

TCM Gynecology

Spring 2009

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COURSE TITLE:	TCM Gynecology
COURSE NUMBER:	HM363
UNITS/HOURS:	3/45
INSTRUCTOR:	Rikke Blessing, MSTCM, L.Ac., Dipl. O.M.
TERM OFFERED:	VIII

COURSE OBJECTIVE:

This course provides an in depth study of TCM Gynecology and Obstetrics. After completing this course the student will have a firm understanding of the special characteristics of female anatomy, physiology, and pathophysiology, and the importance of the menstrual cycle as an indicator of systemic balance. The course will cover common gynecological problems and provide the student with the fundamental skills necessary to treat and diagnose a wide range of female disorders, such as abnormal menstruation, leucorrhoea, ovulatory disorders and infertility. Special importance is placed on safety during pregnancy and postpartum care. During this course, the student will also gain basic knowledge of Western treatment protocols and be familiar with integrated approaches to gynecological disorders.

Upon completion of the course, the student is expected to be able to independently diagnose and treat female diseases through the scientific TCM method and be familiar with basic concepts of gynecology and obstetrics.

TEACHING METHODS:

Teaching methods include lectures, discussion, charts, handouts, slides, quizzes, case studies, midterm and final exam.

GRADING POLICY:

15% attendance and classroom participation, 10% quizzes, 35% midterm, 40% final.

PRE-REQUISITES:

Diagnosis II (OM245), Formulas II (HM253)

TEXTBOOK:

Obstetrics and Gynecology in Chinese Medicine, by Giovanni Maciocia

REFERENCES:

Chinese Medical Obstetrics. By Bob Flaws

Obstetrics and Gynecology in Chinese Medicine, by Yu Jin, M.D.

A Compendium of Chinese Medical Menstrual Diseases By Bob Flaws

Treatment of Infertility with Chinese Medicine by Jane Lyttleton

Clinical Gynecologic Endocrinology and Infertility by Speroff and Fritz

OUTLINE:

Week 1: Anatomy & Physiology of the Female Reproductive System

The uterus, ovaries, fallopian tubes, basic endocrinology, HPO axis, normal menstruation and ovulation, TCM internal organs, extraordinary meridians

Week 2: Etiology, Diagnosis and Treatment, TCM Pathology

External factors, emotions, diet, excessive work, interrogation, palpation, observation, auscultation, general methods & treatment principles of TCM and Western approaches, pathologies of Qi & Blood, Zang & Fu and the extraordinary meridians

Week 3: Pathology: Menstruation

Painful periods, flooding/trickling, amenorrhea, early/late/heavy/scanty bleeding, short/long/irregular cycles, problems at time of period: PMS, diarrhea, headaches, edema, body aches, dizziness, skin problems

Week 4: Pathology: Common Gynecological Problems (1)

PCOS, endometriosis, ovulatory disorders

Week 5: Pathology: Common Gynecological Problems (2)

Uterine prolapse, abnormal vaginal discharge, inflammatory diseases such as PID, yeast and bacterial infections, UTI, vaginitis

Week 6: Pathology: Masses & Tumors

Fibroids, cancers of the reproductive organs

Week 7: Case Studies & Review Class

Week 8: Midterm

Week 9: Infertility (1)

Appropriate history taking, BBT charting, review of basic endocrine panels, HSG and other Western diagnostic tools

Week 10: Infertility (2)

When and how to treat with acupuncture and herbs, when to refer, IUI & IVF protocols

Week 11: Obstetrics (1)

Pregnancy, morning sickness, threatened miscarriage, inevitable miscarriage, back pain, edema, pre-eclampsia, diabetes, turning breach

Week 12: Obstetrics (2)

Labor induction, postpartum care, mastitis, insufficient lactation, depression, retained lochia, hemorrhoids, constipation

Week 13: Menopause

Physiological and hormonal changes, hot flashes, constipation, vaginal dryness, emotional changes

Week 14: Case Studies and Review Class

Week 15: Final Exam