Appendix 1: Acupuncture Protocol

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Protocol Developed with the support of the
National Center for Complementary and Integrative Health
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1K23AT006392-01
INTRODUCTION:

This protocol was developed and tested in 1K23AT006392-01 TCM for Fibromyalgia: A Whole Systems Protocol. It was based on the combination of Dr. Rick Harris’ ten-week protocol for fibromyalgia and the whole systems protocol in Dr. Ritenbaugh’s temporomandibular joint disorders 20 treatment protocol.

GROUP ACUPUNCTURE PROTOCOL

The practitioner will treat the whole patient and all of her complaints based on Traditional Chinese medicine. The goal is to provide the best, individualized TCM care possible within the confines of the study protocol. Practitioners in this study will have been practicing acupuncture for at least 5 years and will attend a training on the protocol with emphasis on diagnosis, point location, and management in a group setting. At the first visit, the practitioner will discuss the treatment schedule and will arrange the treatment schedule for the entire study. Participants will receive 20 treatments over 10 weeks.

Each of the 20 visits will be 45 minutes in length for a total of 900 minutes or 15 hours.

First Visit

A. Interview and assess the patient
   1. Administer patient pain and medication questionnaire and review with participant.
   2. Interview patient using TCM diagnosis questionnaire and determine TCM diagnosis.
   3. Palpate the jaw, neck, shoulders, upper back, and back in general.
   4. Observe the tongue and take pulses following standard TCM diagnostic practice.
   5. Tell patient what number to call if she experiences symptoms from TCM treatment.

B. Develop a treatment plan
   1. Choose and log acupuncture points.
   2. Re-evaluate the treatment plan at a minimum every 3 visits.

C. Select acupuncture points and protocol
   1. Needling protocol:
      a. Needle gauge and length: 34-40 gauge, 1-3 inch, single-use, disposable needles. (Choice to be based on location of acupuncture point and patient sensitivity.)
      b. Needling depth: 0.25-2.5 inches.
      c. Needling technique: even method or no manipulation, to give the patient as little pain as possible.
      d. Maximum of 25 needles for 20 minutes (from insertion of last needle to withdrawal of last needle).
      e. As it is thought that obtaining de qi on severely deficient patients is inappropriate, de qi is not required to be obtained.
      c. Frequency of treatment: twice a week for 10 weeks.

   2. Point Selection:
Point selection will be based on a combination of TCM Syndrome diagnosis and symptom management. It is anticipated that the majority of participants will have multiple TCM diagnoses. Therefore, one should primarily treat the root (primary causal) diagnosis and can supplement with branch (secondary causal) diagnosis points that do not contradict the treatment principals of the root (primary) diagnosis.

**a. Based on TCM Syndrome**

i. Spleen Damp: CV12, CV9, ST28, ST36, SP9, SP6, KD7, BL22

ii. Phlegm Stagnation: ST36, SP9, Shen Guan, SP6, KD3, KD7, ST44, LV3, SP4, CV6, CV4

iii. Qi Stagnation: GB34, LV3, TB6, LI4

iv. Blood Stagnation: BL17, SP10, PC6, KD14, (SP4, PC6 together)

v. Cold Bi: ST36, SP9, Shen Guan, SP7, SP6, KD3, KD7, CV4, CV6

vi. SP Qi Deficiency: ST36, SP3, CV12, CV6

vii. Spleen Yang Deficiency: BL20, BL23, KD7, CV4, CV6

viii. Kidney Qi Deficiency: ST36, SP3, CV12, CV6, KD3

ix. Kidney Yang Deficiency: BL20, BL23, KD7, CV4, CV6

x. Liver Blood Deficiency: LV8, KD3, CV4, SP6

xi. Liver Yin Deficiency: LV8, KD3, CV4, SP6

xii. Kidney Yin Deficiency: LV8, KD3, CV4, SP6

xiii. Heart Blood Xu: HT7, ST36, SP6, LV8, CV4

**b. Based on symptoms:**

i. Headaches: GV20, LI4, Taiyang, GB41, ST41, SJ5.

ii. Insomnia: HT7 or P6, SP6, Anmian.

iii. Depression and/or anxiety: GV24, GV20, CV17, CV15, CV12, CV6, Yintang.

vii. If additional symptoms arise, practitioners will treat both the symptoms and the main diagnosis based on best practice efforts.

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**Last Study Visit**

Practitioners will give a final treatment within 16 weeks from the first treatment visit. The practitioners will:

- a. Express appreciation for the participation of the study subject,
- b. Inform the participant that they may return for additional services, but must pay for them out of pocket, if they choose to do so,
- c. Summarize the changes they see in the participant’s health since the beginning of the protocol,
- d. Remind the participant of the follow-up schedule, and
- e. Give recommendations for ongoing health care

**Characteristics of TCM diagnosis for inclusion criteria:**

**Liver Qi Stagnation**

1. Key symptoms are:
   - a. Hypochondriac and chest distension, depression, moodiness, symptoms improve with exercise

2. Symptoms may include:
   - a. Feeling of distension of hypochondrium and chest, hypochondriac pain, sighing, hiccup
   - b. Melancholy, depression, moodiness, fluctuation of mental state
c. Nausea, vomiting, epigastric pain, poor appetite, sour regurgitation, belching, feeling of pulsation in epigastrum, “churning” feeling in stomach, abdominal distension, borborygmi, diarrhea
d. Irregular periods, painful periods, distension of breasts before the periods, pre-menstrual tension and irritability
e. All symptoms improve with exercise
3. Signs include:
   a. Tongue: body color is normal
   b. Pulse: Wiry, especially on the left side

**Qi and Blood Stagnation**
1. Key symptoms are:
   a. Distending pain combined with focal and sharp pain, and depression
2. Symptoms may include:
   a. Distension
   b. Distending pain that moves from place to place as well as in fixed locations
   c. Depression
   d. Irritability
   e. Frequent mood swings
3. Signs include:
   a. Tongue: slightly to deeply purple, especially on the sides
   b. Purple nails
   c. Dark face
   d. Pulse: Wiry, Firm, or Tight pulses particularly in the areas corresponding to location of pain

**Qi and Blood Deficiency**
1. Key symptoms are: breathlessness, weak voice, spontaneous sweating, no appetite, loose stools, and tiredness
2. Symptoms may include:
   a. Dizziness
   b. Poor memory
   c. Numbness
   d. Blurred vision
   e. Insomnia
   f. Amenorrhea
   g. Depression
   h. Anxiety
3. Signs include:
   a. Sallow complexion
   b. Pale lips
   c. Tongue: Thin and pale
   d. Pulse: weak, thin, or empty

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