

Benchmarks for Training in

Tuina

Benchmarks for training
in traditional/complementary
and alternative medicine

Tuina

中药往往是缺少了西一针灸的
基本知识，是告诉针就具体
的位置，值得在不同时期
特别的地方替代医学，由非常
事实上，它是唯一的药，有一



World Health
Organization

**Benchmarks for training
in traditional / complementary
and alternative medicine**

Benchmarks for Training in Tuina



**World Health
Organization**

WHO Library Cataloguing-in-Publication Data

Benchmarks for training in traditional /complementary and alternative medicine: benchmarks for training in tuina.

1. Medicine, Chinese traditional. 2.Massage. 3.Complementary therapies. 4.Benchmarking. 5.Education. I.World Health Organization.

ISBN 978 92 4 159968 9

(NLM classification: WB 55.C4)

© World Health Organization 2010

All rights reserved. Publications of the World Health Organization can be obtained from WHO Press, World Health Organization, 20 Avenue Appia, 1211 Geneva 27, Switzerland (tel.: +41 22 791 3264; fax: +41 22 791 4857; e-mail: bookorders@who.int). Requests for permission to reproduce or translate WHO publications – whether for sale or for noncommercial distribution – should be addressed to WHO Press, at the above address (fax: +41 22 791 4806; e-mail: permissions@who.int).

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by the World Health Organization in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use.

Printed in Switzerland.

Contents

Contents	iii
Acknowledgements	v
Foreword	vii
Preface	ix
Introduction	1
1. Origin and principles of Tuina	3
2. Benchmarks for training of Tuina practitioners	5
2.1 Categories of training programmes.....	5
2.2 Benchmark learning outcomes.....	6
2.3 Curriculum components	7
2.4 Adapting Type I to Type II or Type III programmes.....	11
3. Contraindications	13
References	15
Annex 1: WHO Consultation on Manual Therapies, Milan, Italy, 12–14 November 2007: list of participants	17
Annex 2: Commonly used acupoints and related meridians	21

Acknowledgements

The World Health Organization (WHO) greatly appreciates the financial and technical support provided by the Regional Government of Lombardy, Italy, for the development and publication of the basic training documents, as part of the implementation of collaborative projects with WHO in the field of traditional medicine. The Regional Government of Lombardy kindly hosted and provided financial support for the WHO Consultation on Manual Therapies, held in Milan, Italy in November 2007.

WHO also wishes to express its sincere gratitude to the State Administration of Traditional Chinese Medicine of the People's Republic of China for preparing the original text. A special acknowledgement of appreciation for his work on further developing this document is due to Professor Charlie Changli Xue, Director, WHO Collaborating Centre for Traditional Medicine at the School of Health Sciences, RMIT University, Bundoora, Victoria, Australia.

WHO acknowledges its indebtedness to 241 reviewers, including experts and national authorities as well as professional and nongovernmental organizations, in 69 countries who provided comments and advice on the draft text.

Special thanks are due to the participants of the WHO Consultation on Manual Therapies (see Annex 1) who worked towards reviewing and finalizing the draft text, and to the WHO Collaborating Centre for Traditional Medicine at the State University of Milan, Italy, in particular to Professor Umberto Solimene, Director, and Professor Emilio Minelli, Deputy Director, for their support to WHO in organizing the Consultation.

Foreword

The oldest existing therapeutic systems used by humanity for health and well-being are called Traditional Medicine or Complementary and Alternative Medicine (TM/CAM).

Increasingly, TM/CAM is being formally used within existing health-care systems. When practised correctly, TM/CAM can help protect and improve citizens' health and well-being. The appropriate use of TM/CAM therapies and products, however, requires consideration of issues of safety, efficacy and quality. This is the basis of consumer protection and is no different, in principle, from what underpins modern medical practice. Upholding basic requirements for the modern practice of TM/CAM therapies can support national health authorities in the establishment of adequate laws, rules, and licensing practices.

These considerations have guided the work of the Regional Government of Lombardy in TM/CAM which was first included in the Regional Health Plan 2002-2004. Clinical and observational studies in the region of Lombardy have provided a crucial step in the evaluation of TM/CAM. With the help of data from these studies, a series of governmental provisions have been used to create a framework for the protection of consumers and providers. The cornerstone of this process was the first Memorandum of Understanding (MOU) for the Quadrennial Cooperation Plan which was signed between the Regional Government of Lombardy and the World Health Organization. The MOU highlighted the need for certain criteria to be met including: the rational use of TM/CAM by consumers; good practice; quality; safety; and the promotion of clinical and observational studies of TM/CAM. When they were published in 2004, the *WHO guidelines for developing consumer information on proper use of traditional, complementary, and alternative medicine* were incorporated into this first MOU.

In the region of Lombardy, citizens currently play an active role in their health-care choices. The awareness of the advantages as well as of the risks of every type of care is therefore critical, also when a citizen actively chooses to use TM/CAM.

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_28986

