

## Community Health and Traditional Chinese Medicine

IPBH 3000 (6 credits / 90 class hours)

SIT Study Abroad Program:  
China: Community Health and Traditional Chinese Medicine

**PLEASE NOTE:** This syllabus represents a recent term. Because courses develop and change over time to take advantage of unique learning opportunities, actual course content varies from term to term.

### Course Description

This course introduces students to community health issues in Yunnan/China with a major emphasis on the traditional Chinese medical system (TCM). This includes the philosophy that lies behind TCM and an unparalleled opportunity to observe and practice in a clinical setting.

Through the introduction of key techniques associated with traditional Chinese medicine, such as herbal remedies, medicinal preparation, *tuina* massage, acupuncture, moxibustion and cupping, students have the opportunity to interact sensitively and responsibly with Chinese medical doctors, students and hospital staff. Students also participate in local social activities, educational excursions, and group discussions. In this manner, students simultaneously develop a well-rounded understanding of TCM and intercultural skills required for successful learning and communication.

Based in a large city, each summer the program designs a field excursion to the ethnic minority areas of Weishan, Dali, Lijiang, and Zhongdian (Shangri-la) in Northwest Yunnan Province which introduces indigenous medical systems in rural areas and includes meetings with local medical practitioners.

The Community Health and Traditional Chinese Medicine program is founded on the principles of experiential learning which takes place both inside and outside formal institutional structures. A key goal of this course is to increase each student's capacity to think critically and creatively, and to integrate and analyze information from a variety of primary and secondary sources. In the process, students develop self-motivated learning skills with potential lifetime applications, which are directly linked to an integrated understanding of the reciprocal relationship between health, community and holistic practice.

### Learning Outcomes

At the end of this course, students will be expected to:

- Achieve a basic understanding of Chinese Daoism, the philosophy that underlies Traditional Chinese Medicine, in addition to gaining knowledge of the history and theory of Chinese Traditional Medicine;

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- Identify the pressing community health issues that China currently faces. Understand how these issues have been affecting Chinese people, especially ethnic minorities, and the sustainability of China's development;
- Through hospital visits and interactions with Chinese doctors, gain basic knowledge of how Chinese medical facilities operate and how patients are treated in China;
- Compare and contrast Chinese Traditional Medicine with Western Medicine for health preservation application and for further research in this field;
- Demonstrate Traditional Chinese Medicine treatment methods learned in this course, such as massage, acupressure, moxibustion and cupping, and utilize them to treat certain ailments;
- Distinguish between different Chinese minorities' healing systems and their views on health preservation, as exercised within their respective communities and autonomous areas;
- Obtain a certificate, issued by the Yunnan Provincial Traditional Chinese Medicine Hospital, upon the successful completion of a Community Health and Traditional Chinese Medicine summer training course. The Yunnan Provincial Traditional Chinese Medicine Hospital has been recognized by China's central government as an international TCM training base.

### **Language of Instruction**

This course is taught in English or in Chinese with English translation.

### **Methodology**

Lectures are presented by professors and doctors from the Yunnan Provincial Traditional Chinese Medicine College, the Yunnan Provincial Traditional Medicine Hospital, Kunming Medical University, and the Yunnan No.1 Hospital. Experts working with local and international NGOs, and outside scholars present additional lectures in Kunming and during educational visits to Yunnan's minority areas. Field excursions include the Minorities Areas Field Excursion, a visit to a Traditional Chinese Medicine Clinic, a first-hand experience of a foot massage, a visit to a women's and children's hospital, a visit to a rural medical facility, a visit to the TCM museum of Yunnan TCM University and visits to a number of religious and cultural sites, which enable students to experience firsthand the material covered in the course lectures.

### **Course Requirements**

Students are expected to prepare for, attend, and participate in all lectures, discussions, and educational excursions previously listed, and complete the required readings. They are given examinations covering the major content of these lectures and readings. In addition, students are encouraged to read newspapers and periodicals in both Chinese and English. There will be two examinations, a mid-term and a final. In addition, regularly scheduled processing and group discussions are held to review the material covered over the course of the program.

### ***Required Texts***

#### To be Read Prior to Arrival

Kaptchuk, Ted J. *The Web That Has No Weaver: Understanding Chinese Medicine*. New York: McGraw-Hill. 2000.

Beinfeld, Harriet and Efrem Korngold. *Between Heaven and Earth: A Guide to Chinese Medicine*. New York: Ballantine. 1992.

#### Provided at Time of Arrival

Wu Changguo, Zhu Zhongbao (trans). *Basic Theory of Traditional Chinese Medicine*. Publishing House of Shanghai University of Traditional Chinese Medicine, 2004.

Wang Lufen, Li Zhaoguo (trans). *Diagnostics of Traditional Chinese Medicine*. Publishing House of Shanghai University of Traditional Chinese Medicine. 2004.

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Jin Hongzhu, Yang Hongying (trans). *Chinese Tuina (Massage)*. Publishing House of Shanghai University of Traditional Chinese Medicine. 2004.  
 Zhao Jingsheng, Li Zhaoguo and Chen Renying (trans). *Chinese Acupuncture and Moxibustion*. Publishing House of Shanghai University of Traditional Chinese Medicine. 2004.  
 Zhou Chuncai and Han Yazhou, *The Illustrated Yellow Emperor's Canon of Medicine* Beijing: Dolphin Books. 2002.

## Course Content

**\*Please be aware that topics and excursions may vary to take advantage of any emerging events, to accommodate changes in our lecturers' availability, and to respect any changes that would affect student safety. Students will be notified if this occurs.**

### Lectures

- Introduction to Yunnan
- The art of *taijiquan*
- Daoism and the philosophical basis of traditional Chinese medicine
- History of Chinese medicine
- Keeping healthy in a natural way
- Chinese health care system and its reform
- Theory of the body, meridians and channels
- Causes of disease and Chinese diagnostic techniques
- HIV/AIDS prevention in Yunnan
- Uses of herbal medicine
- Chinese music therapy
- China's reproductive policy/women and children's health care
- Introduction to *tuina* therapeutic massage
- Manipulation for common diseases
- Blind people's massage training and education for the blind in China
- Daoist views on health preservation
- Naxi Dongba healing traditions
- Tibetan Medicine
- Tibetan Buddhism and health preservation
- Acupuncture point location
- Forbidden points and moxibustion
- Combination of western medicine and TCM
- Qigong therapy and Five Animal Movements
- Cupping

### Demonstrations, Outside Activities and Practice Sessions

- Community *taiji* and group exercise at Green Lake Park
- Kunming drop-off exercise
- Medicinal plant identification at the Western Hills
- Demonstration of Chinese diagnostic techniques by TCM doctors
- Guided acupressure practice with TCM doctors

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- Herbal medicine preparation and decoction with TCM doctors
- Shadowing the doctors around at the TCM hospital
- Chinese medicinal food cooking
- Medicinal tea making
- Guided practice of *tuina* massage with TCM doctors
- Foot massage clinic
- Guided practice of acupuncture and *moxibustion* with TCM doctors
- Guided cupping practice with TCM doctors
- Visit to rural healthcare clinic
- Visit to Kunming Women and Children Hospital
- Visit to TCM museum of Yunnan TCM University
- Visit Dianchi TCM hospital and interaction with students there
- Medicinal hot springs

### **Field Excursion**

An educational field excursion is conducted during the fourth week of the term. This is a visit to Yunnan's minority areas, where students are given the opportunity to experience and better understand the forces of tradition and assimilation at work among Yunnan's ethnic groups and indigenous medical systems, as well as the contrasts in medical care in China's urban and rural areas.

- Weibaoshan Daoist mountain
- Daoist taiji demonstration
- Weishan ancient city
- Dali ancient city
- Bai herbal medicine
- Shaxi rural clinic
- Lijiang World Heritage site
- Dongba research Institute and Dongba healing ceremony
- Naxi ancient music concert
- Zhongdian (Shangri-la) and Songzanlin Tibetan monastery with reincarnate lama
- Tibetan Medicine Hospital and Tibetan medical practices
- Napahai village visit
- Tibetan music and dance

### **Discussion Sessions**

- Student fears and expectations about study abroad
- Kunming drop-off discussion
- Discussion on TCM theory, herbal medicine and community health
- Discussion on Chinese *tuina* massage, the field excursion and community health
- Discussion on acupuncture, acupressure, moxibustion, cupping and community health
- Re-entry and final evaluation discussion

### **Evaluation and Grading Criteria**

Students are expected to prepare for, attend, and participate in all lectures, discussions, presentations and educational excursions previously listed, and complete the required readings.

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They are given examinations covering the major content of these lectures and readings. In addition, students are encouraged to read newspapers and periodicals in both Chinese and English.

Evaluation of student performance for the Community Health and Traditional Chinese Medicine course is based on the following components:

**Participation: 10%**

Students are expected to attend all scheduled seminar activities and demonstrate engagement in lectures and excursions by active listening, note-taking and asking relevant questions.

**Discussions and presentations: 30%**

Students are required to participate in and occasionally facilitate weekly discussion sessions designed to synthesize readings and lectures and analyze information gathered within the larger academic questions of the course. Students must prepare study questions for the discussions and show their understanding of readings by explaining key points to their peers. Students are required to conduct small group or individual presentations after the Kunming Drop Off excursion and on the TCM treatment techniques.

**Mid-term and final Tests: 60%**

A mid-term and a final test will be given over the course of the Community Health and Traditional Chinese Medicine. These tests combine multiple choice, short answer questions with longer more detailed descriptive answers and are evaluated on the basis of correct factual understanding, depth of critical thinking, creative and informed analysis, and correct language use.

**Grading Scale:** The grading scale for all classes is as follows:

94-100%	A
90-93%	A-
87-89%	B+
84-86%	B
80-83%	B-
77-79%	C+
74-76%	C
70-73%	C-
67-69%	D+
64-66%	D
below 64	F

**Expectations and Policies**

Show up prepared. Be on time, have your readings completed and points in mind for discussion or clarification. Complying with these elements raises the level of class discussion for everyone.

Have assignments completed on schedule, printed, and done accordingly to the specified requirements. This will help ensure that your assignments are returned in a timely manner.

Ask questions in class. Engage the lecturer. These are often very busy professionals who are doing us an honor by coming to speak

Attendance. All students are required to attend all lectures and to participate in all bi-weekly discussion and analysis sessions. All excursions are mandatory and students must discuss absences with the Academic Director before the planned departure.

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Participation. Participation is not the same as attendance. All students are expected to participate fully in all aspects of the course. This means asking pertinent questions to the course's guest lecturers, engaging in discussion and analysis during lectures, group discussions and on excursions. Students are expected to complete the required reading in a timely fashion, and to demonstrate their understanding of texts through reflection, writing, and discussion.

**Please refer to the SIT Study Abroad handbook** for policies on academic integrity, ethics, warning and probation, diversity and disability, sexual harassment and the academic appeals process.

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