Acu-Birth Workshop
Course Outline 2018

Workshop # 1 – Saturday, 7th July 2018

Theory Component:

- Introduction and outline of monthly workshops
- Oriental medicine in midwifery
- A TCM viewpoint
- Understanding, Energy Ki, Yin /Yang and the flow within meridians
- The stages of pregnancy and the movement of Ki.
- Foetal development according to the classics
- Contraindications in Pregnancy

Practical Component:

- A demonstration of meridian palpation, point location and moxibustion
- Midwives break into groups to locate meridians and practice palpation skills

Workshop # 2 – Saturday, 4th August 2018

Question and answer time, giving the midwives an opportunity to reflect and consolidate their learning from the previous week and have questions answered
Theory Component:

- Guidelines for Safe Practice

Practical Component:

- Demonstration of locating, palpating and acu-needling points and moxibustion for
  - Nausea and vomiting PC 6, Sp 3, st 40, St 19, CV 12, Bl 58
  - Fatigue and exhaustion St36, Liv 3, Sp 6, BL 17
  - Hemorrhoids Bl 58, Du 20
- The midwives will break into groups and locate, palpate and acu-needle the points demonstrated.

**Workshop # 3 – Saturday, 1st September 2018**

Question and answer time, giving the midwives an opportunity to reflect and consolidate their learning from the previous week and have questions answered

Theory Component:

- This session will involve discussion about the benefits of acupressure and acu-needling and moxibustion for anxiety and depression, skin conditions, edema, positioning of baby, and pre-birth acupuncture.

Practical Component:

- This demonstration will involve locating, palpating and acu-needling points for:
  - Anxiety and depression PC 6, Sp 3, Liv 2, Liv 3, Yin tang, Du 20, Kid 1
The midwives will break into groups of 3 and locate, palpate and acu-needle the points demonstrated.

Workshop # 4 – Saturday, 6th October 2018

Question and answer time, giving the midwives an opportunity to reflect and consolidate their learning from the previous week and have questions answered.

Theory Component:
- This session will involve discussion about the benefits of acupressure and acu-needling in labour, to promote labour, when labour fails to progress, unfavourable cervical dilation and effacement and prevention of perineal tear.

Practical Component:
- This demonstration will involve the positioning for Acu-needling, locating, palpating and acu-needling points.

- Acupressure in Labour Li 4, Sp 6, Bl 32, Bl 60 Bl 67, Gb 21
- Promote Labour Li 4, Sp 6, Bl 32, Bl 60 Bl 67, Gb 21
- Labour fails to progress Li 4, Sp 6, Bl 67, St 36, Liv 3, Ren 4
- Unfavourable cervical dilation and effacement Li 4, Sp 6, Liv 3, Ren 4
- Perineal tear Ren 1
- The midwives will break into groups and locate, palpate and acu-needle the points demonstrated.
Workshop # 5 – Saturday, 3rd November 2018

Question and answer time, giving the midwives an opportunity to reflect and consolidate their learning from the previous week and have questions answered

Theory Component:
- This theory session will involve the discussion of the use of points for
  - Malposition, Retained Placenta, Postnatal care, Persistent Uterine bleeding, after pains and perineal discomfort.

Practical Component:
- This demonstration will involve the positioning for Acu-needling, locating points, palpating and acu-needling.
- Moxibustion and Acu-needling techniques for:
  - Malposition Bl 67, Bl 60, GB 21, Du yin (extra)
  - Retained Placenta Li 4, Sp 6, GB 21, Bl 60, Ren 3
  - Postnatal care St 36, Ren 12, 4, 6, Sp 6
  - Persistent Uterine bleeding Liv 8 Du 20, Sp1, Sp 6, Li 11
  - After pains Sp 6, Ren 3, 4
  - Perineal discomfort Du 20

Workshop # 6 – Saturday, 1st December 2018

Question and answer time, giving the midwives an opportunity to reflect and consolidate their learning from the previous week and have questions answered

Theory Component:
- This theory session will involve discussion of the use of points for Breastfeeding insufficient lactation, soften the shoulders, Breastfeeding-Mastitis, Calm the mind to promote sleep, and Postnatal depression,
Recovery time & Dietary advice

Practical Component:
- This demonstration will involve locating, palpating and acu-needling points for:
  - Breastfeeding insufficient lactation Si 1, contact needle, St 36, Liv 3, Gb 41, Ren 4, 17
  - Soften the shoulders GB 21
  - Breastfeeding- Mastitis St 44, Liv 2
  - Calm the mind to promote sleep Du 20, Yin tang, Pc 6, Sp 6
  - Post natal depression Yin tang, Du 20, Pc 6,
- Final Question and Answers session
- CPD Activity Evaluation Form
- Documenting and Reflecting on a CPD Activity sheet