Reading The Signs

Course Outline

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License: AC 1567  
14.0 hours

COURSE DESCRIPTION

Today, emphasis in clinical situations is too often placed on Clinical Questionnaires and Lab Results. The use of physical clinical examination in office settings has eroded in the past 25 years. This course focuses on improving the use of in-office evaluation of physiological signs to help clarify specific patient conditions. Methods used are drawn from Traditional Chinese Medicine (TCM), western physiology, chiropractic technique, and osteopathic technique. Hands-on physical contact will be emphasized, with correlation to further appropriate lab testing methods. Clinical pearls and case histories will comprise at least 20% of the class.

CLASS OBJECTIVE

• To master both TCM and western physiological exams  
• Introduce western practitioners to elements of TCM evaluation  
• Fortify TCM practitioners in western-style evaluation  
• Strengthen practitioners’ use of observation, palpation, and auscultation  
• Provide linear exam methods to stream-line evaluation time
I. INTRODUCTION TO CLINICAL SIGNS  (30 min.)

A. Observation
   a. tongue observation
   b. eyes
   c. ears
   d. nails
   e. skin

B. Palpation
   a. pulse
   b. Western abdominal palpation
   c. TCM abdominal palpation

C. Auscultation
   a. heart
   b. lungs

II. SNS CLINICAL SIGNS  (30 min.)

A. Observation
   a. pupil size
   b. paradoxal pupil response
   c. pulse pressure
   d. tongue area - SNS
      1. color
      2. cracks
   e. dermographism
   f. pilorector response

B. Palpation
   a. pulse
   b. pilorector response

C. Clinical Case
III. THYROID CLINICAL SIGNS  (45 min.)

A. Observation
   a. eyebrows
   b. pupils
   c. tongue area- Thyroid
      1. cracks
      2. color
      3. coat
   d. fingernails

B. Palpation
   a. gag reflex
   b. skin
   c. triceps sag
   d. pulse

IV. HEART CLINICAL SIGNS  (60 min.)

A. Observation
   a. ear lobe
   b. nasal capillaries
   c. tongue area - heart
      1. cracks
      2. color
      3. coat

B. Auscultation
   a. blood pressure
   b. cardiac reserve test
   c. chest
      1. aortic area
      2. pulmonic area
      3. tricuspid area
      4. mitral area

C. Palpation
   a. carotid artery
   b. cubital fossa
   c. heart pulse position
   d. heart mu point

D. Clinical Case
V. LUNG CLINICAL SIGNS  (30 min.)

A. Observation
   a. tongue area - lungs
      1. cracks
      2. color
      3. coat
   b. lips
   c. nails

B. Auscultation
   a. lung upper lobe
   b. lung middle lobe
   c. lung lower lobe
   d. Sounds
      1. crackles
      2. wheezing
      3. pleural rub

D. Palpation
   a. lung pulse position
   b. lung mu point

E. Clinical Case

VI. STOMACH CLINICAL SIGNS  (30 min)

A. Observation
   a. cheek capillaries
   b. mouth/body odor
   c. fingernails
   d. tongue area - stomach
      1. cracks
      2. color
      3. coat

B. Palpation
   a. stomach pulse position
   b. stomach mu point
   c. Ridler HCl point

C. Clinical Case
VII. ALLERGY SIGNS  (30 min.)

A. Observation
   a. dermographism
   b. skin inflammation
      1. eczema
      2. rashes
      3. hives
   c. tongue area – allergies
      1. color

B. Auscultation
   a. blood pressure
      1. sitting pulse
      2. standing pulse
   b. lung wheezing

C. Palpation
   a. pulse rate

D. Clinical Case

VIII. ADRENAL SIGNS  (45 min.)

A. Observation
   a. paradoxal pupil response
   b. tongue area - adrenals
      1. color
      2. cracks

B. Palpation
   a. pes anserine
   b. cortisol pulse position
   c. adrenaline pulse position
IX. CLINICAL PRACTICUM  (120 min.)

A. Observation  (45 min.)
   a. ear lobes
   b. pupils
   c. cheeks
   d. nose
   e. lips
   f. tongue
   g. dermographics
   h. skin
   i. nails

B. Auscultation  (30 min.)
   a. heart areas
   b. lung areas
   c. blood pressure

C. Palpation  (45 min.)
   a. skin
   b. pilorector response
   c. triceps sag
   d. gag reflex
   e. pulses
   f. carotid artery
   g. cubital fossa
   h. organ mu points
   i. Ridler HCl point
   j. Pes anserine point
DAY 2
7 hours
8:00am – 4:00pm

X. REVIEW OF CLINICAL SIGNS  (30 min.)

A. Observation
   a. tongue observation
   b. eyes
   c. ears
   d. nails
   e. skin

B. Palpation
   a. pulse palpation
   b. Western abdominal palpation
   c. TCM abdominal palpation

XII. LIVER AND GALL BLADDER  (45 min.)

C. Observation
   a. forehead lines
   b. sclera
   c. facial color
   d. hammer toes
   e. tongue – Liver/GB area
      1. color
      2. liver area

D. Palpation
   a. Liver pulse position and qualities
   b. Liver alarm
   c. Gall Bladder pulse
   d. GB alarm
   e. (r) 6th rib space

C. Clinical Case
XIII. SUGAR DYSREGULATION SIGNS  (45 min.)

A. Observation
   a. adult acne
   b. poor wound healing
   c. tongue area- Thyroid
      1. cracks
      2. color
      3. coat
   d. skin tags
   e. pupils
   f. breath holding time

C. Palpation
   a. Spleen alarm point
   b. (l) 6th intercostal

D. Clinical Case

-------------------------(15 MINUTE BREAK)--------------------------

XIV. PANCREAS ENZYMES SIGNS  (45 min.)

E. Observation
   a. Tongue – pancreas area
      1. cracks
      2. color
      3. coat

F. Palpation
   a. (r) Sp 1
   b. (r) Sp 2
   c. (r) Sp 3
   d. (r) Sp 4

D. Clinical Case
XV. SMALL INTESTINE SIGNS   (30 min.)

A. Observation
   a. tongue area – Small Intestine
      1. cracks
      2. color
      3. coat

B. Palpation
   a. S.I. Alarm Point
   b. S.I. Pulse position and qualities

E. Clinical Case

XVI. LARGE INTESTINE CLINICAL SIGNS   (30 min)

C. Observation
   a. tongue area – Large Intestine
      1. cracks
      2. color
      3. coat

D. Palpation
   a. L.I. pulse position and qualities
   b. L.I. 4 Point
   c. L.I. Alarm Point
   d. Ileo-Tibial Band

E. Clinical Case

-----------------------------LUNCH BREAK (60 MIN.)---------------------
XVII. URINARY SYSTEM SIGNS  (45 min.)

D. Observation
   a. tongue area – allergies
      1. color
      2. cracks
      3. coat

E. Palpation
   a. Urinary pulse position and qualities
   b. Kidney Alarm Points
   c. U.B. Alarm Point
   d. Kid 9 Point

C. Clinical Case

XVIII. SEXUAL ORGANS SIGNS  (30 min.)

C. Observation
   a. facial lines
   b. tongue area - sexual
      1. color
      2. cracks
      3. coat

D. Palpation
   a. sex pulse position and qualities
   b. Scarpa’s Angle
   c. Sp 9 Point
   d. Zigong Point

E. Clinical Case

---------------------------------(15 MINUTE BREAK)---------------------------------
D. Observation  (45 min.)
   a. forehead lines
   b. sclera
   c. facial color
   d. upper lip lines
   e. hammer toes
   f. tongue
   g. acne
   h. skin tags
   i. wound healing
   j. pupils
   k. breath holding time

E. Palpation  (45 min.)
   a. Liver pulse
   b. Liver alarm
   c. Gall Bladder pulse
   d. GB alarm
   e. (r) 6th rib space
   f. Spleen alarm point
   g. (l) 6th intercostal
   h. (r) Sp 1
   i. (r) Sp 2
   j. (r) Sp 3
   k. (r) Sp 4
   l. S.I. Alarm Point
   m. S.I. Pulse
   n. L.I. Pulse
   o. L.I. 4 Point
   p. Ileo-Tibial Band
   e. urinary pulse qualities
   f. kidney Alarm Points
   g. U.B. Alarm Point
   q. Kid 9 Point
   r. sex pulse qualities
   s. scarpas’s Angle
   t. Sp 9 Point
   u. Zigong Point
COURSE REFERENCE INFORMATION

BOOKS


EAR LOBE EVALUATION


Kuri, Y.  *Evaluation of diagonal earlobe crease as a marker of coronary artery disease: the use of this sign in pre-operative assessment*  *Anaesthesia* Volume 56 Issue 12 Page 1160-1162, December 2001


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TONGUE DIAGNOSIS

Bo Pang, Zhang, D. Li, N. Kuanquan Wang  *Computerized tongue diagnosis based on Bayesian networks*  *Biomedical Engineering, IEEE Transactions on*  Oct. 200451:10; 1803- 1810.

Bo Pang,  *On Automated Tongue Image Segmentation in Chinese Medicine*  *16th International Conference on Pattern Recognition*  (ICPR’02) - Volume 1  p. 1061.

Cui MG, Xu BY, Huang SJ. *Quantitative study on tongue diagnosis in stroke patients*  *Zhongguo Zhong Xi Yi Jie He Za Zhi*, 2001 Sep;21(9):670-3.


Kubota, S. Are She Zhen(observation of the tongue) and Mai Zhen(palpation of the pulse) effective for diagnosis of patients receiving radiation therapy? Eastern Medicine VOL.15;NO.3;PAGE.13-16(1999).


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ABDOMINAL DIAGNOSIS


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MacPherson, H *Body Palpation and Diagnosis* JCM 44 JANUARY 1994.


YAKUBO SHUJI *A Simulator Production Project for Abdominal Palpation in Kampo Medical Training* Journal of Nihon University Medical Association 65:2; 111-115(2006).

Yamato, K. *Primary Care in Japan Abdominal pain* Clinic All-Round 55:702-706(2006).


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Shi-zhen Li, Li Shi-Zhen *The Lakesides Master's Study of the Pulse* Blue Poppy Press, 1998.

Shu, Y. Sun **Developing classification indices for Chinese pulse diagnosis.** *Complementary Therapies in Medicine, Volume 15, Issue 3, Pages 190-198 3.*


Xu, L. **Modern researches on pulse waveform of TCPD** *Communications, Circuits and Systems and West Sino Expositions, IEEE 2002 International Conference on:* 29 June-1 July 2002 Volume: 2, On page(s): 1073-1077 vol.2.


**WESTERN PALPATION METHODS**

Ariel, Irving *The disparity of the size of the liver as determined by physical examination and by hepatic gammascanning in 504 patients* *Medical and Pediatric Oncology Volume 2, Issue 1 , Pages 69 - 73*.

Belott, P. *How to access the axillary vein.* Volume 3, Issue 3, Pages 366-369.


MEHTA, MARJAANA **Assessing the abdomen.** *Nursing. 33(5):54-55, May 2003.*