Pushing the Point: Integrating Acupressure & Oriental Medicine in Psychiatric Nursing Practice

Jaclyn Engelsher, DNP
Family & Mental Health Nurse Practitioner, Certified Acupuncturist

Adam Margolis, DNPC
Adult Nurse Practitioner, Licensed Acupuncturist

DISCLOSURE

There are no potential conflicts of interest with a commercial entity, a company, or a business.

Objectives

- Describe the theory and benefits of using Traditional Oriental Medicine techniques in the psychiatric and mental health setting
- Identify the functions of ten commonly used acupoints that can be integrated into treatment plans of patients with psychiatric and mental health disorders
- Discuss methods for integrating TCM modalities with conventional PMH nursing practice.

DISCLAIMER

This session introduces basic evidenced-based Traditional Chinese Medicine (TCM) theory and techniques with practical application demonstration for informational and educational purposes. Please check with your individual state to determine what aspects are covered in your scope of practice and seek NCCAOM certified practitioners in your area for acupuncture referral.

Comprehensive Training

- Education
  - Masters degree program 3-4 yrs approved by Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM)
  - 1490 hrs acupuncture/2050 comprehensive
  - Doctoral program available, not required
- Certification
  - National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)
  - Clean Needle Technique
  - Biomedicine, Foundations, Point Location, Herbology
- Licensing
  - Title varies by state: DOM, LAoLi.Ac, CAc, RAc, DA, ADS, AP
  - No practice acts: AL, KA, ND, OK, SD, WY

(NCCAOM, 2012)

Scope of Practice Variability

- Parity states: MT, SC, HI
- MD/DO
- Chiropractors
- Physician Assistants
- Dentists
- Podiatrists
- Naturopaths
BASIC THEORY & HISTORY

Yin and Yang

Qi

Meridians

Statement of Fact

- Yibing tongzhi, tongbing yizhi
- "Same disease different treatment. Different disease, same treatment"

Engelsher, Margolis
**Acupuncture Assessment & Diagnoses**

- An individual’s patterns and their unique set of signs and symptoms are treated, not their disease (nursing diagnosis).
- Four examinations:
  - Looking - inspection with tongue diagnosis
  - Listening/Smelling - mental status exam
  - Asking - CC, HPI, 10 questions (ROS)
  - Feeling - meridians and pulse

(Acupuncture Media Works, 2012)

**Treatment**

- 3 Free Therapies
  - Nutrition
  - Movement
  - Rest (Mental and Physical)
- Acupuncture
- Moxibustion
- Cupping
- Tui Na/Acupressure
- Herbal Therapy
- Energy Work – Tai Chi, Qi Gong

**Treatment Progression**

- Individualized treatment plan
- Symptomatic improvements often experienced within the first few sessions
- Long-term abatement after 1 or more courses of treatment (antibiotic resistance)
- Treatments generally weekly, then prn once patterns resolved/managed

**Conditions Treated**

- May work in conjunction with western medicine or, commonly, when other options have failed and/or have undesirable side effects.
- World Health Organization
  - Pain of any kind from any cause
  - Psychological conditions – depression, anxiety, insomnia
  - Women’s issues – fertility, pms, menstrual problems, cysts, fibroids, endometriosis
  - Immune/Respiratory issues – allergies, asthma, common cold, recurrent infections
  - Gastro-intestinal issues – constipation, reflux, digestive issues, etc.

(World Health Organization, 2003)

**Effectiveness of acupressure for residents of long-term care facilities with insomnia: A randomized controlled trial**

- n=50 randomized to real acupressure or sham acupressure (single blinded) at point Shen Men on wrist
- Five minute administration by trained assistants at bedtime for 5 consecutive weeks
- Athens Insomnia Scale – Taiwan form (AIS-T) administered weekly at baseline, during 5 week intervention, and after intervention
  - 0-24 scale, >6 indicates insomnia

(Sun, Sung, Huang, Cheng, & Lin, 2010)
**The effect of acupressure on quality of sleep in Iranian elderly nursing home residents**

- N=90 randomized to acupressure (n=25), sham acupressure (n=26), and control/SOC (n=26)
- Mean ages:
  - Acupressure: 75
  - Sham: 74
  - Control: 77
- Acupressure administered 3 times/week for 4 weeks at points Nei Guan, Shen Men, ear Shen Men, Yong Chuan, San Yin Jiao, and An Mian
- Sham group had stimulation at non-acupressure points
- Pittsburgh Sleep Quality Index (PSQI)
  - >5 indicates poor sleep

**True v. Sham Acupressure**

![Graph showing True Acupressure vs. Sham Acupressure](image)

**The effect of acupressure on sleep quality in hemodialysis patients**

- N=48 participants randomized to acupressure and control (SOC)
- Fifteen minute intervention starting one hour after beginning hemodialysis 3 days per week for 4 weeks
- Shen Men, He Gu, San Yin Jiao
- PSQI

**Global PSQI**

![Graph showing Global PSQI](image)

**Effect of acupressure on preoperative anxiety: A clinical trial**

- N=70 randomized to true (n=35) or sham (n=35) acupressure
- Yin Tang and ear Shen Men v. non-traditional points on the forehead and ear
- 10 minutes of stimulation
- Anxiety VAS, BP, HR, RR measured before and after the intervention

![Graph showing Global PSQI](image)
Effect of acupressure on nausea, vomiting, anxiety, and pain among post-cesarean section women in Taiwan

- N=104 participants assigned to treatment (acupressure) or control (SOC) groups
- Twenty minutes digital stimulation of point Nei Guan administered the night before CS, 2-4 hours post CS, and 8-10 hours post CS
- Visual Analog Scale for Anxiety (VASA) and State-Trait Anxiety Inventory (STAI)

Challenges in Acupressure Research
- Standardized treatments vs. heterogeneity of practice
- Alternative diagnostic approaches
- Controls/blinding
- Funding

Application

Engelsher, Margolis
Acupressure Technique

- Locate the point
- Thumb/finger, pencil eraser, dowel, piezo, moxa warmer, tuning fork
- Press, tap, or massage point 30-60 seconds

Lung & Large Intestine

Meridian Associations

<table>
<thead>
<tr>
<th>Element</th>
<th>Autumn</th>
<th>Season</th>
<th>Fall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Color</td>
<td>White</td>
<td>Time of Day</td>
<td>5-6 a.m.</td>
</tr>
<tr>
<td>Body Tissue</td>
<td>Skin</td>
<td>Body Tissue</td>
<td>Skin</td>
</tr>
<tr>
<td>Voice Sound</td>
<td>Weeping/Crying</td>
<td>Sense Organ</td>
<td>Nose</td>
</tr>
<tr>
<td>Refl ects</td>
<td>Body hair</td>
<td>Emotion</td>
<td>Grief/Sadness</td>
</tr>
<tr>
<td>Healing Tone</td>
<td>SSSSS</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Lung & Large Intestine 4
LOCATION: On the back of the hand between the thumb and index finger in the fl exy part of the palm.
FUNCTION: Used for severe cold with chills, fever, headache, and upper respiratory. Known as "The Master Point Eliminator" point, it clears abdominal pain in the body. Head, neck, and mouth, neck, face, fingers, and even the legs are affected. When used, the point may resolve the pain, nausea, and vomiting. DO NOT USE DURING PREGNANCY.

Spleen & Stomach

Meridian Associations

<table>
<thead>
<tr>
<th>Element</th>
<th>Earth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season</td>
<td>Late summer</td>
</tr>
<tr>
<td>Color</td>
<td>Yellow</td>
</tr>
<tr>
<td>Time of Day</td>
<td>5-11 a.m.</td>
</tr>
<tr>
<td>Body Tissue</td>
<td>Muscle &amp; Flex</td>
</tr>
<tr>
<td>Voice Sound</td>
<td>Snoring</td>
</tr>
<tr>
<td>Sense Organ</td>
<td>Tongue</td>
</tr>
<tr>
<td>Refl ects</td>
<td>Lips</td>
</tr>
<tr>
<td>Emotion</td>
<td>Worry/Sympathy</td>
</tr>
<tr>
<td>Healing Tone</td>
<td>WHOOO</td>
</tr>
</tbody>
</table>

Stomach 36: Location: Approximately four inches, below the knee, and one inch toward the inside of the shinbone. Function: "Warm up" the body and mind and counteracts depression. Also good for nausea, fullness of the abdomen, diarrhea, pain in the knees and lower leg.

Heart & Small Intestine

Meridian Associations

<table>
<thead>
<tr>
<th>Element</th>
<th>Fire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season</td>
<td>Summer</td>
</tr>
<tr>
<td>Color</td>
<td>Red</td>
</tr>
<tr>
<td>Time of Day</td>
<td>11 a.m.-1 p.m.</td>
</tr>
<tr>
<td>Body Tissue</td>
<td>Blood vessels</td>
</tr>
<tr>
<td>Voice Sound</td>
<td>Laughter</td>
</tr>
<tr>
<td>Sense Organ</td>
<td>Tongue</td>
</tr>
<tr>
<td>Refl ects</td>
<td>Complexion</td>
</tr>
<tr>
<td>Emotion</td>
<td>Joy</td>
</tr>
<tr>
<td>Healing Tone</td>
<td>HAWWW</td>
</tr>
</tbody>
</table>

Heart 7
LOCATION: With palm facing up, on the inside of the wrist, on the third finger side of the crease where the wrist meets the wrist.
FUNCTION: Promotes a calm mind, alleviates anxiety, stimulates memory, and increases memory. Also useful in alleviating hysteria, restlessness, fear and fright, sleep disturbances, and shortness of breath.

Heart 8
LOCATION: On the thumb of the hand, on the radial side of the pinky finger.
FUNCTION: Used for dry mouth, throat, dry eyes, insomnia, nausea, and vertigo. Also good for chest and diaphragm, heart palpitations, chest pain, paroxysms, nausea, vomiting, restlessness, and shortness of breath. This point has also been used in emergency situations for loss of consciousness and faint attacks.
Kidney & Urinary Bladder

**Meridian Associations**

- **Element:** Water
- **Season:** Winter
- **Color:** Black/Purple
- **Time of Day:** 5-7 a.m.
- **Body Tissue:** Bones & Marrow
- **Voice Sound:** Moaning
- **Sense Organ:** Ear
- **Reflections:** Hair
- **Emotion:** Fear
- **Healing Tone:** Woooo

**Yang Pou (411)**

**Back Shu Points**

- Used to sedate and nourish the associated organ. 1.5 and 3 cun lateral to midline at level of the lower boror of the spinous processes.

- **Lungs:** sadness/grief: UB13/42
  - Third thoracic vertebra
- **Liver:** anger: UB18/47
  - Ninth thoracic vertebra
- **Spleen:** worry: UB20/49
  - Eleventh thoracic vertebra
- **Kidney:** fear/fright: UB23/52
  - Second lumbar vertebra

Liver & Gallbladder

**Meridian Associations**

<table>
<thead>
<tr>
<th>Element</th>
<th>Wood</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season</td>
<td>Spring</td>
</tr>
<tr>
<td>Time of Day</td>
<td>1-3 a.m.</td>
</tr>
<tr>
<td>Body Tissue</td>
<td>Tendons, Ligaments</td>
</tr>
<tr>
<td>Voice Sound</td>
<td>Shouting</td>
</tr>
<tr>
<td>Sense Organ</td>
<td>Eye</td>
</tr>
<tr>
<td>Reflections</td>
<td>Nails</td>
</tr>
<tr>
<td>Emotion</td>
<td>Anger</td>
</tr>
<tr>
<td>Heating Tone</td>
<td>SHHHH</td>
</tr>
</tbody>
</table>

**Gallbladder 23** - Location: At the base of the neck, on either side of the neck, where you feel a natural indentation.

Function: Alleviates headache, liver, chills, dizziness, stiff neck and vertigo. Also helps for seizures, poor memory and eye disorders.

**Extraordinary Points**

- **Shenmen Vessel**
  - Location: Sit on your left buttock, behind your heart. Place your left hand on your heart and feel for a point where it feels smooth. This is the Shen point. It is located on the side of the head.
  - Function: Relieves headaches, insomnia, dizziness, and improves memory.

- **Yang Men Vessel**
  - Location: In the center of the lower abdomen, behind the pubis.
  - Function: Good for pain in the lower back, kidney, bladder, uterus, urethra, and improves digestion, immunity, and reproductive health.

- **Kidney Vessel**
  - Location: Over the kidneys and spine.
  - Function: Relieves kidney and liver pain, and strengthens the spinal column and reproductive organs.

**Qi Gong Exercises**

- **APNA 26th Annual Conference**
- **Session 1036: November 7, 2012**
- **Engelsher, Margolis**
Food Therapy

Lung & Spleen

Heart & Kidney

Liver

Important Links

- Finding a qualified acupuncturist: www.NCCAOM.org
- General acupuncture information: www.Acupuncture.com
- Research, news, CEUs: www.HealthCMI.com
- Reading List & Resources: www.OneDNP.com

References