











California Telehealth Statement

- The Acupuncture License Practice Act does not specifically prohibit or sanction telehealth as a means for licensees to deliver acupuncture services to patients. Regardless of the medium of delivery, a licensed acupuncturist providing acupuncture services must exercise at all times the standard(s) of care and ethical standard(s) set forth in the Acupuncture License Practice Act and associated regulations.
- Licensees also are expected to meet at all times other statutory and regulatory requirements related to providing acupuncture services, such as proper records keeping of patient charts, proper examination of the patient, and ensuring the sufficiency of a treatment plan.
- Failure to comply with the requisite standard(s) of care and existing statutory, regulatory, and ethical requirements may result in administrative action(s) or citations/fines. Please note that regardless of the means of delivery of acupuncture services, the Board will not relax or modify its commitment and efforts to protect the public from unprofessional, unethical, or negligent licensed activity.

https://www.acupuncture.ca.gov/pubs_forms/telehealth_statement.pdf











Functions of Qi

- Transforming -Qi helps to transform our food and drinks into usable material for our cells as well as excrement.
- Moving and transporting- Qi helps to move and circulate blood, oxygen and food throughout our system. 推動作用 tuì dòng zuò yòng "When Qi moves, Blood moves."
- Holding, Controlling, Containing- Qi helps to hold organs in place and blood in our vessels.
- Protecting- Qi protects us from external pathogens, toxins and disease.
- Warming- Qi helps keep the body warm and maintains a normal body temperature.
- Nourishing- Qi nourishes and helps keep the body vital and strong.









Cardiovascular system				
16	Functions	Transport of gases, nutrients, electrolytes, wastes, hormones		
	Heart	Layers - myocardium, endocardium, epicardium Chambers - left and right atria, left and right ventricles Blood vessels - arteries (oxygenated blood), veins (deoxygenated blood)		
	Blood vessels	Arteries, veins, capillaries Hierarchy: Heart -> arteries -> arterioles -> capillaries [gas exchange - oxygenated blood becomes deoxygenated] -> venules -> veins -> heart		
	Circulations	Pulmonary - superior and inferior vena cava (with deoxygenated blood) -> right atrium -> right ventricle -> right and left pulmonary artery -> capillaries of each lung (oxygenation of the blood) -> pulmonary veins -> left atrium -> systemic circulation Systemic - left atrium -> left ventricle -> aorta and all of its branches -> capillaries -> veins -> superior and inferior vena cava -> pulmonary circulation Coronary - ascending aorta -> right coronary artery -> right marginal branch, posterior interventricular artery, left coronary artery -> anterior interventricular branch (anastomoses with the posterior branch), circumflex artery		
	Blood	Plasma with cellular components: Erythrocytes (red blood cells) - contain hemoglobin and carry oxygen throughout the blood vessels Leukocytes (white blood cells) - immune system cells Thrombocytes (platelets) - coagulation cells		
	Clinical relations	Arteriosclerosis, cerebrovascular disease, peripheral artery disease, aneurysm, varices, arrhythmia, heart failure		
https://www.kenhub.com/en/library/anatomy/circulatory-system				



































Atrial Fibrillation 1

is the most commonly sustained rhythm disorder observed in clinical practice. It is often not immediately life threatening, but it can have serious clinical consequences such as ischemic stroke.

According to the Merck Manual: "Atrial fibrillation (A-fib) is a rapid, irregularly irregular atrial rhythm. Atrial thrombi often form, causing a significant risk of embolic stroke. Diagnosis is by ECG.

Treatment involves rate control with drugs, prevention of thromboembolism with anticoagulation, and sometimes conversion to sinus rhythm by drugs or cardioversion. AF is affecting about 2.3 million adults in the US. Men and whites are more likely to have AF than women and blacks. Prevalence increases with age; almost 10% of people over 80-year-old are affected."













Myocardial Infarction 3

Symptoms:

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- deep, substernal, visceral ache or pressure, radiating to the back, jaw, left arm, right arm, shoulders, or all of these areas
- dyspnea
- diaphoresis
 - nausea and vomiting
- pain may be slightly or temporarily relived by rest or after administering nitroglycerin.
- 20% of acute MIs are asymptomatic or cause vague symptoms
- Mls are more common in patients with diabetes
- women are more likely to present with atypical chest discomfort
- elderly patients may report dyspnea more than chest pain

Risk factors:

Most heart attacks result from atherosclerosis. The risk factors for heart attack and atherosclerosis are basically the same:

- An abnormally high level of blood cholesterol (hypercholesterolemia)
- An abnormally low level of HDL (high-density lipoprotein), commonly called "good cholesterol"
- High blood pressure (hypertension)
- Diabetes
- Family history of coronary artery disease at an early age
- Cigarette smoking
- Obesity
- Physical inactivity (too little regular exercise)



	Heart	Failure				
41	41 Heart failure is a major health problem in the United States, affecting about 5.7 million Americans. About 550,000 new cases of heart failure occur each year.					
	It's the leading of	cause of hospitalization in people of	n people older than 65.			
		Type of heart failure	Description			
Normal heart	Enlarged hear	Left-sided heart failure	Fluid may back up in your lungs, causing shortness of breath.			
		Right-sided heart failure	Fluid may back up into your abdomen, legs and feet, causing swelling.			
		Systolic heart failure	The left ventricle can't contract vigorously, indicating a pumping problem.			
0 MAYO FOUNDATION FOR MEDICAL EDUCATION		Diastolic heart failure (also called heart failure with preserved ejection fraction)	The left ventricle can't relax or fill fully, indicating a filling problem.			
https://www.mayoclinic.org/diseases-conditions/heart-failure/symptoms-causes/syc-20373142 https://my.clevelandclinic.org/health/diseases/17069-heart-failure-understanding-heart-failure						



Patient consult

- No Red Flags ECG Patient consult: Dear Ms. Jane Doe please note I am not a cardiologist, I do NOT read an ECG, all I do just interpret mobile cardiograph in terms of traditional medicine pulse reading techniques, shall you have any questions or concerns about your heart heath or ECG please consult your PCP and/or cardiologist.
- RED FLAG ECG Patients consult: Dear Ms. Jane Doe please note I am not a cardiologist, I do NOT read an ECG, all I do just interpret mobile cardiograph in terms of traditional medicine pulse reading techniques. Your ECG graph has some elements that are beyond my scope of practice, please consult your PCP and/or cardiologist (ASAP).

















Pulses most commonly used in USA today				
52	Pulse	Description		
	Fast Slow	Pulse is greater than 80 beats per minute. Pulse is less than 60 beats per minute.		
	Full	Pulse can be felt strongly on all three levels (superficial, middle and deep).		
	Empty	Feels weak, and with pressure cannot be felt at all.		
	Floating	Pulse is the strongest at upper level, and can be felt with only a light touch.		
	Deep	Pulse is the strongest at lowest level and requires deep pressure to be felt.		
	Knotted	Irregularly irregular and slow. Pulse is missing a beat with no apparent pattern.		
	Hurried	Irregularly irregular and fast. Pulse is missing a beat with no apparent pattern.		
	Intermittent	Regularly irregular. Pulse is missing a beat with a definite pattern.		
	Choppy	Pulse is uneven and rough, feels like a knife scraping bamboo.		
	Slippery	Pulse feels like pearls rolling on the dish. This pulse quickly hits each position of quickly rolls away.		
	Thin/Thready	Pulse feels thinner than it should.		
	Tight	Pulse feels taught like a rope, thicker than wiry, feels as if the pulse evenly hits the fingers in different places with every beat.		
	Wiry	a straight, long and taut pulse, like a musical string to the touch		

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48 TCM pulse descriptions as outlined in WHO International Standard Terminologies on Traditional Medicine in the Western Pacific Region. World Health Organization (2007):

36	2.4.60	strange pulse	special pulses signifying critical conditions
37	2.4.61	true visceral pulse	a pulse condition indicating exhaustion of visceral qi
38	2.4.62	pecking sparrow pulse	an urgent rapid pulse of irregular rhythm that stops and starts, like a sparrow pecking for food
39	2.4.63	seething cauldron	an extremely rapid floating pulse that is all outward movement and no inward movement, also known as bubble-rising pulse
40	2.4.64	waving fish pulse	a pulse that seems to be yet seems not to be present, like a fish waving in the water
41	2.4.65	darting shrimp pulse	a pulse that arrives almost imperceptibly and vanishes with a flick, like a darting shrimp
42	2.4.66	leaking roof pulse	a pulse that comes at long and irregular intervals, like water dripping from a leaky roof
43	2.4.67	untwining rope pulse	a pulse, not loose, not tight, with an irregular rhythm like an untwining rope
44	2.4.68	flicking stone pulse	a sunken replete pulse that feels like flicking a stone with a finger
45	2.4.69	upturned knife pulse	a pulse like a knife with the blade pointing upward, i.e., fine, string-like, and extremely tight
46	2.4.70	spinning bean pulse	a pulse that comes and goes away, elusive like a spinning bean
47	2.4.71	confused skipping pulse	a pulse extremely fine and faint, and urgent, skipping and chaotic
48	2.4.72	anomalous pulse	a sudden change of pulse condition in a laboring woman
		https://www.	asigntherapies org/WHO_Terminology%20Manual.pdf

Summary of Pulses according to 8 principles differentiation					
54	Principles	Category	Palpation	Similar pulses	
	Exterior	superficial	Felt with light pressure	Floating, hollow, drumskin	
	Hot	replete	More than 5 beats per breath (>80 BPM)	Rapid, stirred, skipping, racing, pecking sparrow, seething cauldron, confused skipping	
	Excess	full	Large, long	Surging, large, long, slippery, string- like, tight	
	Interior	deep	Felt with deep pressure	Deep, sunken, firm, hidden, flicking stone	
	Cold	slow	Less than 3 beats per breath (<60 BPM)	Slow, intermittent, bound, leaking roof, untwining rope, spinning bean	
	Deficient	vacuous	Small, short	Fine, rough, short, soggy, relaxed, faint, weak, dissipated, soft, waiving fish, darting shrimp	

































Rate - is the number of beats per minute. The position on an ECG is along the longitudinal dimension. Rate is clearly displayed on the top of an ECG printout.

Clinical significance:

- Racing Fire or extreme replete or vacuous heat
- Rapid replete or vacuous heat
- Moderate normal or requires clinical correlation
- Slow cold, or Heart Qi vacuity, or normal (athletes)



































