

ACUPUNCTURE FOR NEUROLOGICAL SUPPORT

Presentation for Neuro Central Members 18th November 2020

WELCOME AND THANK YOU

Katherine Dandridge BSc (Hons) TCM, BMed (Beijing), APDHA (Hong Kong),
Dip CHM (Gyn/Obs), MATCM



北京中医药大学

BEIJING UNIVERSITY OF CHINESE MEDICINE



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Katherine Dandridge Acupuncture

TALK TO A

Health Coach

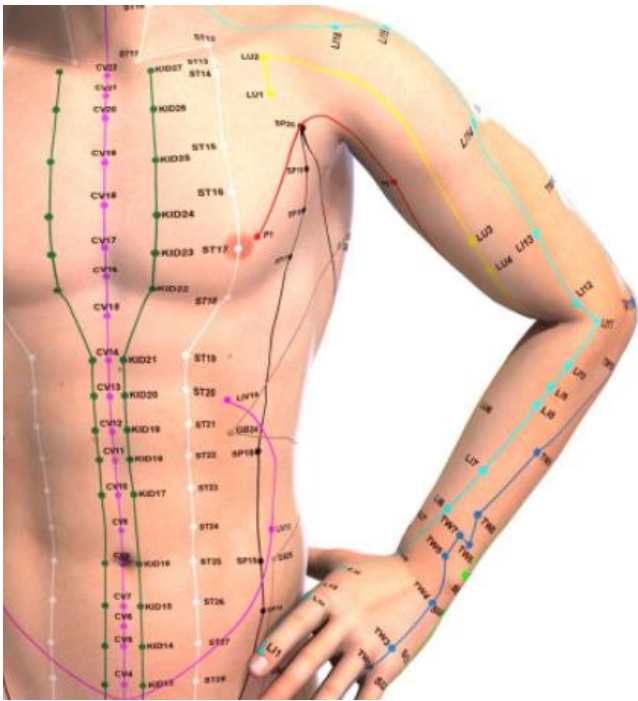
EASY STEPS TO SUSTAINED CHANGE

TODAY

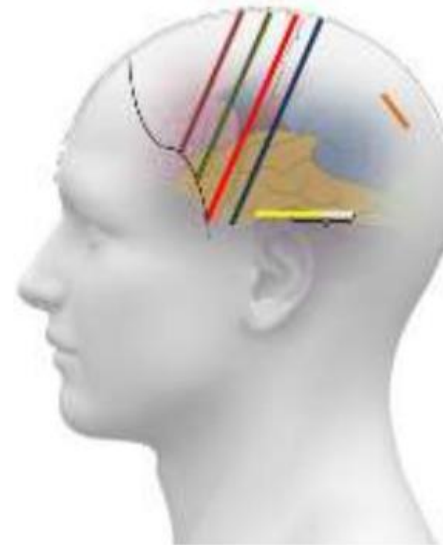
- Acupuncture for Neurological Conditions
 - -Feasible Expectations of Acupuncture and Measurements
 - -Dosage and Duration
 - -HOME CARE Acupressure Trial Information

TWO MAIN FORMS OF TREATMENT

Traditional Chinese Medicine



Scalp Acupuncture



TRADITIONAL CHINESE MEDICINE

- ▶ Thousands of years old with a text 'The Huang Di Nei Jing' (Yellow Emperors Classic of Internal Medicine) in 100BCE describing the brain and its relationship with the body in terms of physiology and pathology.
- ▶ Sub headings under TCM are Herbal Medicine, Acupuncture, Moxibustion, Cupping, Lifestyle Adjustment, Nutrition and Qi Gong
- ▶ Tends to look at the body as an inclusive whole rather than in separate systems eg: dermatology maybe classed as dermatology but possibly also digestive, immune, psychological and the pathologies will look at movement and function of the body (Qi, Blood, Shen, Fluids) and their actions; stagnation, deficiency, excess and external/internal forms of disease eg: dampness, wind, phlegm, cold, heat.
- ▶ Neurological pathologies are often divided into the main characteristics and those will form the diagnoses and treatment; Fatigue, Wind-Stroke, Tremor etc.

SCALP ACUPUNCTURE

- ▶ A major modern development of Acupuncture by Dr Jiao Shun-Fa, a neurosurgeon from Shan Xi Province, Doctors had been looking at this since the 1950's but the systematic agreement of the tool was not until 1971.
- ▶ Corresponds to Cortical Areas of the Cerebrum and Cerebellum
- ▶ Helps with responsible areas for Central Nervous System eg
 - ▶ Motor activity
 - ▶ Sensory input
 - ▶ Vision
 - ▶ Speech
 - ▶ Hearing
 - ▶ Balance

SCALP ACUPUNCTURE USES

- ▶ Stroke
- ▶ Head Injury
- ▶ Parkinsons
- ▶ Multiple Sclerosis
- ▶ Cerebral Palsy
- ▶ Headaches
- ▶ PTSD
- ▶ Motor Neuron Diseases
- ▶ Restless Leg
- ▶ Aphasia
- ▶ ADHD
- ▶ Chorea/Tremor
- ▶ Alzheimers

Example of TCM View of a Neurological Disease

Multiple Sclerosis

STAGES AND PATTERNS OF MS ACCORDING TO TCM

- ▶ Stage 1: Dampness/Phlegm
- ▶ Stage 2: Stomach-Spleen Deficiency
- ▶ Stage 3: Kidney-Liver Deficiency
- ▶ Stage 4: Kidney- Liver Deficiency with Liver Wind
- ▶ Stage 5: Blood Stasis

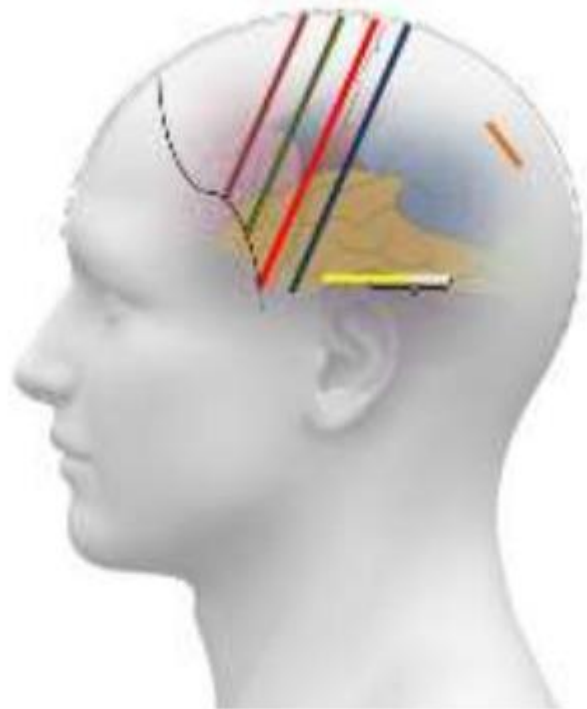
For acupuncture treatment it is important to use local points on the limbs, especially legs to promote the circulation of Qi and Blood and eliminate Dampness.

Scalp Acupuncture is useful and herbal therapy to invigorate circulation and support the digestive system.

REASONS TO USE TCM:- RESEARCH BASED FOR EG: MS

- ▶ Reduce Relapse Rate
- ▶ Slow Disease Development
- ▶ Long term and short term improvement of some symptoms
 - ▶ Fatigue
 - ▶ Vision Impairment
 - ▶ Motor Function
 - ▶ Sensory Function
 - ▶ Tremor/ Jerking
 - ▶ Weakness
- ▶ Un-coordination
- ▶ Electric Shock feelings
- ▶ Urination hesitancy or urgency
- ▶ Numbness or Tingling
- ▶ Sexual function
- ▶ Fatigue
- ▶ Sense of Wellbeing/Strength
- ▶ Cloudy mind

Scalp Acupuncture for Multiple Sclerosis



SCALP TREATMENT FOR MS From Prof. Tianjun Wang Author of 'Acupuncture for Brain'

- The SA appears to manifest the convergence of the central nervous system and the endocrine system. It seems to operate as a miniature transmitter-receiver in direct contact with the central nervous system and endocrine system.
- By stimulating those reflex areas, acupuncture can have a direct effect on the cerebral cortex, cerebellum, thalamo-cortical circuits, thalamus, hypothalamus, and pineal body. Its unique neurologic and endocrinal composition makes the scalp an ideal external stimulating field for internal activities of the brain.
- Scalp acupuncture treatment principle: Restore the brain function and rewire neuron's connection
- Area selection: Motor Area, Sensory Area, Foot Motor and Sensory Area, Balance Area, Tremor, and Dizziness Area.

MEASUREMENT TOOLS

Examples from Dr Chris Beach

Disease illness specific - measures

- Multiple Sclerosis
 - MSIS 29
 - Fatigue Index
 - Timed up and Go
 - IPSS
- PD – PDI Parkinsons Disease Index (can be cumbersome)
- <https://www.parkinsons.org.uk/sites/default/files/2017-12/The%20Parkinson%27s%20Disease%20Questionnaire.pdf>
- MND as per MS above
- Retro bulbar palsy as per MS above
- Progressive Nuclear Palsy = Timed up and go, Vowels
- Ladies experiencing menopausal symptoms
 - Menopause Index

MYMOP2

* 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:

INVITATION FOR ACUPRESSURE PILOT

3 x Groups Sessions

FUNDING RECEIVED FROM THE ASSOCIATION OF TRADITIONAL CHINESE MEDICINE AND ACUPUNCTURE UK

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ATCM RESEARCH COMMITTEE

- ▶ *Thank you very much for the information you sent us about your “Neurological Conditions Pilot Acupressure Telehealth” and the ATCM research funding application form.*
- ▶ *We considered the potential of your research topic and the help of these chronic neurological diseases. We will reward you with a reward of 300 pounds.*

If you accept the recommendation of the research Committee, please let us know. The research fund of £300 will be divided into two parts and will be issued to you after receiving your interim report.

An agreement will be sent to you for signature.

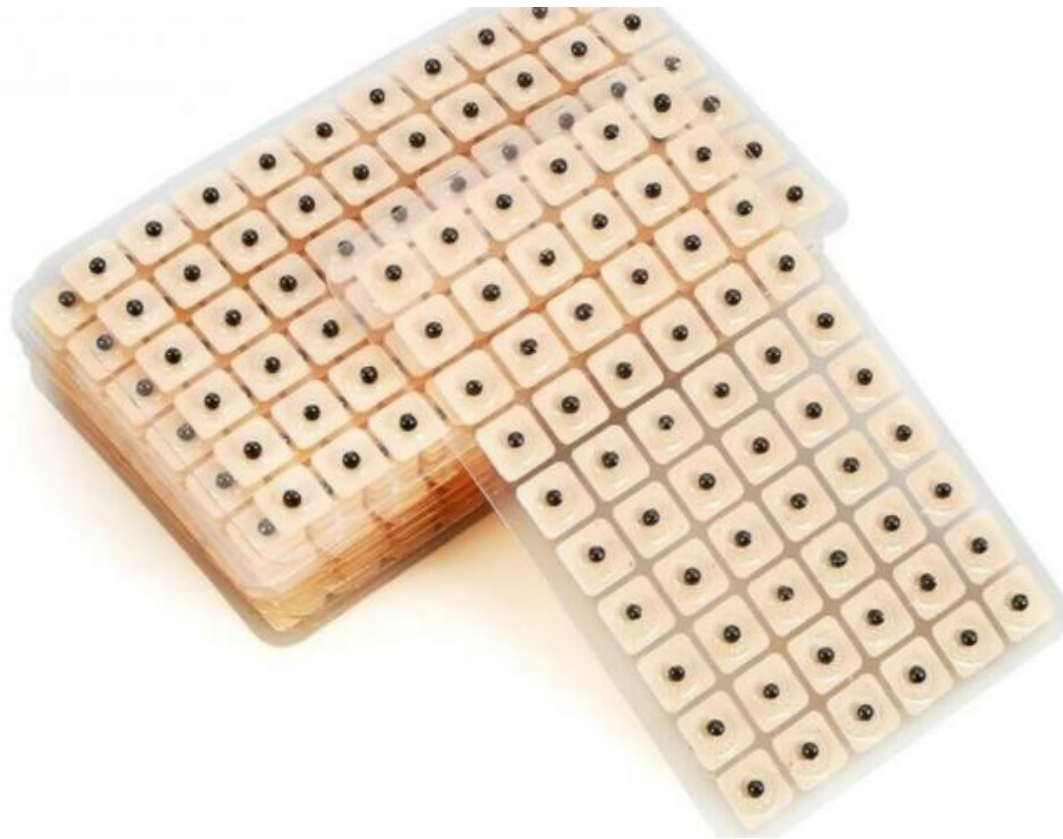
Yours truly,

*Dr Wenqing Li
Chair of ATCM Research Committee*

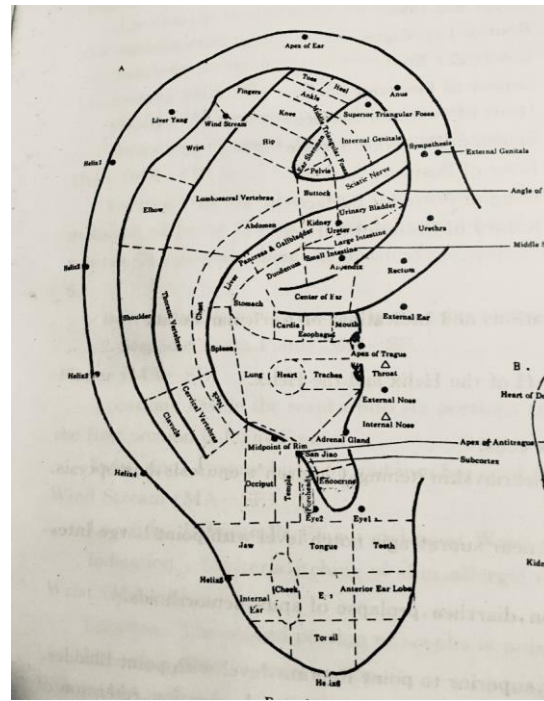
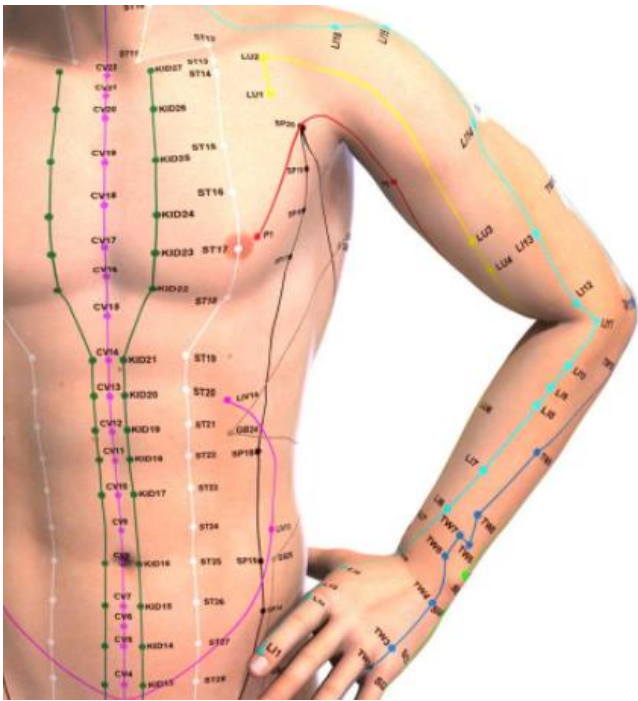
ACUPRESSURE SEEDS



ACUPRESSURE SEEDS



APPLICATION ON BODY AND EAR



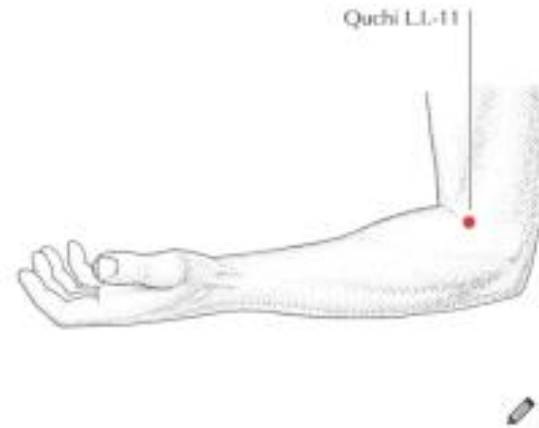
KATHERINE DANDRIDGE

info@katherinedandridge.com - 07717 001629
www.katherinedandridge.com

LI-11: QUCHI 'Pool at the Crook'

Location

At the elbow, midway between **Chīzè LU-5** and the lateral epicondyle of the humerus, at the lateral end of the transverse cubital crease.



Location note

This point should be located with the elbow flexed.

PROCESS FOR ACUPRESSURE TRIAL

BEFORE THE FIRST SESSION

- ▶ You will receive a pack with the acupressure seeds, cleansing swabs, instructions and a set of acupressure body sheets and an acupressure ear sheet.
- ▶ You are requested to please fill out a MyMop2 Initial Form.

3 x SESSIONS ON ZOOM

- ▶ We will meet as a group
- ▶ We will learn how to apply acupressure
- ▶ We will apply acupressure together for general 'all round' points
- ▶ You will be encouraged to apply what you have learned at home daily/whatever is suitable to the individual
- ▶ If appropriate we can try 121 acupressure with a volunteer

PROCESS FOR ACUPRESSURE TRIAL

AFTER THE LAST SESSION

- ▶ You are requested to please fill out a MyMop2 Follow Up Form.
- ▶ Plus a Qualitative Sheet where you can add your thoughts and opinions and views and experiences on the trial.

AIM AND OUTCOME

- ▶ To see if group acupressure sessions are a useful tool for neuro central members
- ▶ To see if there are better/improved ways of delivering these sessions
- ▶ To support in between sessions of acupuncture; to extend results between sessions

IF YOU WOULD LIKE TO TAKE PART

- ▶ Please let Heather or Sheila know
- ▶ We will decide the start date; ideally the same time and day each week.
- ▶ Your pack will be sent out to you
- ▶ I look forward to seeing you there!
- ▶ Many thanks for your consideration for this trial.

- ▶ **It is possible that these sessions will be recorded so if you cannot make each session you can do the process yourself at home.**

THANK YOU

Website: www.katherinedandridge.com

Email: info@katherinedandridge.com

Tel: 07717 001629