

# Eastern School of Acupuncture and Traditional Medicine



*Comprehensive Exam Study Guide*  
*Year 2*

Congratulations! You have qualified for and are in preparations for your second comprehensive exam at the Eastern School. This exam serves many purposes. Firstly, and foremost, this serves as a signpost for YOU! Through your experience with this exam, with the learning you gained through your experience with the first comprehensive exam, you will be able to see where you need to concentrate on more to be sure that you are on track to being successful on your licensure exams. Pay attention to how you prepare, how you feel, what your study schedule and hygiene habits are during this process. It is NOT too late to modify your developing habits for big test preparation. This is as important to this experience as the actual test itself. Think long term, think big, and go and succeed on your comprehensive exams!

The following study guide is provided to help students with their review. The questions will be multiple choice except the practical exams. The best way to prepare for these exams is to review course material, review all required reading, form study groups and quiz each other.

**Purpose of the exams:**

ESATM recognizes that a student's journey does not end with successful completion of the acupuncture program. We are committed to offering support for students in their endeavor of preparing and passing of the NCCAOM licensing exams. The first part of our support is through the ESATM curriculum, which has been carefully created to align with the requirements of the exams. The second is to carefully monitor student progress in their successful completion of the curriculum. These comprehensive exams will serve as signposts to student achievement and progress and allow us to properly give students the best chance to be successful by catching any potential deficiencies before it's too late. The other thing that the comprehensive exams do for students is that it allows students to experience what it is like to take a large exam with a lot of pressure. This acts as a mock board exam and allows students to set good habits in terms of test preparation and appropriate "test hygiene". The habits that students adopt in the days leading up to their board exams is a real key in their chances for success so these comprehensive exams allow students to develop good habits that they can use in their approach to the board exams. Overall, this is a valuable tool for students to ensure their successful completion of the acupuncture program as well as their board exams.

**Sign ups:** Comprehensive Exam sign-ups take place the seventh week of the semester that the student qualifies to sit for the exam. They will have until week 11 to complete the registration for the exam before a late registration fee will be charged. The sign up form (Request to Sit for Comprehensive Exam) is obtained from the Administrative office area or downloaded from Orbund and submitted to the Registrar. Students can opt to postpone exams if they feel unprepared to complete them. They will be required to complete the exam no later than one semester after qualifying for the exam. In this case, the student should notify the Academic Dean in writing prior to the date of the exams. The Academic Dean will review possible program of study options.

**Instructions:** Students must adhere to the exam schedule outlined in Student Handbook. It is the student's responsibility to be present and on time for the exams. Please **do not** bring books or papers into the examination room. All cellphones, purses, wallets, etc will need to be left in the back of the room to ensure the security of the exam. Scratch paper will be provided but it must be returned to the proctor along with the completed exam. Notes from the scratch paper will be looked at and considered (unfair questions, multiple correct answers, etc.).

**Exam Results:** Results will be posted to Orbund in the week following the written exams. If you would like your results surface mailed, a current address will need to be confirmed with Orbund and the Registrar.

**Scantron Instructions:**

The Eastern School reserves the right to conduct the test utilizing Scantron technology, via standard paper exams, or by other approved means by the Academic Dean. For Scantron testing, all responses to exam questions are to be recorded on the Scantron answer sheet provided. No other answers will be considered for multiple-choice answers.

Use a #2 pencil and fully color in the bubble of the desired answer.

Identify yourself on the answer sheet by bubbling in your exam identification number and your name.

In the space marked "SUBJECT", identify the section of the exam you are currently taking (i.e. "Theory", "Acupuncture", etc.)

Any challenges or inquiries about exam content can be noted on the scratch paper provided.

Upon completion of the exam you are to turn in your Scantron answer sheet (if appropriate), the test questions, and all of your scratch paper.

**SECOND YEAR EXAM**

**Grading for Second Year Exams**

Multiple Choice Questions: The exams consist of 100 multiple-choice questions for Theory, 60 questions each for Acupuncture and Biomedicine. 70% correct is required for each section for a passing score.

**Exam Schedule for Second Year Exams**

The following modules appear on the Year Two exam:

Theory

Acupuncture

Biomedicine

Practical: Point Location

Morning: (3 hours)

Theory

Acupuncture

Afternoon 2 hours)

Western Medicine

Practical Point location

Written point location

**Retake Policy Comprehensive Exams**

Failing original exam:

If a student fails 2 or fewer exams, he/she may re-take these exams on the exam retake day, which will be determined by the Academic Dean. Special arrangements can be made to take the exam at alternate times if agreed to and arranged through the Academic Dean.

If a student fails 4 or more exams, he/she must wait a full semester to retake the exams as well as fulfill a study plan required by the administration that addresses the student's weaknesses.

#### Failing first retake

If a student fails any of the retake exams, tutoring for the failed subject(s) will be required. Student will receive a learning contract in writing. The student is then eligible to take a second retake exam when the tutor has approved the student to proceed.

#### Failing second retake:

If a student fails the second retake, the student will be enrolled in Required Review tutoring sessions that pertain to the failed exams. Students must take these sessions within three (3) months. Student will receive a learning contract in writing. If the student's tutor approves the student to retake the exam, they are then eligible to take the third retake exam.

#### Failing third retake:

If a student fails the third retake exam, the student will be required to retake the courses determined by the Dean to where the deficiencies lie before proceeding with the next attempt. The student may not continue to take classes in the deficient subject until successfully passing the comprehensive exam.

#### *Note:*

*You must pass the 2nd Level Point Location Practical Exam in order to enroll in the Clinic as a Clinic Intern I. You must pass all sections of the Second Level Comprehensive Exams in order to graduate.*

### **Comprehensive Exam Challenges and Complaints**

Students may submit concerns, perceived errors in particular questions, or comments about specific aspects of the exam content in writing on the scratch paper provided during the exam or in writing, to the Academic Dean within seven (7) days of taking the exam. Please be as specific as possible when challenging a question for the Academic Dean to review. All challenges to comprehensive exam questions must be submitted in writing. The questions of concern will be presented to the Academic Dean and Comprehensive Exam Committee for a final determination and the decision will be notified to the student within 14 days of receipt of the concern.

### **Comprehensive Exam Confidentiality**

The Eastern School is committed to the integrity and security of the comprehensive exam process. Students have a duty to maintain strict confidentiality with respect to the content of the Comprehensive Exams. Students agree that they will not discuss the content of these exams with any other students who have not yet taken these exams. Additionally, students agree that they will not copy or distribute in any form of the questions of these exams. Any breach in the confidentiality of the exam will be considered a measure of cheating and will be subject to measures outlined in the Student Handbook.

### **Academic Integrity**

Academic integrity is the pursuit of scholarly activity free from fraud and deception and is a valued educational objective at The Eastern School. Academic dishonesty includes, but is not limited to,

cheating, plagiarizing, the fabrication of information or citations, and facilitating acts of academic dishonesty by others. Any student accused of a specific act stated in the previous paragraph is subject to ESATM academic procedures relating or pertaining to violations of the student code of conduct for academic integrity located in the Student Handbook.

### **Accommodation for Disability**

ESATM reasonably accommodates qualified individuals with disabilities upon request. A professional assessment of a student or employee disability is required before the services can be engaged. If such an assessment is needed, the Director of Admissions or Academic Dean has a list of referrals where such assessments can be obtained. For current or prospective students, a formal request for accommodations should be submitted to the Director of Admissions and Academic Dean.

**Below are review topics for each written section of the exam. You are responsible for the entirety of materials that you have been taught in the first year curriculum. The following is a guide to help organize your studying. It is possible that questions are asked that fall outside the topics listed on this guide.**

**\*\*Note that most of the topics below are also on the 1<sup>st</sup> year review list. For the second year exam, you are responsible for the knowledge in the 1<sup>st</sup> year at a deeper level of understanding as well as the application of the knowledge in short case study questions.**

### **ORIENTAL MEDICINE THEORY EXAM YEAR 2 TOPICS FOR REVIEW (100 Questions)**

**The last 40 questions (61-100) will be case studies exclusively.**

Yin/ Yang

Types of Qi (Wei Qi, Ying Qi, etc.)

Three Treasures (Qi, Jing, Shen)

Wu-Xing (the five phases)

Five phase cycles (sheng, ke cycles, etc.)

Mother/Son law

8-principles (hot/cold; internal/external; excess/deficient; yin/yang)

Xue (blood)

Five emotions/Seven affects/ Five shen

Diagnosis (pulse, tongue, 4 pillars, etc.)

Six Stage Diagnosis / Four Aspects Diagnosis (Wei, Qi, Ying, Xue)

8 treatment methods

Treatment principles

Food's effects on the body from TCM perspective (TCM nutrition theory)

Zang-fu (organs, organ functions, properties of the organs, etc.)

Extraordinary fu organs

Major signs and symptoms ( example: weakness and soreness of the lumbar region mostly related to the kidney)

Chinese medicine diseases (names and major signs and symptoms)

Qi Stagnation vs. Blood stasis

Damp/Phlegm

Symptoms of major patterns

Basic Herbal Theory (5 flavors, etc.)

Etiology vs. Pathomechanism vs. Pattern

Major philosophies influencing the early formation of Chinese Medicine

Names and major concepts from the 5 medical Classical Texts

### **ACUPUNCTURE EXAM YEAR 2 TOPICS FOR REVIEW (60 Questions)**

Point Location (definition of locations, locations on the same level, positions used to find points, etc.)

Point Functions and needling techniques (angle and depth)

Auricular points (locations and functions, ear structures, etc.)

6-division nomenclature of meridians

Know the "Big Picture"

8 Extraordinary Meridians (confluent points, coalescent points, xi-cleft pts, luo pts, general functions)

Extra points (locations and functions)

Channel theory (example: where do all yang channels meet?)

Channel pathways (primary channels and branches)

Channel pathologies

Crossing Points

Needle techniques (tonifying/sedating, etc.)

Circadian Clock

Tissues associated with each channel

Cun measurements (body measurements; between points, etc.)

Basic Rule of tonification and sedation

Point combinations (source/luo [host/guest])

4 point needle technique (5 phase treatment theory)

Kiiko style basic theory and protocols

### **BIOMEDICINE EXAM YEAR 1 TOPICS FOR REVIEW (60 Questions)**

**The first year concentrated on the correct physiology of the body. You are still responsible for this, but you are now also responsible for pathological aspects of the list below.**

Muscles & Bones (names, locations, functions, etc.)

Structures of / functions of components of the eye

Medical terminology (examples: coxal, inversion, eversion, abduction, adduction, proximal, etc.)

Heart anatomy & physiology

Anatomy of the organs (example trachea, pleura, omentum, etc.)

Urinary structures and physiology

Brain structures and functions (example: 3 layers of brain matter)

Anatomy and physiology of nerves and the nervous system

Tissues

Major blood vessels and components of blood

Anemias

Lymphatic system

Digestive System & Digestion

Antigen/Antibody

Endocrine/Exocrine/Paracrine

CNS (spinal cord tracts, spinal nerves, etc.)

Major nerve innervations; Major nerve impingement syndromes

Reflexes

Cranial Nerves

Dermatomes

Sympathetic vs. Parasympathetic

Hormones

Specialized cells (examples: eosinophils, basophils, macrophages, etc.)

Glucose metabolism

Blood pressure

Muscle contraction physiology

Menstrual cycle