Required</td>
<td>Required</td>
</tr>
<tr>
<td>Chinese Herbology Module Exam</td>
<td>Required</td>
<td></td>
<td>Required</td>
</tr>
</tbody>
</table>

From [www.nccaom.org](http://www.nccaom.org)
NCCAOM Exam Brief Introduction

• Q: What are the fees for Examination?

<table>
<thead>
<tr>
<th>Exam Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncture with Point Location Module Exam</td>
<td>$300</td>
</tr>
<tr>
<td>Biomedicine Module Exam</td>
<td>$300</td>
</tr>
<tr>
<td>Chinese Herbology Module Exam</td>
<td>$300</td>
</tr>
<tr>
<td>Foundations of Oriental Medicine Module Exam</td>
<td>$300</td>
</tr>
<tr>
<td>Asian Bodywork Therapy Exam*</td>
<td>$300</td>
</tr>
</tbody>
</table>

• Asian Bodywork Therapy (ABT)® certification examination would be retired as of December 31, 2012.

NCCAOM Exam Brief Introduction

• 2015 Foreign Language Exam Fee

<table>
<thead>
<tr>
<th>Exam Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncture with Point Location Module Exam</td>
<td>$400 ($700 before 2015)</td>
</tr>
<tr>
<td>Biomedicine Module Exam</td>
<td>$400 ($700 before 2015)</td>
</tr>
<tr>
<td>Chinese Herbolgoy Module Exam</td>
<td>$400 ($700 before 2015)</td>
</tr>
<tr>
<td>Foundations of Oriental Medicine Module Exam</td>
<td>$400 ($700 before 2015)</td>
</tr>
</tbody>
</table>

Chinese and Korean
NCCAOM Exam Brief Introduction

<table>
<thead>
<tr>
<th>Adaptive Exams</th>
<th>Number of Multiple-Choice Questions</th>
<th>Allotted Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examinations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acupuncture with Point Location</td>
<td>100</td>
<td>2.5 hours</td>
</tr>
<tr>
<td>Chinese Herbology</td>
<td>100</td>
<td>2.5 hours</td>
</tr>
<tr>
<td>Foundations of Oriental Medicine</td>
<td>100</td>
<td>2.5 hours</td>
</tr>
<tr>
<td>Biomedicine (effective in 2010 only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Linear Exams</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Examinations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biomedicine (effective in 2010 only)</td>
<td>100</td>
<td>2.5 hours</td>
</tr>
</tbody>
</table>

Biomedicine was Linear Exam in 2010 and will change to Adaptive Exam in 2011 and can be taken all round since 2012

Q: When can I apply?  
A: For US students, you may submit an application anytime (should meet NCCAOM requirements). For students educated outside the United States, it is advised that you apply after your Foreign Education Evaluation by AACRAO or WES is complete. All applications are good for 4 years so it is advised that applications be submitted near or after graduation.

- For ATOM students, you can apply 1st trimester 3rd year.
NCCAOM Exam Brief Introduction

• Q: Can I just take the exams?
• A: No. You must meet eligibility requirements in order to be approved to take the exam(s). Submission of an application is a prerequisite in order to review your eligibility.

From www.nccaom.org

NCCAOM Exam Brief Introduction

• Q: If I fail the exam, can I immediately sign up for the exam again?
• A: No. Candidates who need to retake an NCCAOM examination must wait 45 days from the previous recorded test. Candidates will not be allowed to reschedule their examination prior to the 45 day waiting period for any reason.

• NCCAOM recommends that you give yourself sufficient time to prepare for the retake of the examination that you failed. Remember that after three attempts, you must submit 15 Professional Development Activity points in the content area of weakness in order to sit a fourth time. Also, you are only allowed a total of five (5) opportunities to take an examination.
• Please note: 15 PDA policy has been removed since 2014.

From www.nccaom.org
**NCCAOM Exam Brief Introduction**

- **Q:** What is the requirements for Florida Acupuncture License?
- **A:** The Board currently approves as the Florida Examination for licensure the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) examination, consisting of the *Foundations of Oriental Medicine Module*, the *Acupuncture with Point Location Module*.

  From [http://www.doh.state.fl.us/mqa/acupunct/acu_deadlines.html](http://www.doh.state.fl.us/mqa/acupunct/acu_deadlines.html)

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**NCCAOM Exam Brief Introduction**

- The NCCAOM offers the following examinations throughout the year for 2015:
  - Acupuncture with Point Location
  - Chinese Herbology
  - Foundations of Oriental Medicine
  - Biomedicine (Effective after Feb. 20th, 2012)

  From [www.nccaom.org](http://www.nccaom.org)
Examination Contents Outline (2015)

- Acupuncture and Point Location
- Foundation of Oriental Medicine
- Chinese Herbology
- Biomedicine

Examination Contents Outline (2015)
Acupuncture and Point Location

- **DOMAIN I:** Safety and Professional Responsibilities (10% of Total Exam)
- **DOMAIN II:** Treatment Plan (70% of Total Exam)
- **DOMAIN III:** Point Identification/Location (20% of total exam)
Examination Contents Outline (2015)
Acupuncture and Point Location

• **DOMAIN I: Safety and Professional Responsibilities**
  (10% of Total Exam)
  
  • Apply standards of safe practice and professional conduct.
  
  – A. Management of Acupuncture Office Emergencies
  – B. Infection Control/Precautions
  – C. Patient Education and Communication

Examination Contents Outline (2015)
Acupuncture and Point Location

• **DOMAIN II: Treatment Plan** (70% of Total Exam)
  
  – Develop a comprehensive treatment plan using acupuncture points based on patient presentation and initial assessment.
  – A. Treatment Plan: Develop an Initial Treatment Plan
    • 1. Point selection based on differentiation and/or symptoms (35%)
      – a. Cautions and contraindications
      – b. Point category
      – c. Channel theory
      – d. Function and/or indication of points and point combinations
Examination Contents Outline (2015)
Acupuncture and Point Location

• e. Ashi points
• f. Extra points (Refer to Appendix of Extra Points)
• g. Auricular points
• h. Scalp areas

– 2. Treatment techniques and mode of administration (25%)
• a. Cautions and contraindications
• b. Patient position
• c. Point locating techniques
• d. Needle selection
• e. Needling technique
• f. Moxibustion
• g. Additional acupuncture modalities
• h. Related modalities

From www.nccaom.org

Examination Contents Outline (2015)
Acupuncture and Point Location

• B. Patient Management (10%)
  – 1. Re-assessment and modification of treatment plan
  – 2. Referral and/or discharge of patient as appropriate

• DOMAIN III: Point Identification/Location (20% of total exam)
  • A. Identification of Points by Images (10%)
  • B. Identification of Points by Description (10%)

From www.nccaom.org
Examination Contents Outline (2015)
Acupuncture and Point Location

• **Appendix: Extra Points**
  – *(Please Note: Additional Extra Points not listed in the Appendix may appear on the exam as distractors to the correct)*

<table>
<thead>
<tr>
<th>Anmian</th>
<th>Dangyang</th>
<th>Huatuojiaji</th>
<th>Luozhen</th>
<th>Sanjiaojiu</th>
<th>Tituo</th>
<th>Yiming</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bafeng</td>
<td>Dannangxue</td>
<td>Jiacengliang</td>
<td>Neihuaijian</td>
<td>Shanglianquan</td>
<td>Waihuaijian</td>
<td>Yintang</td>
</tr>
<tr>
<td>Baichongwo</td>
<td>Dingchuan</td>
<td>Jianqian/Jianelliing</td>
<td>Neiyingsxiang</td>
<td>Shangyingsxiang</td>
<td>Wallaogong</td>
<td>Yuyao</td>
</tr>
<tr>
<td>Bailao</td>
<td>Erbai</td>
<td>Jingbailao</td>
<td>Pigen</td>
<td>Shiqiuzhuxiueshiqiuzhuxia</td>
<td>Weiguanshiashu</td>
<td>Zhongkui</td>
</tr>
<tr>
<td>Baxie</td>
<td>Erjian</td>
<td>Jinjin and Yuye</td>
<td>Qianzheng</td>
<td>Shixuan</td>
<td>Xiaogukong</td>
<td>Zhoujian</td>
</tr>
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<td>Bilong</td>
<td>Haiquan</td>
<td>Juquan</td>
<td>Qiduan</td>
<td>Sifeng</td>
<td>Xiyan/Neixiyan</td>
<td>Zigongxue</td>
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<tr>
<td>Bizhong</td>
<td>Heding</td>
<td>Kuangu</td>
<td>Qipang</td>
<td>Shishencon</td>
<td>Yaotongxue</td>
<td></td>
</tr>
<tr>
<td>Dagukong</td>
<td>Huanzhong</td>
<td>Lanweixue</td>
<td>Qiuou</td>
<td>Taiyang</td>
<td>Yaoyan</td>
<td></td>
</tr>
</tbody>
</table>

Examination Contents Outline (2015)
Foundation of Oriental Medicine

• **Domain A: Clinical Examination Methods** (10% of total exam)

• **Domain B: Assessment, Analysis, and Differential Diagnosis Based Upon Traditional Chinese Medicine (TCM) Theory** (45% of total exam)

• **Domain C: Treatment Principle (Zhi Ze) and Strategy (Zhi Fa)** (45% of total exam)
Examination Contents Outline (2015)  
Foundation of Oriental Medicine

- **Domain A: Clinical Examination Methods (10% of total exam)**
- Collect and recognize clinically significant signs and symptoms.

1. Looking (Wang)
   1) Spirit (Shen) appearance (including color)
   2) Face, eyes, nose, ears, mouth, lips, teeth, and throat
   3) Tongue (body and coating)
   4) Physical characteristics of the body

2. Listening and smelling (Wen)
   1) Sounds
   2) Odors

From www.nccaom.org

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3. Asking (Wen)
   1)Chief complaint
   2)Current health conditions
   3)Health history
   4)Touching (palpation) (Qie)
      1)Radial pulses (including the 28 Qualities)
      2)Abdomen
      3)Meridians
      4)Other body areas

From www.nccaom.org
Examination Contents Outline (2015)
Foundation of Oriental Medicine

*Pattern/Syndrome Differentiation:

• Eight Principles (Ba Geng)
• Organs (Zang Fu)
• Meridian/Channel (Jing Luo)
• Six Stages (Liu Jing)
• Four Levels (Wei, Qi, Ying, Xue)
• Five Elements (Wu Xing)
• Qi, Blood, Body Fluids (Qi, Xue, Jin Ye)
• Triple Burner (San Jiao)

Examination Contents Outline (2015)
Foundation of Oriental Medicine

• **Domain B:** Assessment, Analysis, and Differential Diagnosis Based Upon Traditional Chinese Medicine (TCM) Theory *(45% of Total Exam)*
  - Formulate a differential diagnosis (Bian Zheng).
  - 1. Knowledge and Application of Fundamental Theory of TCM Physiology (Sheng Li), Etiology (Bing Yin), and Pathogenesis (Bing Ji)
    • 1). Yin/Yang theory (e.g., Interior/Exterior, Cold/Heat, Deficient/Excess)
    • 2). Five Elements (Five Phases/Wu Xing)
    • 3). Organ theory (Zang Fu)
    • 4). Channel theory (Jing Luo) (including regular channels, Extraordinary channels, Luoconnecting channels, divergent channels, muscle channels, and skin regions)
    • 5). Essential Substances theory [Qi, Blood (Xue), Fluids (Jin Ye), Essence (Jing), Spirit (Shen)]

From www.nccaom.org
Examination Contents Outline (2015)  
Foundation of Oriental Medicine

- 6) Causes of Disease: External (Six Excesses [Liu Yin]), Internal (Seven Emotions), and Miscellaneous (diet, excessive sexual activity, excessive physical work or lack of exercise, trauma, bites, parasites, Phlegm, Blood stasis)

• 2. Formulation of a Differential Diagnosis Based upon Chief Complaint (Zhu Su), Prioritization of Major Symptoms (Zhu Zheng), Knowledge of TCM Diseases (Bian Bing), and Pattern Identification (Bian Zheng)
  - 1). Eight Principles (Ba Gang) (i.e., Yin/Yang, Interior/Exterior, Cold/Heat, Deficient/Excess)
  - 2). Organ theory (Zang Fu)
  - 3). Channel theory (Jing Luo) (including regular channels, Extraordinary channels, Luo-connecting channels, divergent channels, muscle channels, and skin regions)
  - 4). Six Stages (Tai Yang, Yang Ming, Shao Yang, Tai Yin, Shao Yin, Jue Yin) Knowledge of San Jiao differentiation in relationship to meridians and organs, and interrelationships among San Jiao
  - 5). Four Levels (Wei, Qi, Ying, Xue)
  - 6). Five Elements (Five Phases/Wu Xing)
  - 7). Qi, Blood, Body Fluids (Qi, Xue, Jin Ye)
  - 8). Triple Burner (San Jiao)
  - 9). Six Excesses (Liu Yin)

From www.nccaom.org

Examination Contents Outline (2015)  
Foundation of Oriental Medicine

• Domain C: Treatment Principle (Zhi Ze) and Strategy (Zhi Fa) (45% of Total Exam)
  - Formulate treatment principle and strategy based upon differential diagnosis (Bian Zheng).
    • 1. Treatment Principle Based upon Differential Diagnosis
    • 2. Treatment Strategy to Accomplish Treatment Principle

From www.nccaom.org
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)

From www.nccaom.org

Examination Contents Outline (2015)
Chinese Herbology

- DOMAIN I: Safety and Quality (10% of Total Exam)
  - A. Herbs and Herbal Formulas
    - 1. Cautions and contraindications (e.g., condition-dependent, incompatibility)
    - 2. Herb/drug interactions
    - 3. Toxicity
    - 4. Potential adverse effects
  - B. Herbal Purchasing and Dispensing
    - 1. Identification of raw herbs by appearance, smell, and taste

From www.nccaom.org
Examination Contents Outline (2015)
Chinese Herbology

– 2. Identification of products containing endangered species, animal products, and potential allergens, (e.g., wheat, soy, sulfa)
– 3. Recognition of potential contamination of stored herbs
– 4. Identification of product manufacturers in compliance with Good Manufacturing Practice standards

Examination Contents Outline (2015)
Chinese Herbology

• 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)
    • 2. Individual herbs
    • 3. Chinese herbal formulas (Refer to Appendix of Chinese Herbal Formulas)
  – B. Formulate and Administer Herbal Recommendation
Examination Contents Outline (2015)
Chinese Herbology

• 1. Form of administration (e.g., decoction, granules, topical)
• 2. Preparation of herbs and herbal formulas
• 3. Dosage of herbs and formulas
– C. Chinese Dietary Therapy

Examination Contents Outline (2015)
Chinese Herbology

• DOMAIN III: Patient Management: Patient Education and Treatment Evaluation (30% of Total Exam)
  – A. Patient Education
  – B. Treatment Evaluation and Modification
Examination Contents Outline (2015)
Biomedicine

• **DOMAIN I: Biomedical Model (90% of Total Exam)**
  – A. Clinical Application of Biomedical Sciences (including anatomy, physiology, pathology, pathophysiology, etc.), Pharmacology, and Nutrients and Supplements (30%)
  – B. Patient History and Physical Examination (25%)
  – C. Clinical Assessment Process (30%)
  – D. Clinical Decision-Making and Standard of Care (5%)

• **DOMAIN II: Office Safety and Professional Responsibilities (10% of Total Exam)**

From www.nccaom.org

Examination Contents Outline (2015)
Biomedicine

• **DOMAIN I: Biomedical Model (90% of Total Exam)**
  – A. Clinical Application of Biomedical Sciences (including anatomy, physiology, pathology, pathophysiology, etc.), Pharmacology, and Nutrients and Supplements (30%)
    • 1. Biomedical sciences
    • 2. Pharmacology ([Refer to Appendix A: Pharmaceuticals](#))
    • 3. Nutrients and supplements

From www.nccaom.org
Examination Contents Outline (2015) Biomedicine

– B. Patient History and Physical Examination (25%)
  • 1. Patient history*
  • 2. Physical examination
  • 3. Imaging, laboratory tests, and other medical studies

– C. Clinical Assessment Process (30%)
  • Interpret clinically significant information gathered during history taking and physical examination to recognize pathological conditions. (Refer to Appendix C: Medical Conditions)

– D. Clinical Decision-Making and Standard of Care (5%)

Examination Contents Outline (2015) Biomedicine

• DOMAIN II: Office Safety and Professional Responsibilities (10% of Total Exam)
  – Recognize and implement appropriate office safety standards and demonstrate knowledge of professional responsibilities.
    • A. Risk Management and Office Safety
    • B. Infection Control
    • C. Federal Regulations
    • D. Reporting and Record-Keeping
    • E. Ethics and Professionalism
Examination Contents Outline (2015) Biomedicine

• **Appendix A: Pharmaceuticals**
  – Appendix A is a list of commonly used pharmaceutical categories. The exam will focus on but may not be exclusively limited to the list below.

<table>
<thead>
<tr>
<th>Category</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergy/sinus medications</td>
<td>Antifungal medications</td>
</tr>
<tr>
<td>Angina medications</td>
<td>Antihyperlipidemic medications</td>
</tr>
<tr>
<td>Asthma medications</td>
<td>Antihypertension medications</td>
</tr>
<tr>
<td>Antiviral medications</td>
<td>Central nervous system (CNS) stimulants/attention deficit medications</td>
</tr>
<tr>
<td>Antibacterial medications</td>
<td>Cough medications</td>
</tr>
<tr>
<td>Anticancer medications</td>
<td>Drugs of abuse</td>
</tr>
<tr>
<td>Anticoagulant medications</td>
<td>Antipseychotics</td>
</tr>
<tr>
<td>Antidiabetic medications</td>
<td>Antiseizure medications</td>
</tr>
<tr>
<td>Antidiarrheal medications</td>
<td>Antiviral medications</td>
</tr>
</tbody>
</table>

Examination Contents Outline (2015) Biomedicine

• **Appendix B: Nutrients and Supplements**
  – Appendix B is a list of commonly used nutrients and supplements. The exam will focus on but may not be exclusively limited to the list below.

<table>
<thead>
<tr>
<th>Category</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amino acids (e.g., L-glutamine, lysine, choline)</td>
<td>Digestive support (e.g., enzymes, fiber, probiotics)</td>
</tr>
<tr>
<td>Antioxidants (e.g., coenzyme Q10, selenium)</td>
<td>Hormones (e.g., melatonin, wild yams, DHEA)</td>
</tr>
<tr>
<td>Bone health (e.g., glucosamine sulfate, chondroitin sulfate)</td>
<td>Minerals (e.g., calcium, magnesium, potassium)</td>
</tr>
</tbody>
</table>

From www.nccaom.org
Examination Contents Outline (2015)
Biomedicine

– Appendix C: Medical Conditions
  • CATEGORY 1 Frequently Seen Conditions
  • CATEGORY 2 Moderately Seen Conditions
  • CATEGORY 3 Least Frequently Seen Conditions

Recommended Books (2015)

• There is no single text recommended by NCCAOM. All NCCAOM modules and examinations reflect practice in the United States as determined by the most recent job analysis.

• NCCAOM’s item writers and examination development committee members frequently use the following texts as resources; however, the sources used are not limited to the books listed here. The NCCAOM does not endorse any third-party study/preparation guide(s).
Recommended Books (2015)
Acupuncture with Point Location Bibliography

• Primary Sources

From www.nccaom.org

Recommended Books (2015)
Acupuncture with Point Location Bibliography

• Secondary Sources

From www.nccaom.org
Recommended Books (2015)
Foundations of Oriental Medicine


From www.nccaom.org
Recommended Books (2015)
Chinese Herbology

• **Primary Sources**

From www.nccaom.org

Recommended Books (2015)
Chinese Herbology

• **Secondary Sources**

From www.nccaom.org
Recommended Books (2015)

Biomedicine


From www.nccaom.org

Recommended Books (2015)

Biomedicine

- HIPAA: www.hhs.gov/ocr/privacy/
- OSHA: www.osha.gov/

From www.nccaom.org
How to Prepare NCCAOM Exam?

• How NCCAOM organize an exam?
  – 30% simple, ensure you quick reaction
  – 30% moderate, have to take a consideration
  – 30% difficulty, you must take time to think and speculate.

• Simple Questions
  – 1. How many principal Luo-Connecting channels are there?
    • A. 10
    • B. 12
    • C. 15
    • D. 27
  – 2. What below are thought as three treasures in body?
    • A. Qi, Blood, Essence
    • B. Shen, Hun, Po
    • C. Essence, Qi, Shen
    • D. Brain, Muscle, Bone
How to Prepare NCCAOM Exam?

• Simple Questions
  – 3. The point 4 Cun below the umbilicus and 2 Cun lateral to the REN meridian is____
    • A. ST 27
    • B. ST 28
    • C. ST 29
    • D. ST 30
  – 4. What point is this?
    A. ST-30 (qi chong)
    B. KI-12 (da he)
    C. ST-29 (gui lai)
    D. ST-28 (shui dao)

• Simple Questions
  – 5. Wang Bu Liu Xing (vaccaria seeds) can treat Insufficient lactation due to____
    • A. Blood heat
    • B. Blood cold
    • C. Blood stasis
    • D. Blood deficiency
  – 6. Cranial nerve XII refers to which nerve?
    • A. Glossopharyngeal
    • B. Abducens
    • C. Vagus
    • D. Hypoglossal
  – 7. Which lab test, if positive, provides further evidence of possible peptic ulcer?
    • A. Urine for albumin test
    • B. Stool blood test
    • C. Blood Glucose test
    • D. BUN test
How to Prepare NCCAOM Exam?

• Moderate Questions
  – 1. What is the mother point of Spleen channel?
    • A. SP 1
    • B. SP 2
    • C. SP 4
    • D. SP 9
  – 2. Severe chills with a mild fever is indicative of _____
    • A. Exterior Cold
    • B. Exterior Heat
    • C. Exterior Excess
    • D. Exterior Deficiency

How to Prepare NCCAOM Exam?

• Moderate Questions
  – 3. Which of the following herb can stop the spasm of calf?
    • A. Huo Xiang
    • B. Wei Ling Xian
    • C. Cang Zhu
    • D. Mu Gua
  – 4. Zhi Bai Di Huang Wan can be used for menopause and is modified from which formula?
    • A. Liu Wei Di Huang Wan + Zhi Mu & Huang Bai
    • B. Liu Wei Di Huang Wan + Gou Qi Zi & Ju Hua
    • C. Qi Ju Di Huang Wan – Zhi Mu & Huang Bai
    • D. Qi Ju Di Huang Wan – Gou Qi Zi & Ju Hua
How to Prepare NCCAOM Exam?

• Moderate Questions
  – 5. Sympathetic nervous system B-receptors cause all of the following physiological responses EXCEPT?
    • A. Heart rate increase
    • B. Vasoconstriction
    • C. Pupil constriction
    • D. Broncho dilation
  – 6. What should you do if STD (Sexually Transmitted Diseases) patients come to your clinic?
    • A. Need to be reported depending on the State
    • B. Have to be reported to the Health Department
    • C. There is no need to report
    • D. Need to be communicated with all identifiable patient partners

• Difficulty questions
  – 1. The prescription for a Chronic Bronchitis is___
    • A. LI-4, LV-3, LU-7, UB-60
    • B. LU-7, LI-4, UB-13, KD-3
    • C. LU-7, LI-4, LI-6, SP-4
    • D. LI-4, LU-7, PC-6, KD-3
  – 2. For headache caused by hyperactivity of Liver-yang, the best points are
    • A. LI-14, DU-24, BL-12, SJ-8
    • B. LV-3 or LV-2, KI-1 or KI-3, Tai Yang, Erjian
    • C. LI-11, DU-14, SJ-5, LU-7
    • D. ST-40, BL-67, BL-15, BL-20
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• Difficulty questions
  – 3. Which of the following manifestations indicate blood dryness transforming into wind?
    • A. Numbness of limbs and trunk, spasm of tendons and muscles
    • B. Dizziness, trembling of limbs, facial paralysis, hemiplegia
    • C. Coughing of scanty, sticky sputum
    • D. Dry, scaly, peeling skin with itching

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• 4. A 30 year-old woman was diagnosed with myalgic encephalitis two years ago. It began after she had the flu. At that time she felt exhausted and could hardly stand up. She did not fully recover and continues to experience exhaustion, general flu like symptoms such as shivering and achy muscles. Her fatigue is worse with exercise. She has poor memory and her head feels like she has cotton balls in it. She sweats easily after even a short walk. Her appetite is poor and she has abdominal distention. The tongue is pale and swollen with a crack in the center part. The pulse is weak (xu mai) and minute (wei mai) especially in the front position. What is the treatment plan?
  • A. Tonify Lung Qi, Tonify Spleen Qi
  • B. Tonify Qi and Blood
  • C. Release Exterior, Expel Cold, Stimulate Descending and Dispersing Lung Functions
  • D. Tonify Kidneys, Warm Yang
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• 5. Low-grade fever as the main complaint. There is low-grade fever at night, night sweats, five centers heat, hot spells, thirst, dry stool, night sweats, scanty urine, temperature rises in the afternoon or evening, but returns to normal during the day, tongue red with scanty yellow coating, pulse rapid, thin. What is the treatment?
  – A. Qing hao bie jia tang (artemisia annua and soft-shelled turtle shell decoction)
  – B. Bu zhong yi qi tang (tonify the middle and augment the qi decoction)
  – C. Gui pi tang (restore the spleen decoction) combined with si wu tang
  – D. Si wu tang (four-substance decoction)

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• 6. A 72-year-old female patient comes to your clinic with a complaint of joint pain on right hip and knee, both wrists and all distal interphalangeal joints. This pain is relieved by rest and ibuprofen, but aggravates with weight-bearing and long standing and walking. She says her doctor took a X-ray last year, and discussed with her about possibilities of joint replacement surgery. Her most likely diagnosis is:
  – A. Rheumatoid arthritis
  – B. Gout
  – C. Osteoarthritis
  – D. Rheumatic arthritis
How to Prepare NCCAOM Exam?

• What I recommend?
  – 1. Follow the latest NCCAOM exams content outline
  – 2. Pay more attention on the exam points in the syllabus
  – 3. Organize and go over your previous handouts and textbook and repeat the class exam questions.
  – 4. If you think they are too much and time-consuming, you can focus on Review Books that can be concise.
  – 5. Dongcheng Li, Review and Pretest for NCCAOM and California Exams in TCM Foundation and Acupuncture, the latest version.

How to Prepare NCCAOM Exam?

• What I recommend?
  – 7. My experience is one module per month. Finish them in one semester. Do not be too long or too hurry.
What will be introduced in Foundation Review classes?

• Foundation of Oriental Medicine
  – Go over Contents Outline
  – Do practice questions relating specific contents
  – Solve the confusing questions
  – Practice test

Thank you!