

Tri-State College of Acupuncture: *Community Connections*



Providing Acupuncture to Patients
in Public Health Settings
through our Post-Graduate Externship Program

April, 2008

What we will cover today:

- ❑ An Introduction to the Tri-State College of Acupuncture and the Community Connections program
- ❑ How does the Community Connections program work?
- ❑ Acupuncture in mainstream medicine.
- ❑ What Does Acupuncture Treat?
- ❑ Acupuncture Research – Study Citations for your Reference.

The Tri-State College of Acupuncture

Introduction

- ❑ Established in 1979. Located in NYC.
- ❑ One of the oldest schools of acupuncture in the country.
- ❑ Three year, full-time Masters Degree Program.
- ❑ Degrees Granted:
 - Master of Science in Acupuncture
 - Master of Science in Oriental Medicine
 - Also offers post-graduate education to acupuncture and oriental medicine community.

The Community Connections Program

Introduction

- ❑ A Post-Graduate Externship Education Program of TSCA.
- ❑ Places our licensed graduates in community-based healthcare settings
 - 4-6 hours per week
 - 4-6 month rotations
- ❑ Graduate Externs provide free acupuncture to patients and receive no monetary compensation.
- ❑ Graduate Externs are fully licensed to practice in NYS and have their own malpractice insurance.
- ❑ Graduate Externs do not need supervision and can practice independently.
- ❑ Graduates receive Continuing Education Credit and treatment experience. Most participants are 1-2 years post graduate – fairly new to practice.
- ❑ This is the only program of it's kind in NYC – uses fully licensed acupuncturists and NOT students.

The Community Connections Program

Our Mission

- ❑ To make acupuncture accessible to low income patients in New York City.
- ❑ To collaborate with conventional healthcare providers to forge “integrative medicine” partnerships.
- ❑ To promote acupuncture and its benefits as an adjunctive treatment.
- ❑ To provide graduate externs with interesting clinical opportunities and relationships.
- ❑ To enhance the skills of new practitioners by providing steady stream of patients.

The Community Connections Program

How does it work?

- ❑ To be accepted into the program graduate externs must:
 - Be a graduate of TSCA.
 - Fill out a comprehensive application.
 - Interview with the Program Coordinator.
 - Interview with staff at the externship site
 - Show evidence of NYS licensure and malpractice insurance.
 - Make a commitment to the program for the length of the rotation.
 - Participate in supportive educational seminars at the school.
 - Participate in on-site trainings required by the externship site.

The Community Connections Program

How does it work? (continued)

- To be a participating healthcare site:
 - Hospital, Health Clinic, Non-profit organization.
 - Provide healthcare services to underserved patient populations.
 - Have a private space to accommodate an acupuncturist.

The Community Connections Program

How does it work? (continued)

- ❑ To be a participating site (continued):
 - Purchase all acupuncture supplies
 - Identify a “point person” who can provide administrative supervision on site when needed and support the formation of the program.
 - ❑ Help organize the program at your site
 - ❑ Set up appointment system.
 - ❑ Develop charting system.
 - ❑ Allow graduates to participate in team meetings when possible.
 - ❑ Host an “Acupuncture Grand Rounds” for your providers, presented by a faculty member at TSCA

How much will it cost to operate the Community Connections program?

- You must purchase all acupuncture supplies, including
 - Needles
 - Treatment table (massage table)
 - Sharps container
 - Misc. Accessories

YEAR ONE COST (48 Weeks):

Approximately \$1,000

EACH ADDITIONAL YEAR (48 Weeks):

Approximately \$800

Current Participating Sites – 2008

- Callen-Lorde Community Health Center
 - Two acupuncturists
- St. Vincent's Rape Crisis Program
- Lutheran Medical Center
- Village Care of New York
 - Rivington House
- Community Healthcare Network of NY
 - CABS Health Center
 - Queens Health Center
- In progress: Center for Comprehensive Care (St. Luke's Roosevelt)

Acupuncture in the Mainstream

A few examples

- Widely incorporated into many mainstream settings such as:
 - **Pain Management Settings**
 - VA Hospital (Brooklyn and Manhattan)
 - Hospital for Joint Diseases
 - **Neurology Departments (post stroke)**
 - Lutheran Medical Center
 - Mt. Sinai Medical Center
 - **Oncology Departments (pain, stress)**
 - New York Presbyterian
 - Memorial Sloan Kettering
 - St. Vincent's Comprehensive Cancer Center
 - **Mental Health Settings (Addiction, Depression, Stress, Anxiety)**
 - Lincoln Hospital
 - Over 100 addiction treatment centers throughout New York City
 - FDNY's Counseling Services Unit
 - **Primary Care**
 - Beth Israel Medical Center's Continuum Center for Health and Healing
 - **HIV/AIDS Treatment Settings**
 - Village Care of New York
 - St. Lukes/Roosevelt – Center for Comprehensive Care

What Acupuncture Treats**

- Low back pain
- Neck pain
- Facial pain
- Headache
- Dental Pain
- TMJ
- Sciatica
- Tennis elbow
- Knee pain
- Periarthritis of the shoulder
- Induction of labor
- Morning sickness
- Nausea and vomiting
- Stroke
- Essential hypertension
- Primary hypotension
- Side effects from chemotherapy
- Allergic rhinitis
- Depression
- Primary dysmenorrhea
- Acute epigastralgia
- Peptic ulcer
- Acute and chronic gastritis.

** This list was developed by the World Health Organization (WHO) and is based on evidence generated from controlled trials. Official WHO Report:
Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials.

Acupuncture Research: *Excerpts from the Medical Literature*

Extensive research has been conducted on the efficacy of acupuncture to treat a wide variety of health conditions. Below are a few select study citations.

□ Allergic Rhinitis

- Brinkhaus B, Hummelsberger J, Kohnen R, et al. "Acupuncture and Chinese herbal medicine in the treatment of patients with seasonal allergic rhinitis: a randomized-controlled clinical trial." *Allergy*. 59(9):953-60, 2004.

□ Back Pain, Chronic

- Brinkhaus B, Witt CM, Jena S, et al. "Acupuncture in patients with chronic low back pain: a randomized controlled trial." *Archives of Internal Medicine*. 166(4):450-7, 2006 Feb.

□ Cancer Pain Relief

- Alimi D, Rubino C et al. "Analgesic effect of auricular acupuncture for cancer pain: a randomized, blinded, controlled trial." *Journal of Clinical Oncology*. 21(22):4120-6, 2003 Nov 15.

□ Depression

- Manber R, Schnyer RN, Allen JJ, et al. "Acupuncture: a promising treatment for depression during pregnancy." *Journal of Affective Disorders*. 83(1):89-95, 2004 Nov 15.

Acupuncture Research: *Excerpts from the Medical Literature (con't)*

□ Osteoarthritis

- Berman BM, Lao L, Langengerg P, et al. "Effectiveness of acupuncture as adjunctive therapy in osteoarthritis of the knee: a randomized, controlled trial." *Annals of Internal Medicine* 141(12):901-910, 2004

□ Headache/Migraine

- Vickers AJ, Rees RW, Zollman CE, et al. "Acupuncture for chronic headache in primary care: large, pragmatic, randomised trial." *BMJ*. 328(7442):744, 2004.

□ Stroke

- Wong AM, Su TY, Tang FT, Cheng PT, Liaw MY. "Clinical trial of electrical acupuncture on hemiplegic stroke patients." *American Journal of Physical Medicine & Rehabilitation*. 78 (2): 117-22, 1999.

□ Polycystic Ovary Syndrome

- Stener-Victoria E, Waldenstrom U, Tagnfors, U, et al. "Effects of electro-acupuncture on anovulation in women with polycystic ovary syndrome." *Acta Obstetrica et Gynecologica Scandinavica*. 79(3):180-8, 2000.

□ Pain Control, Post-Operative

- Lao L, Bergman S, Hamilton GR, Langenberg P, Berman B. "Evaluation of acupuncture for pain control after oral surgery: a placebo-controlled trial." *Archives of Otolaryngology -- Head and Neck Surgery*. 125 (5):567-572, May 1999.

For More Information

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