

Community Acupuncture Project

Yin-Yang Healing Path

Agenda

Part One

- What to expect?
- Community Acupuncture Project: past, current and future phases
- TCM Practice historical Perspective
- Why community acupuncture?

Part Two

- Protocols
- Four Cases
- Show case: meditation
- Treatment Plan, Goal & Methods

Part Three

- Exploring the future
- Demo an app (workflow)

Community Acupuncture Project

Community Acupuncture Project

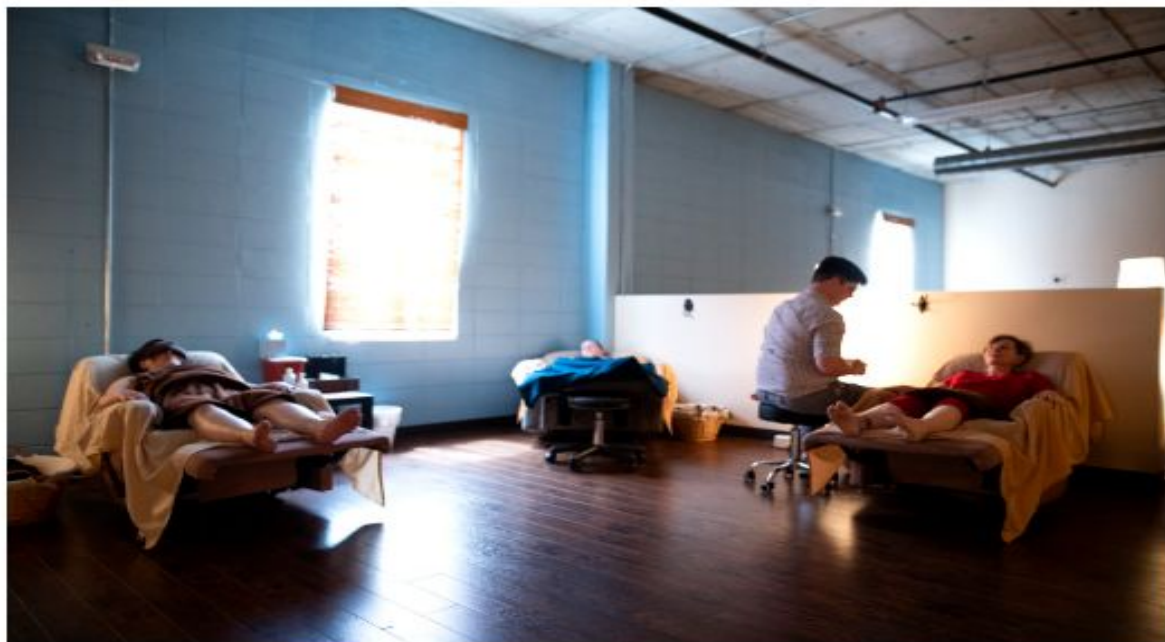
Part One

What to Expect: Community Acupuncture

Community Acupuncture is a practice where patients receive acupuncture treatments together in a **large room**, creating a **group setting**. Here's how it works:

1. **Group Setting:** Patients relax in a shared space while receiving acupuncture. This communal approach allows for a supportive and calming environment.
2. **Affordability:** Community acupuncture clinics often offer treatments at an affordable price. By treating multiple patients simultaneously, costs are reduced, making acupuncture accessible to more people.
3. **Benefits:**
 - **Relaxation:** Patients can unwind and enjoy the benefits of acupuncture in a peaceful atmosphere.
 - **Social Connection:** Being part of a group can foster a sense of community and connection.
 - **Effective Treatment:** Despite the shared space, individual treatment plans are tailored to each patient's needs.

Ref: [what is community acupuncture](https://encircleacupuncture.com/what-is-community-acupuncture/). <https://encircleacupuncture.com/what-is-community-acupuncture/>



Community acupuncture is the practice of treating patients together in a large room. This differs from traditional acupuncture where treatment is administered in a private room setting.

Many clinics across the country, including ours, have chosen to adopt the community acupuncture model approach because it makes getting treatment more accessible and

Ground up: First Phase

- A trial of 4 veterans in Feb 2022
- Reported in Ac NZ AGM in 2022

Ref:

<https://www.kcnews.co.nz/2022/07/04/not-all-wounds-bleed-kapiti-acupuncture/>

Not all wounds bleed

July 4, 2022 Community, Latest news..., Lifestyle 0



Jason Bei leads an acupuncture and meditation session with Mark, Mike, and Angela

Current: Second Phase

Kapiti Community Acupuncture Project

- Started in Mar, 2023
- One - two hours each
Saturday on Koha
- Using MYMOP2 to track
changes

To Serving and Ex-Serving Military:

The acupuncturist(s) who work in this project have completed the **RSA 'Veteran Ready' Certification Process** and have an understanding of military culture and the physical and mental health and wellbeing issues related to service. They have been involved in the treatment of chronic pain, anxiety, depression, PTSD (Post Traumatic Stress Injury) and general health maintenance.



Community Acupuncture Project



**Holistic Acupuncture Healing
Provided in the Community
for the Community**

Time: Saturday 9 - 11 am
Location: 13A-14 Kapiti Lights
Kapiti Acupuncture
& Wellness Clinic



Future: A New Phase

Community Acupuncture Project

- Starting in May, 2024
- Venue: Porirua RSA
- 2 - 3 hours each Sunday on Koha/Price Scale
- Using MYMOP2 to track changes

To Serving and Ex-Serving Military:

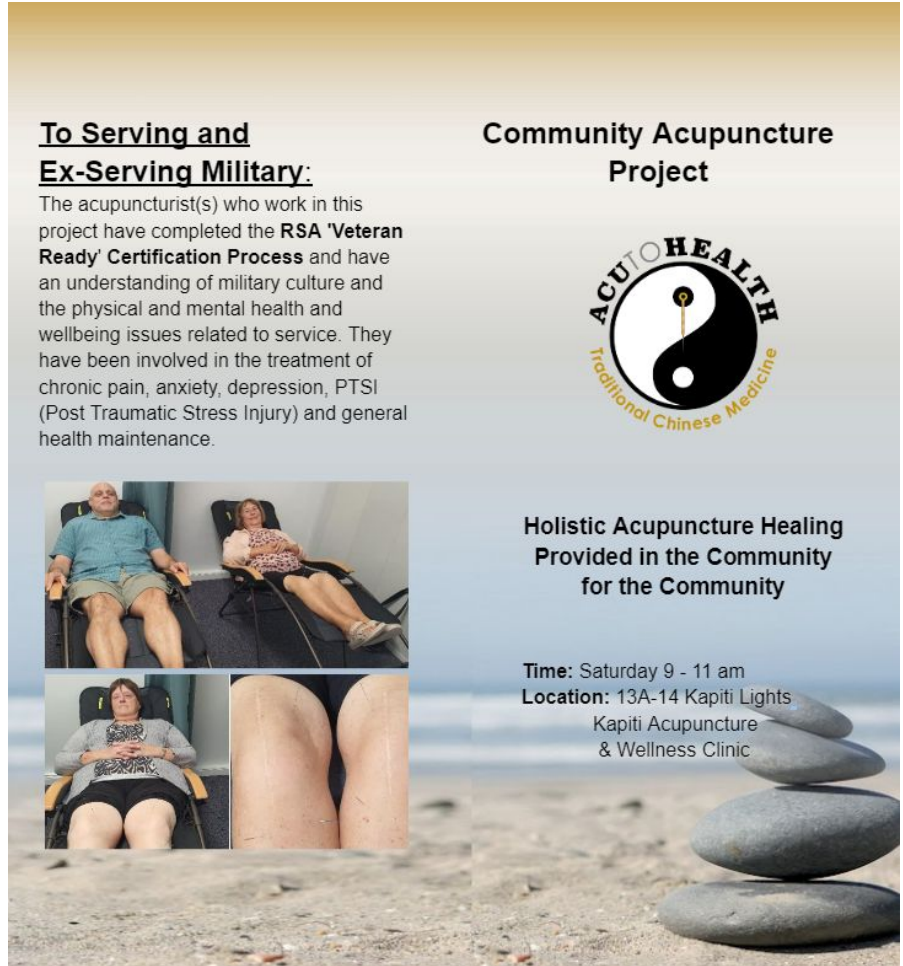
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TCM practice from historical perspective: Community Acupuncture

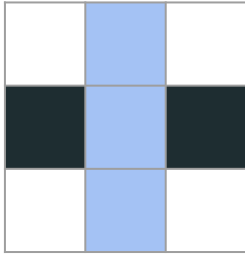
1. **坐堂行医**: 顾名思义,坐堂行医就是中医医师待在一个固定的地方如医馆,等待病人上门求医为其诊治开药的行为。**传说坐堂行医始于东汉末年的“医圣”张仲景**。张仲景早年学医,后来进入仕途并一路高歌猛进,仅26岁就官至长沙太守。虽然做了大官,但是张仲景依然在政务之余用医术为百姓治病。**他亲自坐于衙门大堂之中,凡有疾病者不论贫贱与否皆可入衙门接受诊治**。由于衙门被称为“大堂”,后来的医馆就被称为“堂”。现在的北京“同仁堂”、长沙的“九芝堂”、沈阳的“天益堂”等医药企业就是曾经有过医术高超的坐堂医生的传承。

2. **走方郎中**: 走方郎中,又称**游方郎中**、**虎撑**、**铃医**。是古代懂得医药知识的人走街串巷为人治病,没有固定的营业场所的中医。他们往往手拿一根棍子,棍子上系着铃铛。行医时边走边摇铃铛,沿途的需要治病的人听到了就会出来相请。在人数规模与地域分布上**游方郎中要多于坐堂郎中**。因为一些地域偏僻,条件艰苦的地方没有中医医师愿意开医馆在那里,所以在这些地方走方郎中所起的作用要更大。

Community Acupuncture

- **坐堂行医** zuò táng xíng yī - waiting patients to come, sitting in a hall practicing medicine. First started from Zhang Zhong-jin. Tang (堂 táng) is still the traditional brand for acupuncture
- **走方郎中** zǒu fāng láng zhōng - walking in the community, visit the patients

Why community acupuncture



Treasure 3: Heaven - People - Earth

1. Yin perspective: Earth view
2. Yin and yan perspective: Human/People view
3. Yang perspective: Heaven view

Specifically the questions are

- How many people needs acupuncture treatment? How many can you treat? How many are you treating daily?
- What can you treat? What is your mission in doing acupuncture?
- What are the ways to provide acupuncture service?

Community Acupuncture

- Jason's grandfather walked to his clients in early 1900 in China.
- In Malaysia, Jason's grandfather sit in a private clinic, with no treatment bed
- Master Tung (董氏针灸) treated 300,000 in his 30 years practice. He saw 40 patients daily

Why community acupuncture (continued)

It is a big big big question!!!

Contemplate on a trip to a mountain and a waterfall sightseeing.

- Before
- In the middle
- After

*Wanderer, seeking amidst distant mountains,
From afar, contemplate the peaks; draw close, scrutinize
the waters.*

*In a fleeting yin-yang switch, an epiphany dawns:
mountains cease to be mountains, waters cease to be
waters;*

*Regardless of nays and yeas, you journey to the end,
settling in quiet to watch the clouds ascend.*

*In your treasured recollection, mountains reclaim their
essence, waters regain their form.*

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行道者，求于远山。
远观山，近察水。
猛然一看：山非山，水非水；
行至尽头处，静坐观云升。
蓦然再回首：山还是山，水还是水。

People in the community

The Community Acupuncture Project is for mental-physical health and challenges are facing by:

- Former or current members of the military
- Former or current public safety officers
- Their families who support their spouse/partners
- General public with limited finance or
- General public willing to come to support the community project

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Target audience

Mental Health Issues:

- **Post-Traumatic Stress Disorder (PTSD)** stemming from combat exposure and traumatic events.
- **Depression and anxiety** linked to the pressures of military life and deployments.
- **Traumatic Brain Injury (TBI)** affecting cognitive function due to combat-related incidents.
- **Military Sexual Trauma (MST)** resulting in lasting psychological effects like PTSD and depression.
- **Substance abuse** as a coping mechanism for stress, trauma, and military life challenges.
- **Elevated suicide risk** due to the complex interplay of stressors, mental health issues, and stigma.

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Mental-physical health issues for carrying out their duties, either in warfare or supporting natural disaster operations

Reference:

<https://link.springer.com/article/10.1007/s12144-023-04368-9#:~:text=The%20exposures%20to%20disasters%20place,%2C%202011>

Physical Health Issues:

- **Musculoskeletal injuries**, including fractures and chronic pain from training and combat exposure.
- **Traumatic injuries** such as amputations, burns, and spinal cord injuries from combat incidents.
- **Chronic pain conditions** associated with injuries, repetitive strain, and disorders like fibromyalgia.
- **Exposure to environmental hazards** during deployment, leading to respiratory problems or toxin-related illnesses.
- **Increased risk of infectious diseases** during deployments to endemic regions.
- **Sleep disorders** resulting from irregular schedules, combat-related stress, and challenging living conditions.

Community Acupuncture Project

Mental-physical health issues for carrying out their duties, either in warfare or supporting natural disaster operations

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Are you veteran-ready?

Cultural Safety

- Complete specific online modules on [PsychArma](#) website

Protocols

- [provided evidence of meeting agreed clinical protocols](#)

Qualified as Veteran-ready acupuncturist

- **Private treatment:** for veterans who has diagnosed with a mental health issue. Complete an assessment form sent from a case manager. or
- **Set Up a community practice** with a local RSA branch, at your own clinic, or at a community venue.

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Acupuncture NZ

Veteran-Ready Program

Auricular Protocols

NADA (5 points, seeds or press-needles, or 30mm needles)

- Sympathetic
- Shen men
- Kidney
- Liver
- Lung

BFA (5 points, ASP Gold needles, press-needles)

- Local Effects: neuropeptides
- Segmental Analgesia: enkephalin
- Extrasegmental Analgesia: beta-endorphin, Serotonin, in periaqueductal gray matter (PAG)
- Central Regulatory Effects: limbic system

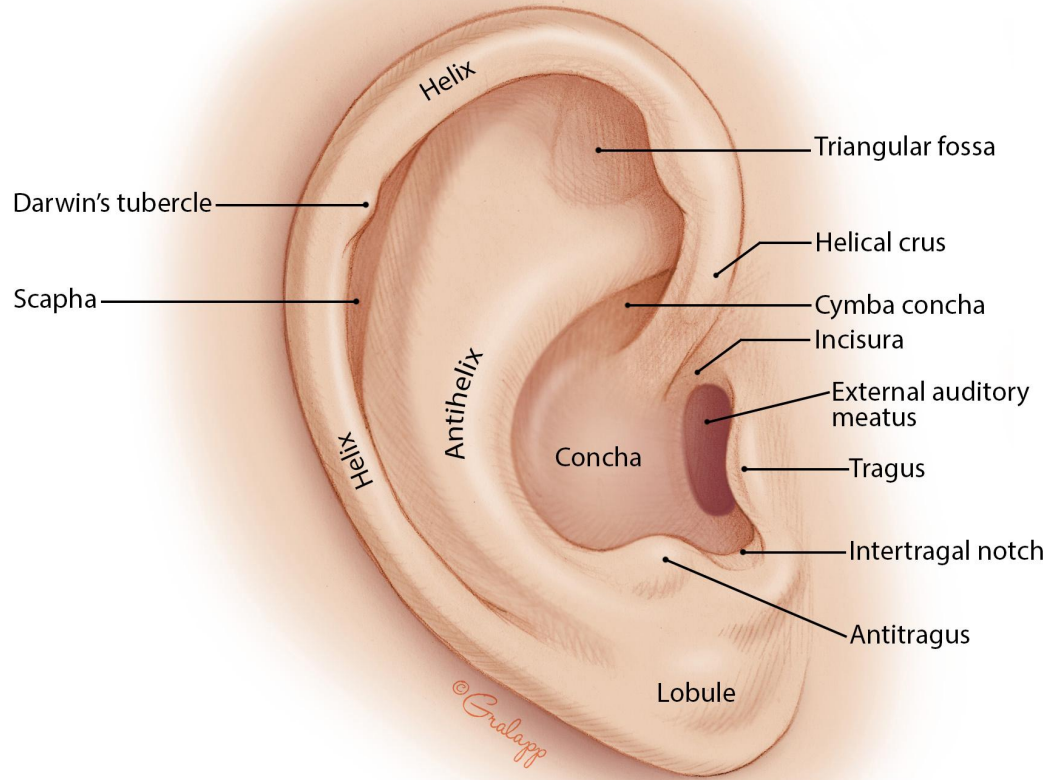
ATP (6 HMI Auricular Trauma Protocol, seeds, ASP Gold needles, or 30 mm needles)

- hypothalamus: parasympathetic function
- amygdala: modulate emotions
- hippocampus: trauma memory
- master cerebral: anxiety point
- point zero: homeostatic balance
- shen men: psychospiritual vitality

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Treatment Protocols

Ref: Acupuncture NZ Battlefield
Acupuncture Penta Balance method



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Part Two

Auricular Protocols

NADA (5 points, seeds or press-needles, or 30mm needles)

- Sympathetic
- Shen men
- Kidney
- Liver
- Lung

Community Acupuncture Project

Treatment Protocols

Ref: Acupuncture NZ Battlefield
Acupuncture Penta Balance method

NADA Protocol for Behavioral Health. Putting Tools in the Hands of Behavioral Health Providers: The Case for Auricular Detoxification Specialists

Elizabeth B Stuyt,^{1,*} Claudia A Voyles,² and Sara Bursac³

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Abstract

Go to: ►

Background: The National Acupuncture Detoxification Association (NADA) protocol, a simple standardized auricular treatment has the potential to provide vast public health relief on issues currently challenging our world. This includes but is not limited to addiction, such as the opioid epidemic, but also encompasses mental health, trauma, PTSD, chronic stress, and the symptoms associated with these conditions. Simple accessible tools that improve outcomes can make profound differences. We assert that the NADA protocol can have greatest impact when broadly applied by behavioral health professionals, Auricular Detoxification Specialists (ADSes). **Methods:** The concept of ADS is described and how current laws vary from state to state. Using available national data, a survey of practitioners in three selected states with vastly different laws regarding ADSes, and interviews of publicly funded programs which are successfully incorporating the NADA protocol, we consider possible effects of ADS-friendly conditions. **Results:** Data presented supports the idea that conditions conducive to ADS practice lead to greater implementation. Program interviews reflect settings in which adding ADSes can in turn lead to improved outcomes. **Discussion:** The primary purpose of non-



Auricular Protocols

BFA (5 points, ASP Gold needles, press-needles)

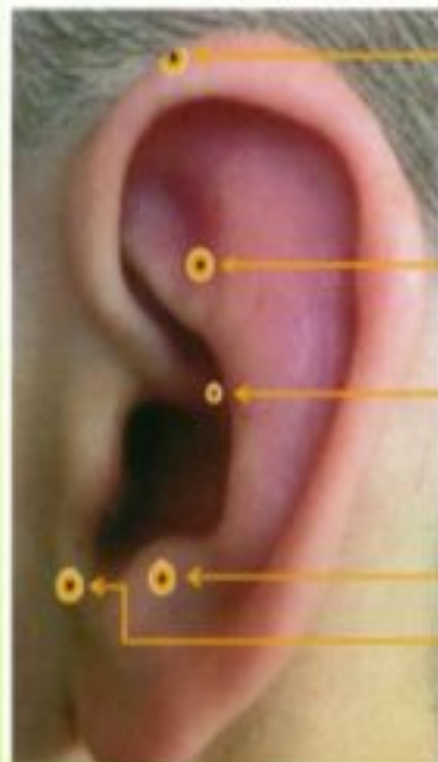
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- Central Regulatory Effects: limbic system

Community Acupuncture Project

Treatment Protocols

Ref: Acupuncture NZ Battlefield
Acupuncture Penta Balance method

Point Atlas (C-T-O-P-S mnemonic f/placement order)



Omega 2

"O" Needle 5 and 6

Shen Men

"S" Needle # 9 and 10

Point Zero

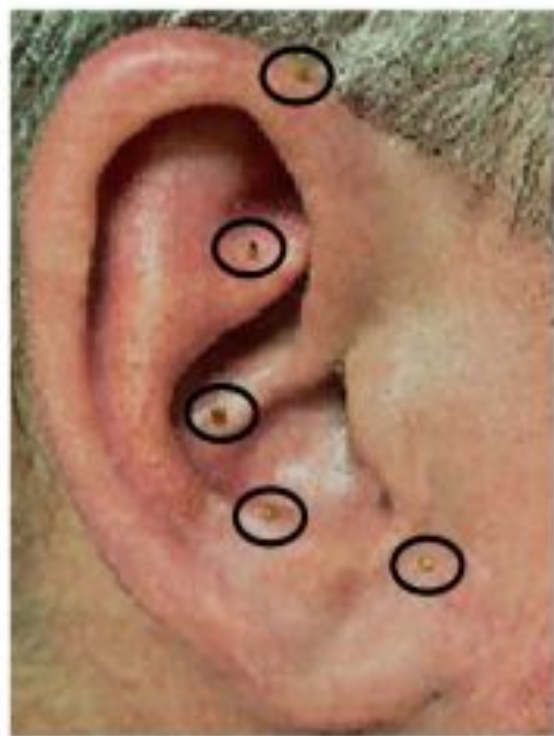
"P" Needle # 7 and 8

Thalamus

"T" Needle # 3 and 4

Cingulate Gyrus

"C" Needle # 1 and 2



Auricular Protocols

ATP (6 HMI Auricular Trauma Protocol, seeds, ASP Gold needles, or 30 mm needles)

- hypothalamus: parasympathetic function
- amygdala: modulate emotions
- hippocampus: trauma memory
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- shen men: psychospiritual vitality

Community Acupuncture Project

Treatment Protocols

Ref: Acupuncture NZ Battlefield
Acupuncture Penta Balance method

Auricular Trauma Protocol (ATP)



FIG. 1. Auricular Trauma Protocol points. Numbers indicate order in which the protocol is applied.

Acupuncture Protocols

TCM Pair Points

- ST - SP (energy digestion)
- LV - GB (metal tension)
- KD - BL (physical pain)

Tung Style Points

- Contralateral (healthy side)
- Ipsilateral (problem side)

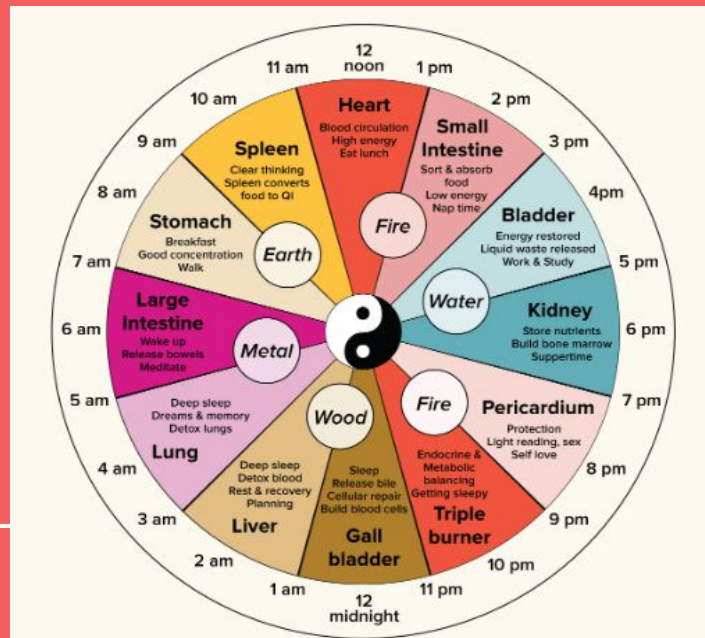
Mixed it up and add balanced methods

- ST - SP | PC - SJ
- LV - GB | SI - HT
- KD - BL | LI - LU

Always use: EM2 (印堂 Yintang) - or T1010.08 Zhen Jing (鎮靜) Tranquilization

Community Acupuncture Project

Treatment Protocols



Case A

A veteran from the artillery. His wife suffers MS for years and getting worse. He drunk himself everyday due to stress, depression. PTC: severe insomnia.

- He was accompanied by supporters from Porirua RSA supporters John and Mark to my clinic. Received one session. He had 3 nights sound sleep.
- He has come for another visit, and willing to participate in project in the next phase.

Case B

A person has mental health issues running in his family, works as a heavy duty truck driver.

- He used to come every week to receive auricular protocols for anxiety and stress.
- He came recently for his shoulder pain after climbed up/down the truck frequently.

“Hi there my name is John and I have been a patient of Jason for nearly a year now.

Jason has been treating me for depression, fatigue, elbow strain and shoulder pain.

Jason has been very supportive with helping me with my health issues and very good at fixing my health issues with acupuncture and advice.

I have found Jason’s methods of treatment to be very effective and quick and friendly service.

I recommend Jason for any acupuncture therapy treatment.

Cheers John”

Case C

A veteran has never been able to sleep well.

"For decades, I have frequently struggled to go to sleep quickly and then stay asleep. I have tried many different solutions; listening to the internal body clock, cool and dark bedroom, lavender oil, no devices or caffeine after a certain etc etc. None of these seemed to have a lasting effect. I would periodically enjoy short periods of restorative sleep but I would inevitably end up back in a cycle of little and/or broken sleep.

However, in July this year it suddenly dawned on me that I was nodding off almost straight away night after night and not for only a few days. This was happening week after week! I began to track this pattern, somewhat hesitant to think too hard about it lest I jinx it. But, to my surprise, this has remained steady in the months that followed.

*What had changed?! I searched my memory for an explanation but **I kept coming back to the fact that the only thing that I was doing differently was having regular (weekly or two-weekly) acupuncture sessions** at Jason Bei's community sessions on a Sat morning since Feb 23. I had seen Jason off and on over the last 2 years, as we worked together on a 'acupuncture for Veterans' project and on my own physical injuries (most of which arose out of my Army service) but for short periods only.*

When I ended up with a number of injuries all resulting in constant pain and reduce immobility I decided to give more regular acupuncture 'a go' – what could it hurt? As it turned out it has not only improved pain management and mobility but, as a completely unforeseen consequence, improved my sleep significantly, which has had flow on benefits to other parts of my day-to-day life.

I can confidently say that the complimentary and holistic benefits of acupuncture have worked for me in an area which, for literally decades, was a significant health problem.

Case D

Supporting a cancer patient. She has a stage 4 lung cancer, not viable to receive surgery, treated with targeted therapy Osimertinib the medication shrinks the tumour. I am helping her strong side effects with acupuncture and Chinese herbs.

She left a review on google, I shared it on my facebook page, read this [link](#).

Jason has systematically removed side effects that occur with the Western medicine.

I have Advanced Lung Cancer with EGFR mutation which means I can be treated with targeted therapy Osimertinib the medication shrinks the tumour.

However, there are extensive side effects, such as

- Fatigue
- Ulcers in the mouth
- Skin eruptions
- Red burning eyes
- Thinning of hair
- Dry skin
- Breathlessness
- Anxiety
- Weakness
- Joint and muscle pain
- Hair loss
- Inflammation, to name a few

Jason has relieved all of the above side effects. My quality of life has improved tenfold.

Case summary

Case 1 (veteran: Insomnia, substance abuse, PTSD): tung style acupuncture, auricular protocol: ATP

Case 2 (Anxiety, injury): auricular protocol: ATP, TCM pair points

Case 3 (veteran: moral injury, pain, insomnia): tung style acupuncture, auricular protocol: BFA

Case 4 (cancer support: toxic heat, phlegm and blood stasis) : TCM protocols, auricular protocol NADA, Chinese herbs (granules)

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Treatment protocols

Interactions in Community Settings

Connection

- Fosters connections between practitioners and participants by providing acupuncture treatments
- Among participants through shared experiences of healing and support,
- Individuals forge connections with one another, creating a sense of belonging and community.

People

- Serving multiple patients simultaneously, emphasizing **inclusivity and accessibility**.
- By offering affordable acupuncture treatments in group settings, it reaches a **broader demographic**
- In Treasure 3 **People** is the **connection** in between Earth and Heaven.

Meditation

Incorporating elements of mindfulness and meditation, creates a tranquil and supportive environment for healing. Patients are encouraged to relax and focus on their inner experiences during acupuncture sessions, promoting holistic well-being and stress relief.

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Connection, People, and Meditation

Preparation: Begin by finding a quiet and comfortable space where you can sit or lie down without distractions.

Introduction: Today's theme **Mountain torrents cascading over the riverbed rocks**

Focus on Breath: Take a few deep breaths to center yourself and bring your focus inward. Pay attention to the sensation of your breath entering and leaving your body.

Visualization: As you continue to breathe deeply, imagine yourself surrounded by the elements described in the poem.

Reflection: As you meditate, reflect on the themes and imagery presented in the poem.

Inner Exploration: Allow yourself to explore any thoughts, feelings, or memories that arise during the meditation.

Community Acupuncture Project

Connection: Meditation

**Meditation on riverbed rocks been
washing by night torrential rain**

Now, hear this small voice, in the midst of white noise of a night torrential rain:

Today, let us embark on a journey guided by the imagery and wisdom of nature.

Nothing in life lasts forever, and how we hold ourselves in the current moment can profoundly shape our experience of this impermanence.

As we settle into this meditation, let's embrace the powerful symbolism of rushing torrents, misty lamplight, and solid stone.

Through these elements, we'll explore the ebb and flow of emotions, the resilience of our spirits, and the beauty of impermanence.

As we breathe deeply and connect with the natural world around us, let's reflect on our own inner landscape, allowing thoughts and feelings to come and go like ripples in a stream.

Together, let's cultivate gratitude for the experience of meditation and the interconnectedness of all beings. With open hearts and minds, let us begin

Community Acupuncture Project

Connection: Meditation

**Meditation on riverbed rocks been
washing by night torrential rain**

激流涌过

且让今夜来自山地
千万张树叶
倾泻着骤雨

且让我是块石头正被冲刷
趁事物还能让我明确
人可以身在何处

这愿望来自感觉的寻找
当春天长驱直入，惊蛰之后
我的触角也要更新

所以水雾要透彻灯光
响应心境的朦胧
以及二胡的婉转

就这样我开始承担作为一块石头
的生活：激流涌过
我把我的感受称之为无中生有

或者是创造的自由
一次楔入泥土的行动
又必是水花飞溅-- 像石头

如此的美妙取决于
埋藏的深与重
显露的冷和白

麻木或痛楚
呵，一次次的
轻擦

欣悦或沉睡
哦，一次次的
神迷

当一只溺毙的红蚂蚁带来了更多的雨水
当你发现我成了石头，
石头，就有了心跳

Tonight from the mountains to the river, autumn leaves cascade in torrential rain

Let me be like a river-stone grounded in the depths of river-bed, while the torrents rush by uninterrupted

When a person rests in the dark, it becomes clear a deep longing searches for sensation

As spring bursts forth, like new life emerging from hibernation, our senses too must renew

So let the mist penetrate the light, echoing the desires of the heart to the plaintive melody of the èrhú music – two strings in harmony

*Amidst torrents rushing, feelings emerge from my void
The rushing torrent splashes freedom, bringing new creation, embedding desires*

Such beauty depends on the depth and weight of buried things - exposed, revealed in the river's cold currents

Numbness or agony, ah-ha, each a gentle stroke of waves, joy or slumber, oh, each a bewitching trance

When a drowning red ant signals more rain, I discover I am stone

Stone, then has a heartbeat, has warmth, has new life

Gratitude: Finally, take a moment to express gratitude for the experience of meditation and for the natural world that surrounds and sustains us.

Closing: When you feel ready, gently bring your awareness back to the present moment. Wiggle your fingers and toes, stretch your body if needed, and slowly open your eyes.

Community Acupuncture Project

Connection: Meditation

**Meditation on riverbed rocks been
washing by night torrential rain**

Treatment plan (CAPMPETP)

TCM Goal:

Promote Qi flow in channels and collaterals, and regulate imbalances and abnormalities between the fundamental substances of **Qi, Blood, Body Fluids, and Jing Essence** within the context of a community acupuncture project. T

TCM Objectives:

This approach aims to balance emotions, strengthen the **three treasures of Jing, Qi, and Shen**, and enhance mental physical balance and wellness.

Community Acupuncture Project

Community Acupuncture Project
Mental Physical Health Holistic
Evaluation and Treatment Plan
(CAPMPETP)

Treatment plan (CAPMHETP)

Overarching Treatment Strategy and Principles:

Cultivate emotional balance, stabilise mood swings, improve mental clarity, and enhance focus within the community setting. The goal is to **promote relaxation, mindfulness, and better sleep quality** while **reducing stress, anxiety, and physical tension**.

异病同治 (Yìbìng Tóng Zhì): TCM provides one approach in acupuncture therapy - a holistic solution to address multiple Western-recognized/diagnosed health issues and conditions.

同病异治 (Tóng bìng Yì Zhì): In each acupuncture session, the practitioner carefully considers the individual's unique case, adjusting to the specific health issues and conditions in a personalised holistic approach.

Community Acupuncture Project

Treatment Principles:

异病同治 (Yìbìng Tóng Zhì)

同病异治 (Tóng bìng Yì Zhì)

Treatment plan (CAPMHETP)

Treasure 3 (Heaven - People - Earth)

Aligned to Treatment Protocols:

- Mental health: Auricular protocols, yin tang, DU20
- Physical health: LV/SP/KD points in the legs, paired with yang channel points from GB/ST
- Connection (People): meditation, in a relaxed group environment.

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Community Acupuncture Project
Mental Health Holistic Evaluation
and Treatment Plan (CAPMHETP)

Community Acupuncture Project

Part Three

- **Set it up a business model**
- **Get the mission and vision correct**
- **Recommend a price on scale**
- **Building a dynamic workforce**
- **Getting patients' measured outcomes for treatments**
- **Sharing a common website**
- **Using an app to effectively carry out tasks**

Community Acupuncture Project

Exploring the future

Objectives:

- Run a business with services more affordable to the community
- Treating as many patients as you can in one hour
- Walk-in with no booking required
- Registration on a paper/google form with MYMOP2 baseline profile
- Reporting the outcomes
- Promoting on social media
- Word of mouth

Community Acupuncture Project

Set up a new
business model

Mission:

Provide **acupuncture service in the most affordable way to those in need in the community**. Support patients' overall well-being and to address a wide range of health issues.

Treatment Plan:

Community Acupuncture Project Mental Health Holistic
Evaluation and Treatment Plan (**CAPMPETP**)

Treatment Goal:

Promote Qi flow in channels and collaterals, and regulate imbalances and abnormalities between the fundamental substances of **Qi, Blood, Body Fluids, and Jing Essence** within the context of a community acupuncture project. This approach aims to balance emotions, strengthen the **three treasures of Jing, Qi, and Shen**, and enhance mental physical balance and wellness.

Community Acupuncture Project

Mission & Vision

Treatment Styles and Processes:

- Each session lasts for 30 - 35 minutes, starting from the time you lie down until the end of the session.
- We use a variety of acupuncture styles, including **TCM style, Master Tung's style, auricular therapy, or Five Phases style.**
- Follow-up and Feedback: We require feedback after each session, which can be submitted using the MYMOP forms

Koha (Price on a scale):

- \$30 - \$50

Community Acupuncture Project

Procedure & price it

* MYMOP2 *

Full name Date of birth
Address and postcode.....
.....
Today's date Practitioner seen

Choose one or two symptoms (physical or mental) which bother you the most. Write them on the lines.
Now consider how bad each symptom is, over the last week, and score it by circling your chosen number.

SYMPTOM 1: 0 1 2 3 4 5 6
..... As good as it could be As bad as it could be
SYMPTOM 2: 0 1 2 3 4 5 6
..... As good as it could be As bad as it could be

Now choose one activity (physical, social or mental) that is important to you, and that your problem makes difficult or prevents you doing. Score how bad it has been in the last week.

ACTIVITY: 0 1 2 3 4 5 6
..... As good as it could be As bad as it could be

Lastly how would you rate your general feeling of wellbeing during the last week?

0 1 2 3 4 5 6
As good as it could be As bad as it could be

How long have you had Symptom 1, either all the time or on and off? Please circle:
0 - 4 weeks 4 - 12 weeks 3 months - 1 year 1 - 5 years over 5 years

Are you taking any medication FOR THIS PROBLEM? Please circle: YES/NO

IF YES:

1. Please write in name of medication, and how much a day/week
.....

2. Is cutting down this medication: Please circle:

Not important a bit important very important not applicable

IF NO:

Is avoiding medication for this problem:

Not important a bit important very important not applicable

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MYMOP2 Initial

*** MYMOP2 Follow up ***

Full name Today's date

Please circle the number to show how severe your problem has been IN THE LAST WEEK.

This should be YOUR opinion, no-one else's!

SYMPTOM 1: 0 1 2 3 4 5 6
..... As good as it As bad as it
..... could be could be

SYMPTOM 2: 0 1 2 3 4 5 6
..... As good as it As bad as it
..... could be could be

ACTIVITY: 0 1 2 3 4 5 6
..... As good as it As bad as it
..... could be could be

WELLBEING: 0 1 2 3 4 5 6
How would you rate As good as it As bad as it
your general feeling could be could be
of wellbeing?

If an important new symptom has appeared please describe it and mark how bad it is below.

Otherwise do not use this line.

SYMPTOM 3: 0 1 2 3 4 5 6
..... As good as it As bad as it
..... could be could be

The treatment you are receiving may not be the only thing affecting your problem. If there is anything else that you think is important, such as changes you have made yourself, or other things happening in your life, please write it here (write overleaf if you need more space):

Are you taking medication FOR THIS PROBLEM? Please circle: YES/NO

IF YES:

Please write in name of medication, and how much a day / week

.....
.....

Community Acupuncture Project

MYMOP2 Initial

Building a team in each centre:

- Run as a clinic
- Share one admin
- A team: One, or two -> Multiple acupuncturists
- Senior mentor Junior and welcome student clinicians

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Building a dynamic
team

Yin yang health path:

- Clinic Information
- Community Acupuncture Project Promotion
- Testimonies
- Blogs: Self - care Tips
- Publishing reports

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Sharing a common
website

Getting patients' measured outcomes electronically (next demo):

- sending an email for baseline measurement: the registration form [link](#),
- sending a follow-up email for feedback measurement

REF: 1. MYMOP - Measure Yourself Medical Outcome Profile
https://www.physio-pedia.com/MYMOP_-_Measure_Yourself_Medical_Outcome_Profile

2. Complementary practitioners as part of the primary health care team: consulting patterns, patient characteristics and patient outcomes. <https://pubmed.ncbi.nlm.nih.gov/9472367/>

3. Use of the measure your medical outcome profile (MYMOP2) and W-BQ12 (Well-Being) outcomes measures to evaluate chiropractic treatment
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3071331/>

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MYMOP2 reporting

Workflow (914a70d2):

Sending and email for initial assessment

- Promote it through local RSA
- Enquiry through common website
- Contact through email (word of mouth)

Email Template ([Link](#)):

Action Required: [Community Acupuncture Initial Evaluation Form](#)
Please take a few moments to fill out the above questionnaire
If needed, you are welcome to have a caregiver complete it on your behalf.

Kindly submit the questionnaire before your scheduled community project session.

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Demo an app

Q&A:

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Thanks

We are going to set up a Wechat group for who are interested in joining the project

Contact: send an email to Lynn, or Jason
jason.bei@acutohealth.co.nz
021656078
