SECTION 1 – GENERAL INFORMATION

Award/s: Bachelor of Health Science (Acupuncture)  
Total Course Credit Points: 128  
Level: 3rd Year  
Duration: 1 Semester  
Subject is: Core  
Subject Credit Points: 2

Student Workload:

<table>
<thead>
<tr>
<th>No. timetabled hours per week:</th>
<th>No. personal study hours per week:</th>
<th>Total hours per week:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>2</td>
<td>5</td>
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</table>

Delivery Mode*:

☐ On campus  ☒ Online / Digital  ☐ Blended  ☐ Intensive

Weekly Session^ Format/s - 1 session per week:

☒ Livestream lectures:  ☐ 2 hours  ☒ 3 hours  
3 hour lecture, weekly

*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

^A ‘session’ is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

Note: As they are aware, international students on a Student Visa (500) must attend livestream classes on their local campus, using the Virtual Classrooms provided.

Study Pattern: ☒ Full Time  ☒ Part Time

Pre-requisites: BIOP211, CMHB211

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

Building on the subject Chinese Herbal Medicine, this subject introduces Chinese herbal formulae including their classification and common functions and applications of each category of formulae. Students will study their formulae, composition, functions, indications, precautions, contraindications, administration and instructions to patients, as well as comparing and distinguishing between similar formulae. Students will be able to use herbal formulae as an adjunct to their acupuncture practice. Safe practice behaviours based on CMBA and TGA guidelines will be developed, and adverse events reporting processes established.
Learning Outcomes

1. Discuss the principles and methods of forming a Chinese herbal formula and its safe use within an acupuncture practice.
2. Identify and discuss common interactions and contraindications associated with Chinese herbal formulas.
3. Identify and explain the composition, characteristics, functions, clinical applications and related administration roles of the main traditional Chinese formulas.
4. Compare and differentiate the main herbal formula categories to apply formulas properly according to pattern identification and treatment principle.
5. Discuss the principles of the quality use of medicines, including patient disclosure, impacts of cultural and social influences and the determinants of health.
6. Describe the significance to practice of safety guidelines, including CMBA, TGA and adverse events reporting policies and procedures, and the importing and exporting of medicines.

Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Written Assignment</td>
<td>1-5</td>
<td>1-5</td>
<td>Week 6</td>
<td>40%</td>
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<tr>
<td>(1500 words)</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Final Written Examination</td>
<td>1-6</td>
<td>1-13</td>
<td>Final Examination Period</td>
<td>60%</td>
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<tr>
<td>(60 minutes)</td>
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All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

Prescribed Readings:

Recommended Readings:


Subject Content

<table>
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<tr>
<th>Week</th>
<th>Lectures</th>
</tr>
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<tbody>
<tr>
<td>1.</td>
<td><strong>Introduction to Chinese herbal formulae:</strong>&lt;br&gt; - Principles and methods of forming a formula (Chief, Deputy, Assistant and Envoy/ Jun, Chen, Zuo, Shi)&lt;br&gt; - Administration forms, preparation methods and applications&lt;br&gt; - Modifications of herbal formulae&lt;br&gt; - Contraindications and cautions for using herbal formulae&lt;br&gt; - Quality use of medicines&lt;br&gt; - Patient disclosure and shared care&lt;br&gt; - The determinants of health&lt;br&gt; - Cultural and social influences in prescribing and treatment responses&lt;br&gt; - Good Manufacturing Practice&lt;br&gt; - Government regulations and Chinese patent herbal medicine practice by acupuncturists&lt;br&gt; - The Therapeutic Goods Agency (TGA)&lt;br&gt; - AustL, AustR and non-listed TGA products</td>
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<td>2.</td>
<td><strong>Release exterior Chinese herbal medicine: warm pungent, cool pungent:</strong>&lt;br&gt; - English name; Pin yin name&lt;br&gt; - Composition; TCM actions (functions and indications)&lt;br&gt; - Analysis and explanation of the formula&lt;br&gt; - Pharmacological effects; Cautions and contraindications&lt;br&gt; - Dosage and administration</td>
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<td>3.</td>
<td><strong>Tonifying Chinese herbal formulae: qi:</strong>&lt;br&gt; - English name; Pin yin name&lt;br&gt; - Composition; TCM actions (functions and indications)&lt;br&gt; - Analysis and explanation of the formula</td>
</tr>
</tbody>
</table>
### 4. Tonifying Chinese herbal formulae (continued): xue & both qi and xue tonics:
- English name; Pin yin name
- Composition; TCM actions (functions and indications)
- Analysis and explanation of the formula
- Pharmacological effects; cautions and contraindications
- Dosage and administration

### 5. Tonifying Chinese herbal formulae (continued): yin, yang:
- English name; Pin yin name
- Composition; TCM actions (functions and indications)
- Analysis and explanation of the formula
- Pharmacological effects; cautions and contraindications
- Dosage and administration

### 6. Regulate Qi Chinese herbal formulae:
- English name; Pin yin name
- Composition; TCM actions (functions and indications)
- Analysis and explanation of the formula
- Pharmacological effects; cautions and contraindications
- Dosage and administration

Downward draining Chinese herbal formulae:
- English name; Pin yin name
- Composition; TCM actions (functions and indications)
- Analysis and explanation of the formula
- Pharmacological effects; cautions and contraindications
- Dosage and administration

### 7. Clear heat Chinese herbal formulae:
- English name; Pin yin name
- Composition; TCM actions (functions and indications)
- Analysis and explanation of the formula
- Pharmacological effects; Cautions and contraindications
- Dosage and administration

### NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)

**Semester 1** – This aligns with the week after Easter so it may fall between Weeks 6 to 8

**Semester 2** – The non-teaching week falls between Weeks 7 and 8

### 8. Harmonizing Chinese herbal formulae:
- English name; Pin yin name
- Composition; TCM actions (functions and indications)
- Analysis and explanation of the formula
### Pharmacological effects; Cautions and contraindications
### Dosage and administration

**9. Warm interior cold Chinese herbal formulae:**
- English name; Pin yin name
- Composition; TCM actions (functions and indications)
- Analysis and explanation of the formula
- Pharmacological effects; Cautions and contraindications
- Dosage and administration

**10. Expel dampness Chinese herbal formulae:**
- English name; Pin yin name
- Composition; TCM actions (functions and indications)
- Analysis and explanation of the formula
- Pharmacological effects; Cautions and contraindications
- Dosage and administration

**11. Eliminate phlegm Chinese herbal formulae:**
- English name; Pin yin name
- Composition; TCM actions (functions and indications)
- Analysis and explanation of the formula
- Pharmacological effects; Cautions and contraindications
- Dosage and administration

**12. Manage the dryness Chinese herbal formulae:**
- English name; Pin yin name
- Composition; TCM actions (functions and indications)
- Analysis and explanation of the formula
- Pharmacological effects; Cautions and contraindications
- Dosage and administration

**Stabilize and bind Chinese herbal formulae:**
<table>
<thead>
<tr>
<th>13.</th>
<th>Invigorate blood circulation Chinese herbal formulae:</th>
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</thead>
<tbody>
<tr>
<td>1. English name; Pin yin name</td>
<td></td>
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<tr>
<td>2. Composition; TCM actions (functions and indications)</td>
<td></td>
</tr>
<tr>
<td>3. Analysis and explanation of the formula</td>
<td></td>
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<tr>
<td>4. Pharmacological effects; Cautions and contraindications</td>
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<tr>
<td>5. Dosage and administration</td>
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| 14. | Non-Teaching Week/Practical Examination Week 1 |
| Note that make-up classes may be scheduled in this week |

| 15. | Non-Teaching Week/Practical Examination Week 2 |
| Note that make-up classes may be scheduled in this week |

| 16. | Final Examination Week 1 |
| Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to the LMS for exam opening and closing times. |

| 17. | Final Examination Week 2 |
| Students are required to sit examinations using the Respondus Lockdown Browser software per the Examination Policy – Higher Education. Refer to the LMS for exam opening and closing times. |