NCCAOOM Examination
Review in Chinese Herbolgy

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Examination Contents Outline (2012)
Chinese Herbology

• Reference Books
  – All Knowledge points and Practice questions are from the following books:
    • Dongcheng Li, Review and Pretest for NCCAOM and California Exams in Chinese Herbology, the latest version.
    • Class Handouts

Examination Contents Outline (2012)
Chinese Herbology

• Domain A: Herbal Safety and Professional Preparations (10% of Examination)
• Domain B: Herbs, Herbal Formulas and Prescriptions (75% of Examination)
• Domain C: Evaluation And Modification Of Treatment (15% Of Examination)
Examination Contents Outline (2012)
Chinese Herbology

- Domain A: Herbal Safety and Professional Preparations (10% of Examination)
  - Sub Domain A1: Safe practices of Chinese herbal medicine
    1) A 1 (a): Identify precautions and contraindications
      - Knowledge of Chinese herbs
      - Knowledge of safe practice of Chinese herbal medicine
      - Skills to prescribe Chinese herbal medicine
      - Skills to prepare, handle Chinese herbal medicine
      - Ability to prescribe Chinese herbal medicine
    ^ For example: comprehensive exam No. 8; 45

- Examination Contents Outline (2012)
  Herbal Safety and Professional Preparations
  2) A 1 (b): Side effects of herbal medicines
     - Knowledge of basic side effects of medications
     - Skills to recognize basic side effects of herbal medicines
     - Ability to assess interactions of legal vs. illegal drugs
     - Ability to prevent side effects of basic herbal medicines

  ^ For example: comprehensive exam No. 8
Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

3) A 1 (c): Herb-drug interactions
   - Knowledge of herb-drug interactions
   - Knowledge of patient herb and drug use
   - Skills to identify herb-drug interactions
   - Ability to recognize, diagnosis, and prevent herb-drug interactions

   For example: comprehensive exam No. 12; 13

Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain A2: Maintain an herbal dispensary of raw herbs and/or granules
  - Knowledge of common dosages for granules/powders
  - Knowledge of granules/powders
  - Skills to maintain storage of granules/powders
  - Skills to understand concentration ratio of granules/powders
  - Skills to assess GMP standards concerning formulas
  - Ability to properly dose granules/powders for individual patients
  - Ability to equate measurements with ratio of ingredients and dosage

   For example: comprehensive exam No. 99
Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain A3: Maintain patent medicine herbal dispensary
  - Knowledge of how to prescribe indications and ingredients of commonly used patent medicines
  - Knowledge of storage procedures for patent medicines
  - Skills to diagnosis patient’s condition according to TCM theory
  - Ability to prescribe patent medicine for individual patient

Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain A4: Manage inventory of herbal products
  - Knowledge of laws and regulations concerning storage of herbal products
  - Knowledge of basic inventory management
  - Skills to manage inventory
  - Ability to keep inventory products fresh and in good quality
Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain A5: Maintain medical records of patients, including medications
  - Knowledge of patient’s medical history, medication use and/or illegal drug usage
  - Knowledge of toxicity of Chinese Herbs
  - Knowledge to create herbal medical records, including returned products, side effects, and communications
  - Skills to maintain herbal medical records
  - Skills to maintain patient profiles
  - Ability to maintain patient profiles
  - Ability to assess interactions of legal vs. illegal drugs
  - Ability to maintain good herbal medical records

Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain A6: Identification of herbal products
  - Knowledge of the quality and medicinal characteristics of herbal products (e.g., aroma, flavor, preparation)
  - Knowledge of standard species of herbs
  - Skills to assess characteristics of herbal products
  - Ability to identify characteristics of herbal products
Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain A7: Evaluation of quality of herbs and herbal products
  - Knowledge of GMP standards and products manufactured with GMP standards
  - Knowledge of contaminants
  - Knowledge of testing procedures for contaminants
  - Knowledge of Certificates of Analysis from herbal suppliers
  - Knowledge to evaluate purchased herbs for quality including GMP standards
  - Skills to assess quality of herbal products
  - Skills to assess the quality of purchased herbs
  - Ability to identify and use quality herbals
  - Ability to identify products manufactured with GMP standards
  - Ability to obtain information about testing procedures for contaminants from herb suppliers
  - Ability to request a Certificate of Analysis from herbal suppliers
  - Ability to prevent using contaminated herbs

Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain A8: Identify products containing endangered species
  - Knowledge of endangered species
  - Knowledge of products containing endangered species
  - Knowledge of substitutions for individual endangered species
  - Knowledge of what to substitute for products containing endangered species
  - Skills to avoid products containing endangered species
  - Ability to identify products containing endangered species
Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain A9: Maintain herbal dispensary supplies and environment (e.g., tools, scales, etc.)
  - Knowledge of use of scales in preparation of herbal formulas
  - Knowledge of recording dates for scale calibration
  - Knowledge of scale calibrations
  - Knowledge of regulations/laws related to scale calibrations
  - Knowledge of bowls used to prepare herbal formulas
  - Knowledge of different types of bowls for herbal formula use (e.g., plastic, glass, marble, etc)
  - Knowledge of bowl preparation (pre) for herbal formulas
  - Knowledge of sanitation rules and regulations
  - Skills to maintain bowls for herbal preparations
  - Skills to keep office records
  - Skills to prepare scale for measurements
  - Ability to measure herbs accurately
  - Ability to maintain good business management
  - Ability to maintain bowls for herbal preparations

Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain A10: Monitor stored herbs for contamination
  - Knowledge of monitoring herbs for contamination (e.g., mold, rancidity, infestation, etc.)
  - Skills to assess the contamination of herbs
  - Ability to monitor herbs for contamination
  - Ability to prevent contamination
Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain A11: Monitor herbs and herbal products for expiration dates
  - Knowledge to monitor herbs and prepared products for expiration dates
  - Skills to monitor herbal supply for freshness
  - Ability to monitor herbal supply for freshness

Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain 12A: Storage of herbs and herbal products
  - Knowledge of herbs and herbal products storage techniques
  - Skills to provide the proper storage of herbs
  - Ability to provide proper storage for herbs
Examination Contents Outline (2012)
Herbal Safety and Professional Preparations

- Sub Domain 13A: Maintain records of discarded products
  - Knowledge of maintaining records/reports of discards of herbs
  - Knowledge of business management
  - Knowledge to create records/reports of discards
  - Skills to maintain medical records
  - Skills to create records/reports of discards
  - Ability to maintain good medical/business management

Examination Contents Outline (2012)
Herbs, Herbal Formulas and Prescriptions

- Domain B: Herbs, Herbal Formulas and Prescriptions (75% of Examination)
  - Sub Domain B1: Prescribe and dispense Chinese herbs for individual patients
    - B 1 (a): Tastes, properties, direction, and channels entered of individual Chinese herbs
      - Knowledge of tastes, properties, direction, and channels entered of individual Chinese herbs
      - Knowledge to understand implications of disease states in the prescribing of Chinese herbs
      - Skills to prescribe and dispense herbal formulations
      - Skills to apply precautions and contraindications to each individual situation
      - Skills to modify formulas for individual patients
      - Ability to prescribe an herbal formula based on TCM diagnosis
      - Ability to modify prescriptions based on the condition of the individual patient
Examination Contents Outline (2012)
Herbs, Herbal Formulas and Prescriptions

- B 1 (b): Functions and indications of individual Chinese herbs
  - Knowledge of function, indications, precautions and contraindications of individual Chinese herbs
  - Knowledge to understand implications of disease states in the prescribing of Chinese herbs
  - Skills to prescribe and dispense herbal formulations
  - Skills to apply precautions and contraindications to each individual situation
  - Skills to modify formulas for individual patients
  - Ability to prescribe an herbal formula based on TCM diagnosis
  - Ability to modify prescriptions based on the condition of the individual patient

Examination Contents Outline (2012)
Herbs, Herbal Formulas and Prescriptions

- B 1 (c): Functions and indications of combinations of Chinese herbs
  - Knowledge of function, indications, precautions and contraindications of combinations of Chinese herbs
  - Knowledge to understand implications of disease states in the prescribing of Chinese herbs
  - Skills to prescribe and dispense herbal formulations
  - Skills to apply precautions and contraindications to each individual situation
  - Skills to modify formulas for individual patients
  - Ability to prescribe an herbal formula based on TCM diagnosis
  - Ability to modify prescriptions based on the condition of the individual patient
Examination Contents Outline (2012)
Herbs, Herbal Formulas and Prescriptions

- **B 1 (d): Treatment strategies (Ba Fa) of Chinese herbal medicine**
  - Knowledge of function, indications, precautions and contraindications treatment strategies (Ba Fa) of Chinese herbal medicine
  - Skills to modify, provide patient with treatment strategies (Ba Fa) of Chinese herbal medicine
  - Ability to utilize treatment strategies (Ba Fa) of Chinese herbal medicine

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Examination Contents Outline (2012)
Herbs, Herbal Formulas and Prescriptions

- **B 1 (e): Dynamics of Chinese herbal formulas**
  - Knowledge of traditional formula composition in TCM
  - Skills to prescribe and dispense herbal formulations
  - Skills to apply precautions and contraindications to each individual situation
  - Skills to modify formulas for individual patients
  - Ability to prescribe an herbal formula based on TCM diagnosis
  - Ability to modify prescriptions based on the condition of the individual patient
Examination Contents Outline (2012)
Herbs, Herbal Formulas and Prescriptions

- **B 1 (f):** Functions, indications and ingredients of Chinese herbal formulas (see Appendix of Formulas - Reference of common Chinese herbal formulas at end of file)
  - Knowledge of function, indications, precautions and contraindications of
  - Chinese herbal formulas
  - Knowledge to understand implications of disease states in the prescribing of Chinese herbs
  - Skills to prescribe and dispense herbal formulations
  - Skills to apply precautions and contraindications to each individual situation
  - Skills to modify formulas for individual patients
  - Ability to prescribe an herbal formula based on TCM diagnosis
  - Ability to modify prescriptions based on the condition of the individual patient

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Examination Contents Outline (2012)
Herbs, Herbal Formulas and Prescriptions

- **Sub Domain B2:** Proper administration of herbal prescriptions
  - **B 2 (a):** Dosage of herbs and formulas
    - Knowledge of the proper dosage for herbs and formulas
    - Knowledge of theories and concepts of herbal formulations
    - Ability to administer herb and herbal formula preparations
    - Skills to teach the patient about correct herbal use and administration
    - Skills to provide herbs and herbal formulas to patients
Examination Contents Outline (2012)
Herbs, Herbal Formulas and Prescriptions

- B 2 (b): Appropriate form of administration
  - Knowledge of appropriate form of administration (e.g., decoction, powder, pills, tinctures, external applications)
  - Ability to provide patient with accepted methods to take herbal preparations
  - Skills to teach the patient about correct herbal use and administration
  - Skills to administer herb and herbal formula preparations

Examination Contents Outline (2012)
Herbs, Herbal Formulas and Prescriptions

- B 2 (c): Preparation of herbs and herbal formulas
  - Knowledge of preparation of herbs and herbal formulas
  - Ability to select proper herbs and herbal formulas
  - Skills to prepare herbs and herbal formulas
### Sub Domain B3: Understand expected treatment outcomes and reactions to treatment for individual patients

- Knowledge to anticipate treatment outcomes and reactions to treatment
- Skills to assess treatment outcomes and reactions to treatment
- Ability to assess treatment outcomes and reactions to treatment

### Sub Domain B4: Differentiate characteristics of Western vs. Chinese medicinal herbs

- Knowledge of difference between Western herbs and Chinese herbs
- Skills to explain the difference between Western and Chinese herbs for the patient
- Ability to explain the difference between Western and Chinese herbs for the patient
Examination Contents Outline (2012)
Evaluation And Modification Of Treatment

- Domain C: Evaluation And Modification Of Treatment (15% Of Examination)
  - Sub Domain C1: Evaluation and modification of Chinese herbal treatment
    - Knowledge of safety of herbal treatment
    - Knowledge of patient’s condition in the on-going course of Chinese herbal treatment
    - Knowledge of functions and indications of TCM herbal prescriptions
    - Knowledge of concepts and theories of Chinese herbal medicine
    - Ability to re-evaluate patient’s condition in determining future treatment outcomes
    - Ability to modify Chinese herbal treatment based on re-assessment of patient’s condition
    - Ability to communicate with patients and other health care providers to explain the function and safety of Chinese herbal treatment
    - Skills to communicate with patients and other health care providers and explain the function and safety of Chinese herbal treatment
    - Skills to re-evaluate patient’s condition and modify herbal formulations

  - For example: No. 16.

Examination Contents Outline (2012)
Evaluation And Modification Of Treatment

- Sub Domain C2: Consult with patient on additional areas of concern
  - Knowledge of additional areas of concern for patients
  - Skills to identify and respond to additional areas of concern
  - Ability to analyze patient’s history
  - Ability to adjust treatment after additional areas of concern are noted
Examination Contents Outline (2012)
Evaluation And Modification Of Treatment

- Sub Domain C3: Communicate with patients and other health care providers about Chinese herbal treatment
  - Knowledge of safety of herbal treatment
  - Knowledge of concepts and theories of Chinese herbal medicine
  - Skills to communicate with patients and other health care providers and explain the function and safety of Chinese herbal treatment
  - Ability to communicate with patients and other health care providers to explain the function and safety of Chinese herbal treatment

Examination Contents Outline (2012)
Evaluation And Modification Of Treatment

- Sub Domain C4: Advise patients of potential side-effects, precautions and interactions (e.g., foods, supplements and/or medications)
  - Knowledge of herbs, medications (over the counter and prescribed), and foods
  - Knowledge of potential side-effects, precautions and interactions of herbs with other medications (over the counter and prescribed) and foods
  - Skills to teach patients about potential side-effects and interactions between herbs, medications and foods
  - Ability to prescribe herbs that also belong to food for patient
  - Ability to identify potential side-effects and interactions between herbs, medications and foods
Examination Contents Outline (2012)
Evaluation And Modification Of Treatment

- Sub Domain C5: Use of herbs in dietary therapy and dietary recommendations based on Traditional Chinese Medicine
  - Knowledge to provide patient education about the use of herbs in dietary therapy and dietary recommendations based on TCM
  - Knowledge of dietary therapy, including the use of herbs, based on TCM
  - Skills to teach the patient about dietary therapy and the use of herbs in dietary therapy based on TCM
  - Ability to provide recommendations on dietary therapy and use of herbs in dietary therapy based on TCM

Examination Contents Outline (2012)
Evaluation And Modification Of Treatment

- Sub Domain C6: Use of external herbal applications
  - Knowledge of different forms of external herbal applications
  - Knowledge of actions, indications and contraindications for external herbal applications
  - Skills to choose the proper external herbal applications for the individual patient
  - Skills to educate patients in the use of external herbal applications
  - Ability to advise patients in the use of external herbal applications
Evaluation And Modification Of Treatment

- Sub Domain C7: Provide patient with copy of the herbal formula prescription
  - Knowledge to prepare an herbal formula prescription
  - Knowledge to explain herbal formula prescription to patient
  - Skills to provide herbal formula prescription to patient
  - Ability to provide herbal formula prescription to patient
  - Ability to explain herbal formula prescription to patient

Chinese Herbology

3) Appendix of Formulas:
   Reference of Common Chinese Herbal Formulas
Thanks!!!