

S.S.O.M.A.

Final Exam

Foundation Course in
Acupuncture

July 2025

Safety Exam:

(pass mark 90%)

Name three critical structures in the neck which injuring could be fatal.

- 1.
- 2.
- 3.

Give two contraindications to needling.

- 1.
- 2.

How far down the back does the pleural channel (cavity) extend?

What tissues do you go through in order to get too deep and go into the pleural channel?

How far up does the pleural channel extend?

What is a puncture of the pleural channel known as? What symptoms might this cause (name two)?

What type of people are predisposed to the above condition occurring spontaneously (name two)?

- 1.
- 2.

What two common, yet mild, 'side effects' should patients be warned about prior to needling?

- 1.
- 2.

Name two major 'safe areas' to needle?

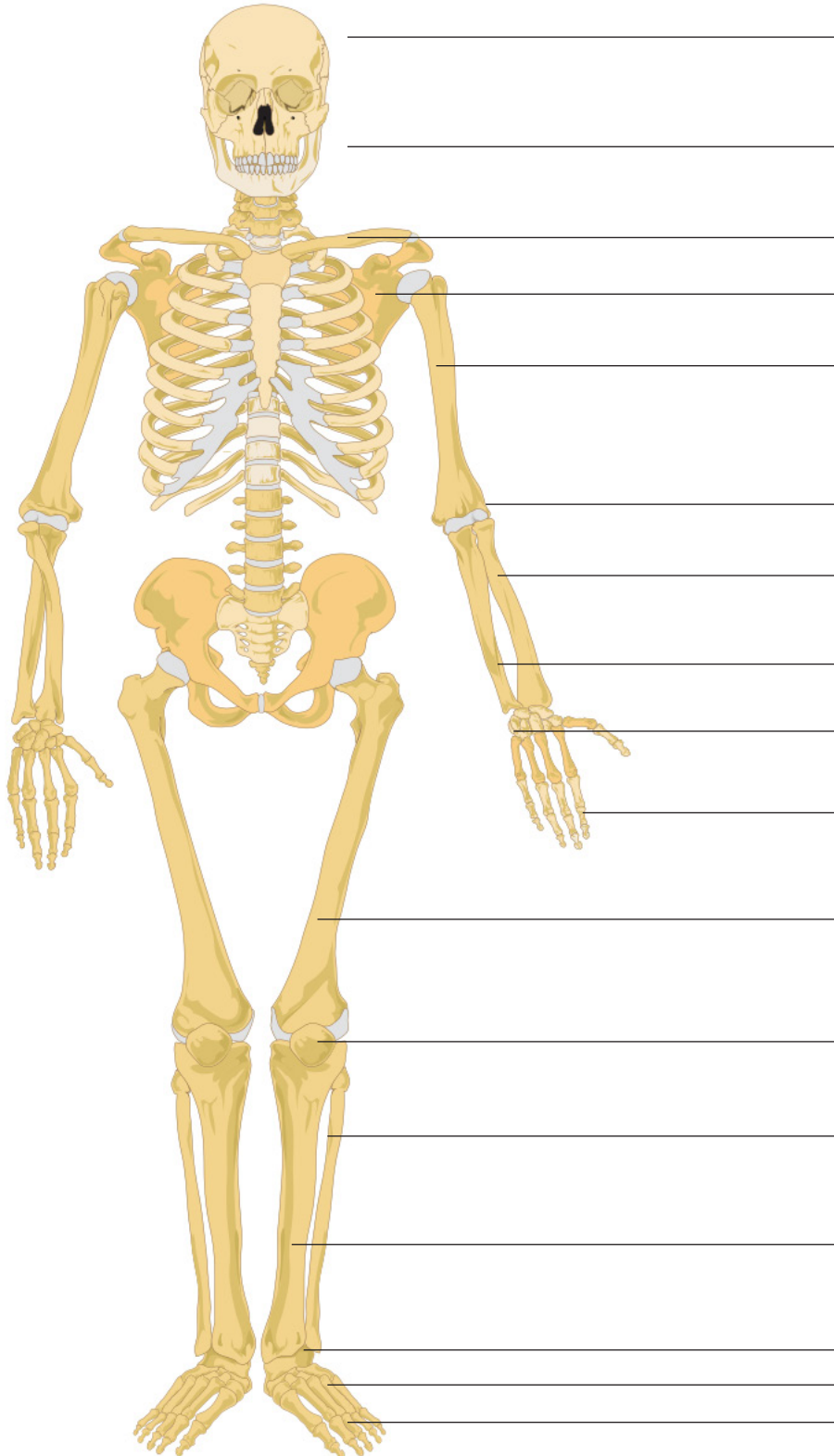
- 1.
- 2.

What safety substance should you always have around when using moxa?

Anatomy

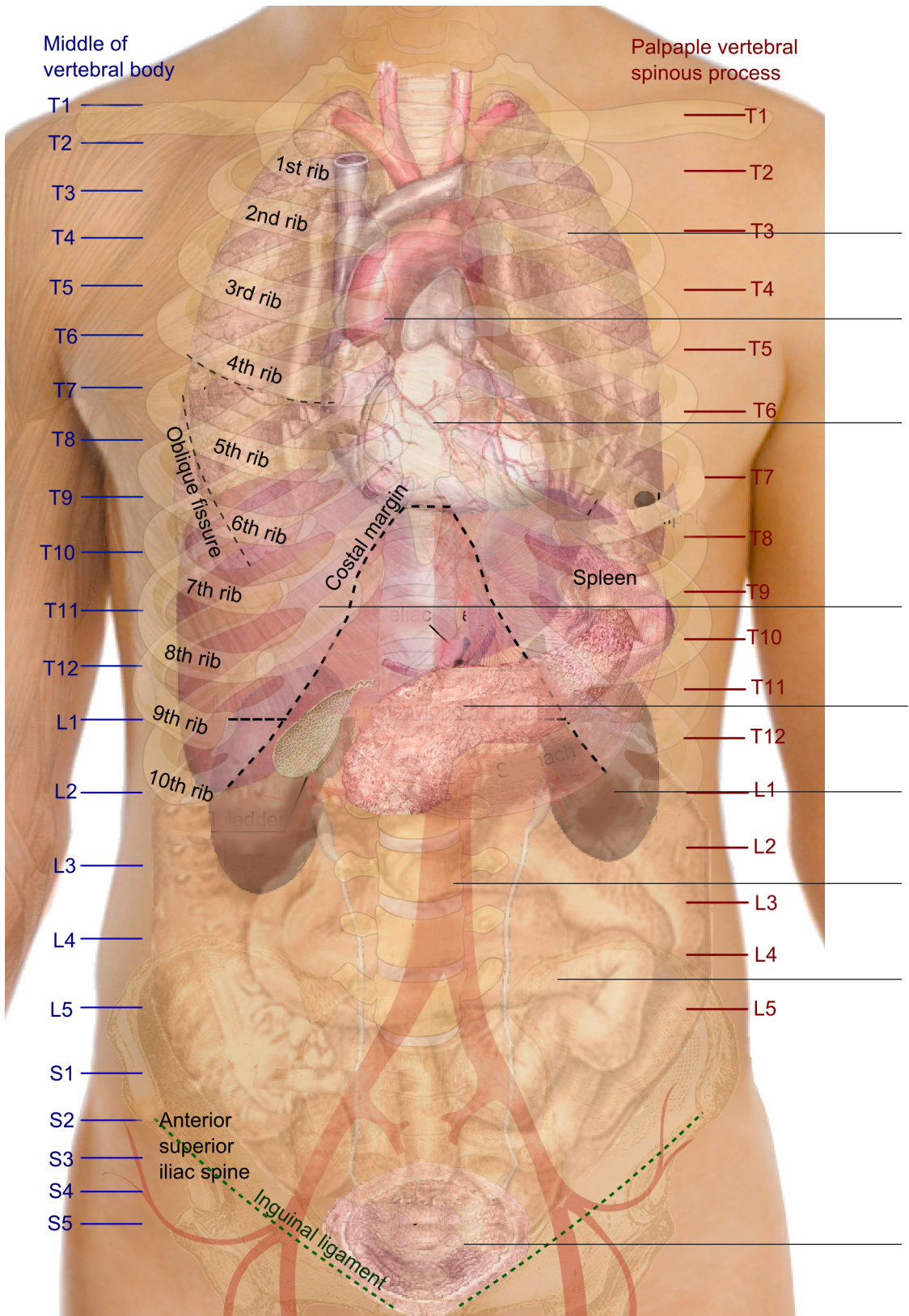
EXAM

What are the main bones of the body?

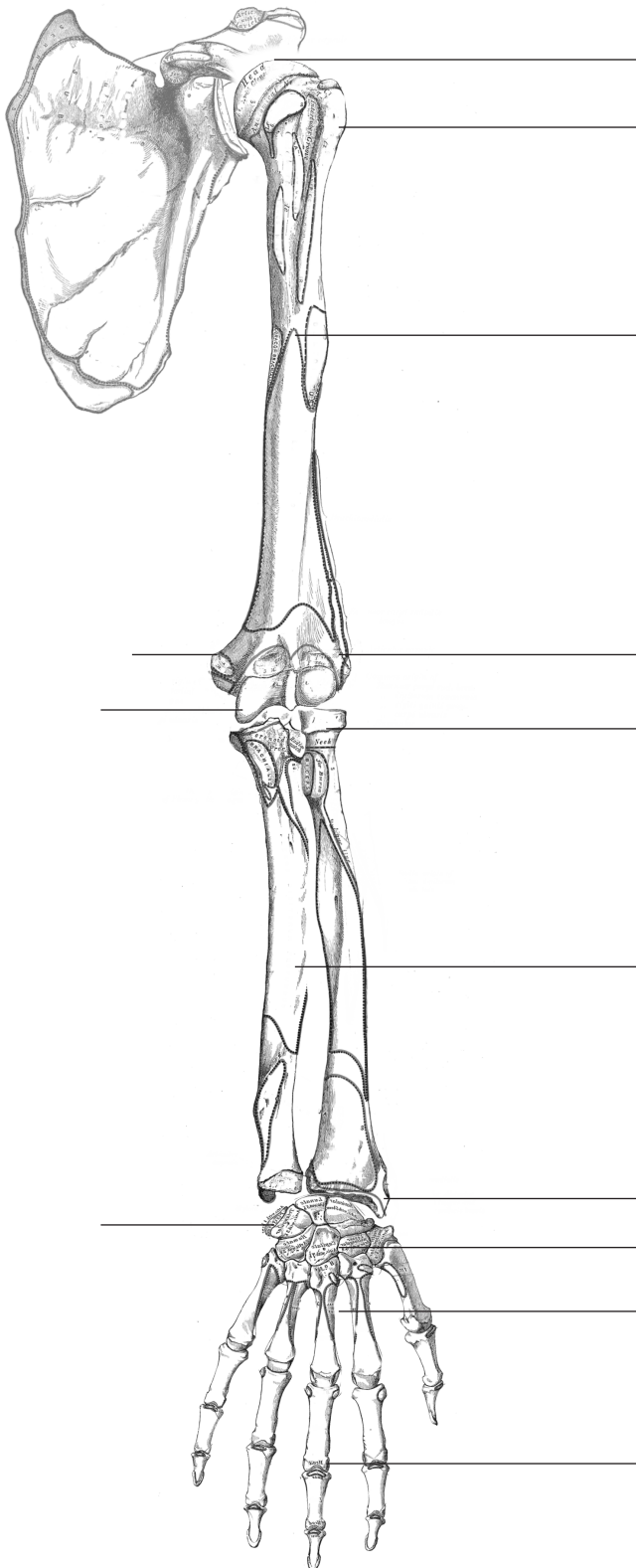


Anatomy EXAM

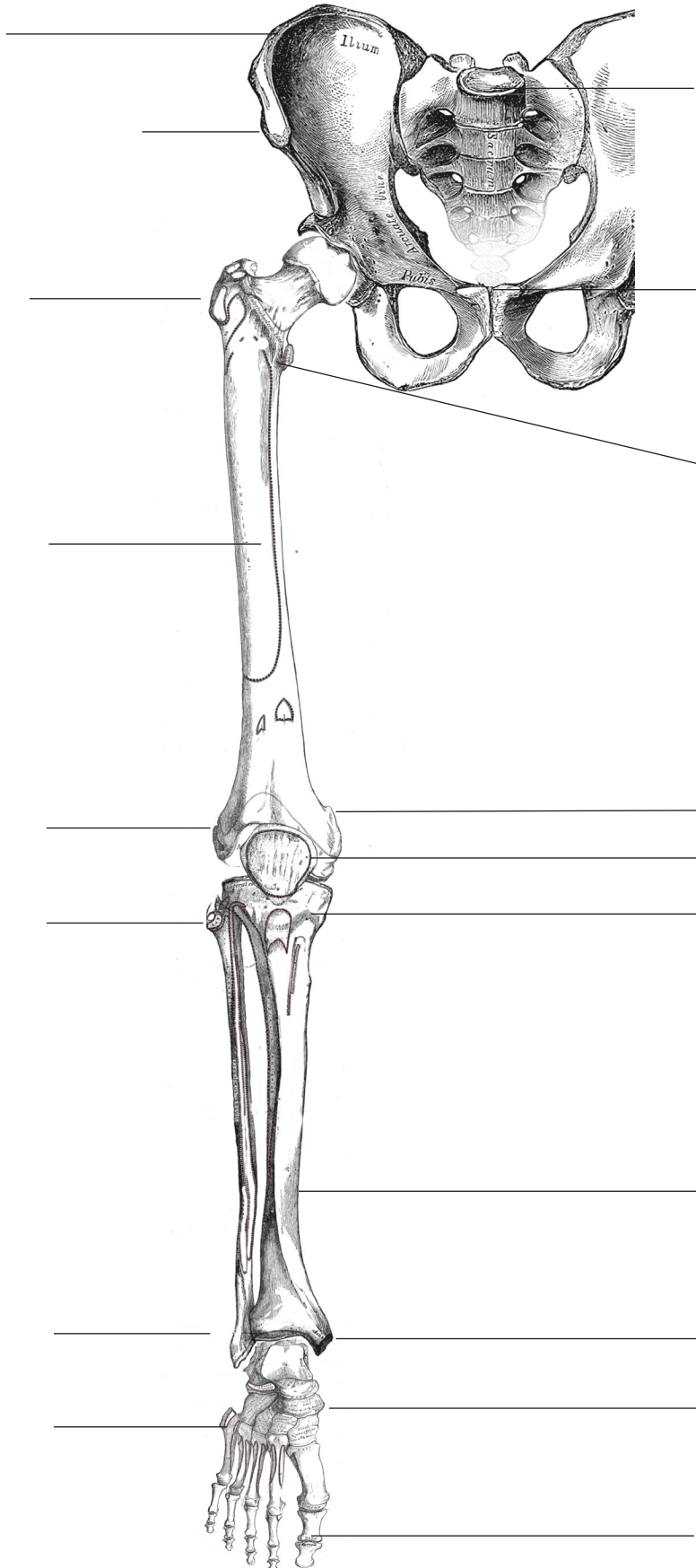
Name these organs



What are main bones and landmarks of upper limb?

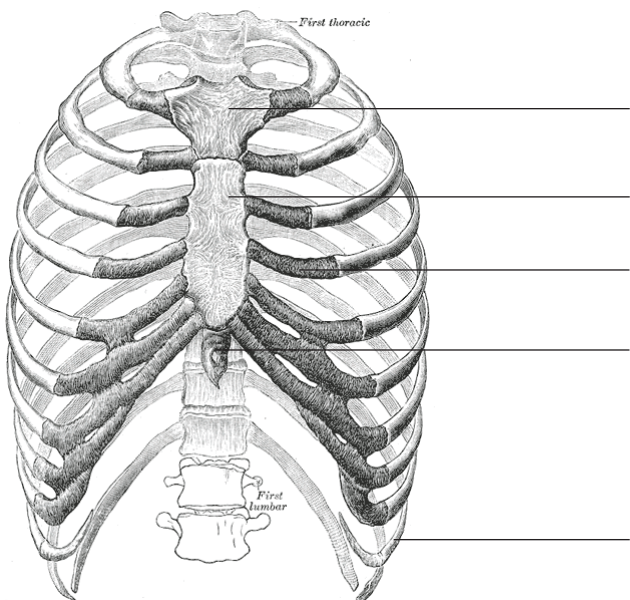
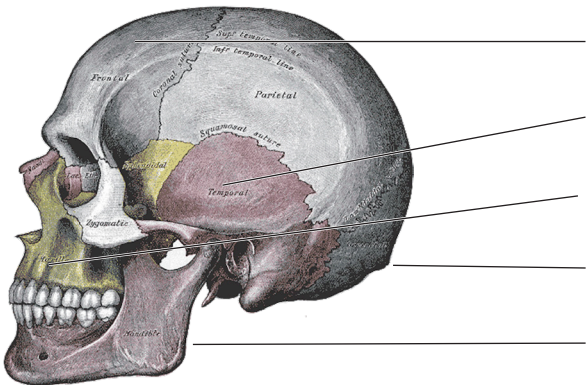
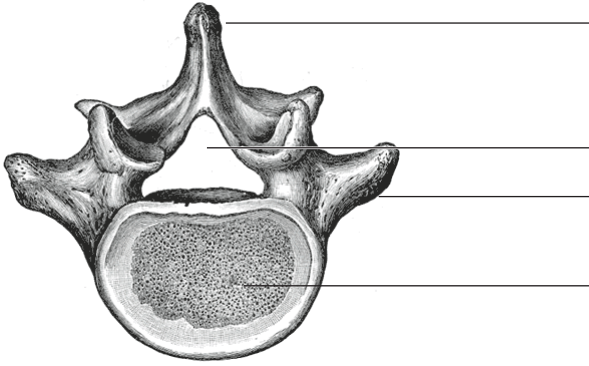


What are main bones and landmarks of upper limb?



Anatomy EXAM

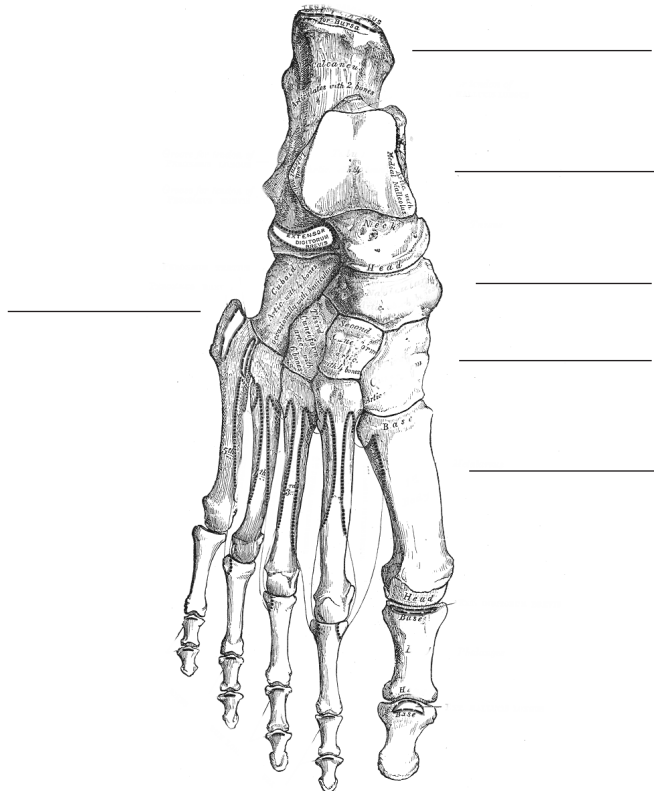
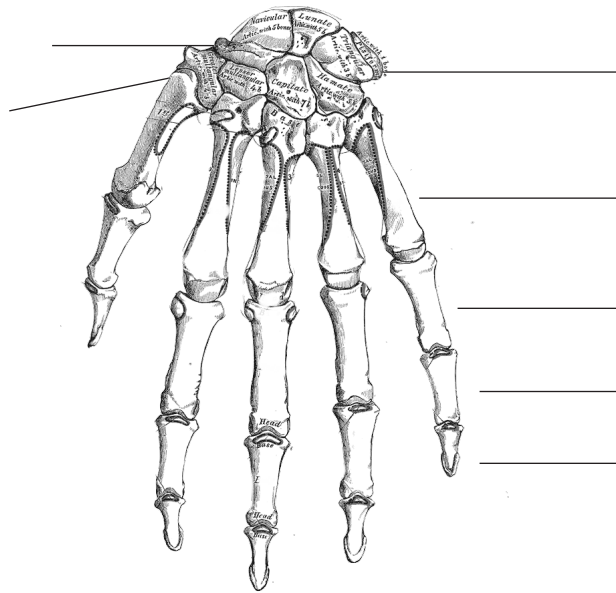
Name these bones and parts of bones



Anatomy

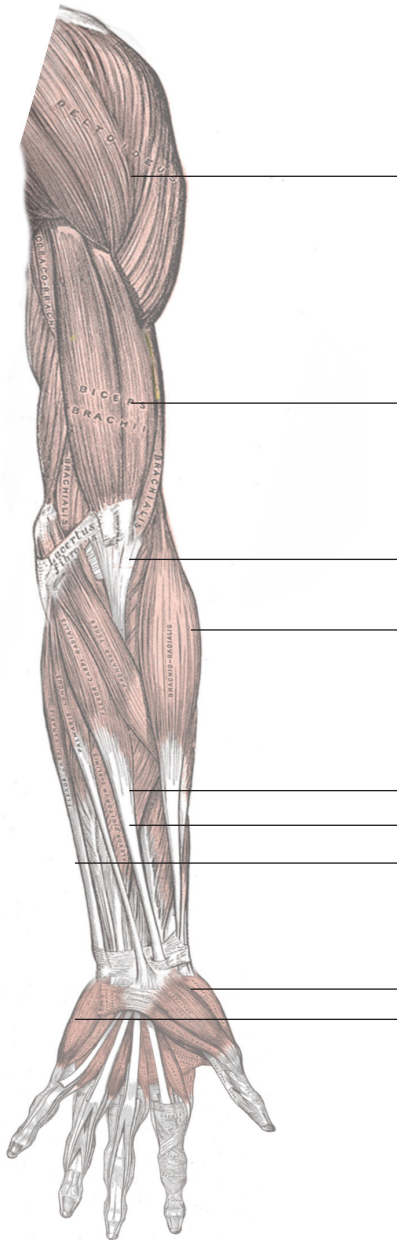
EXAM

Name these bones and parts of bones

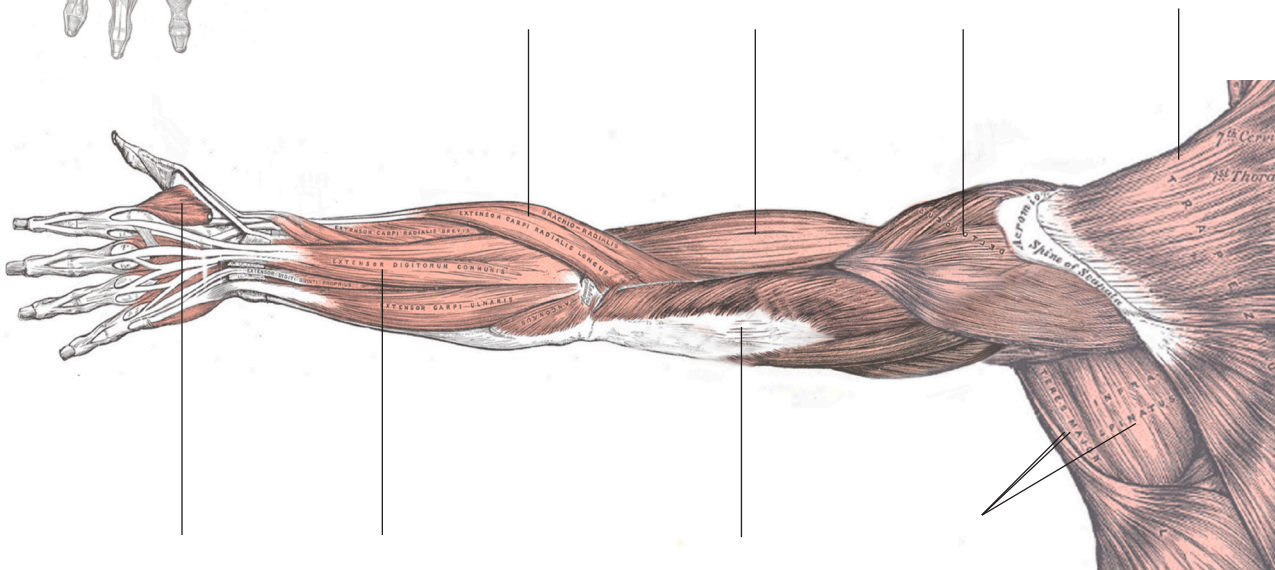


**FRONT OF ARM
(anterior / volar)**

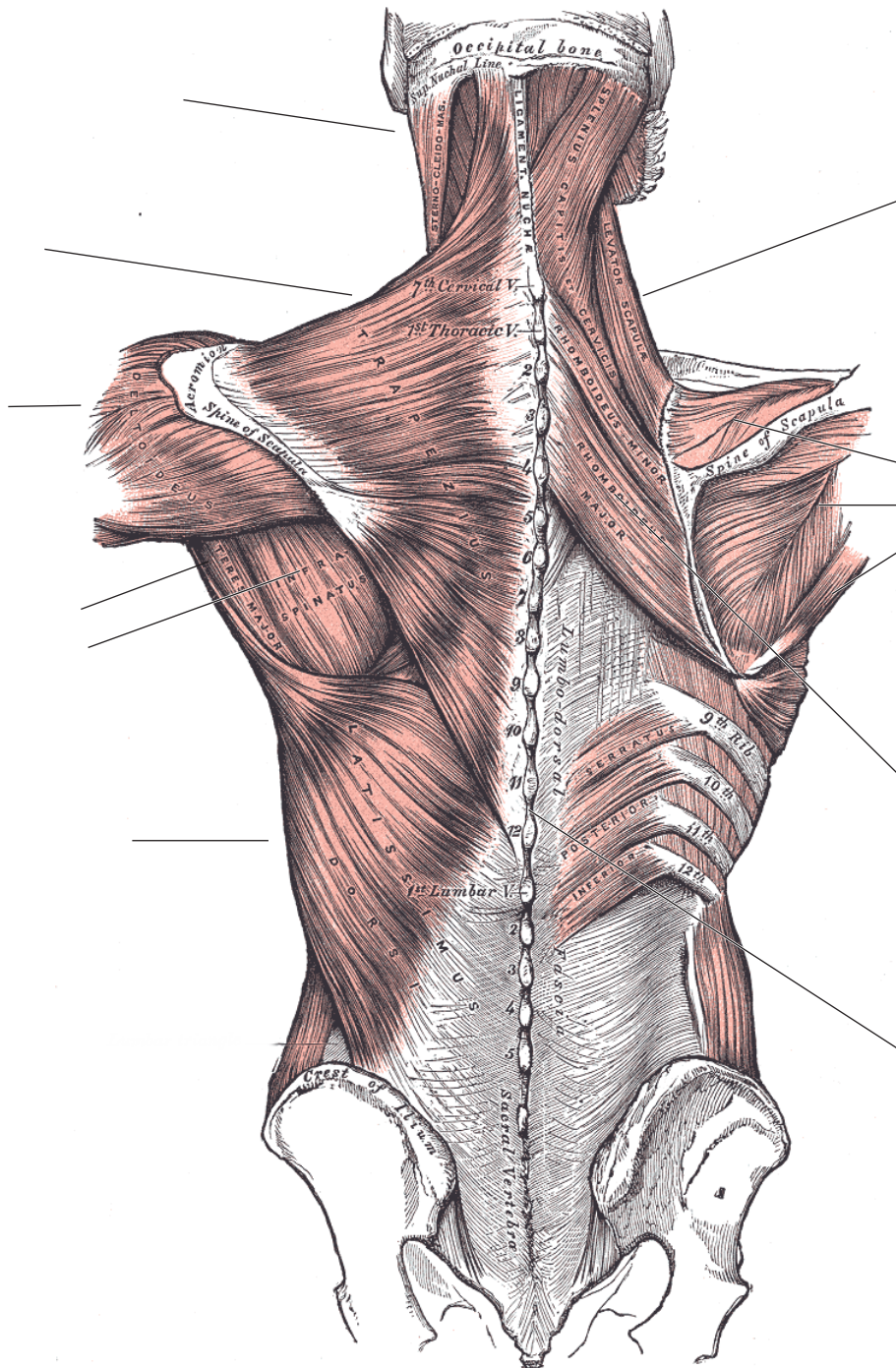
Muscles of Arms



**BACK OF ARM
(posterior / dorsum)**



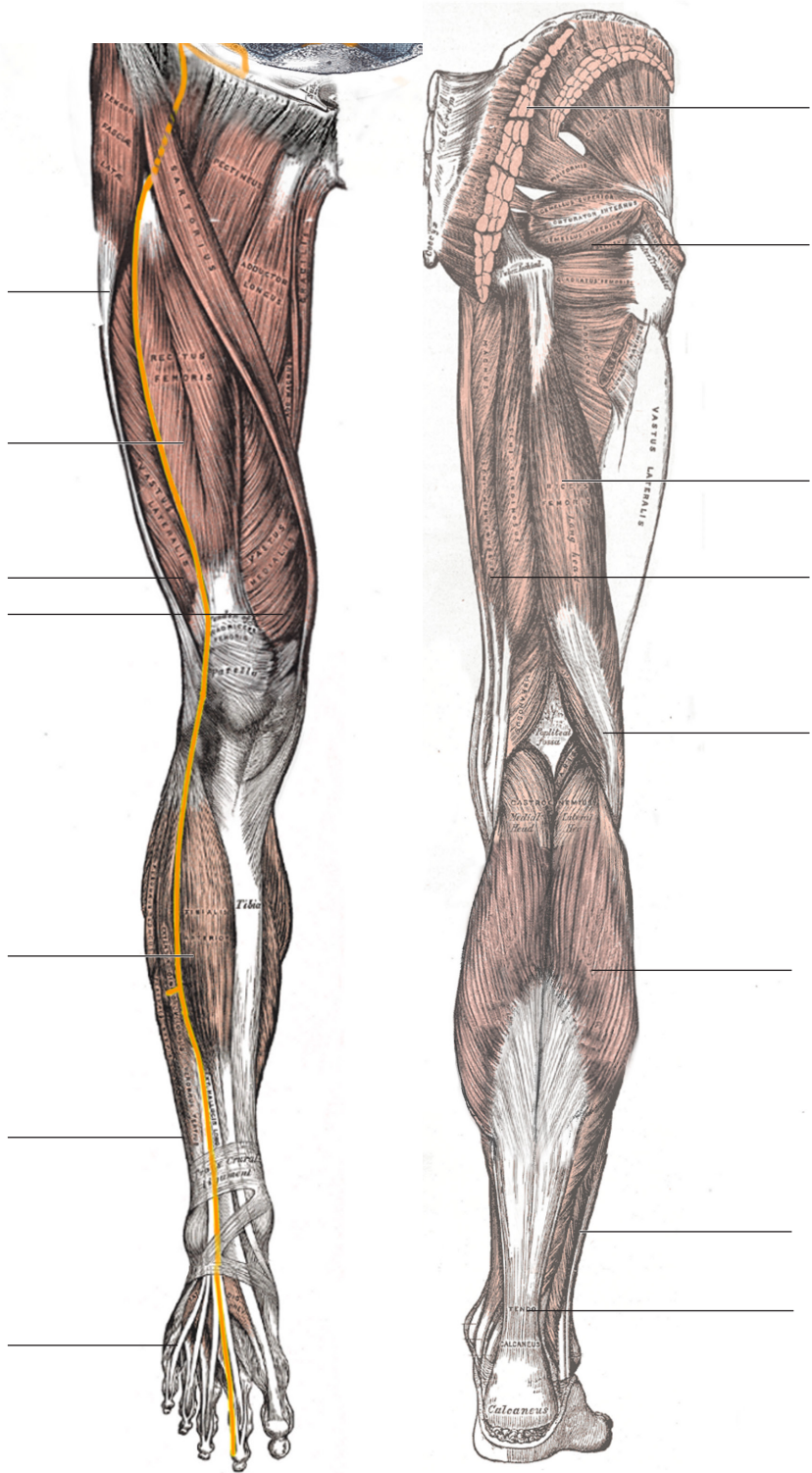
Muscles of Back



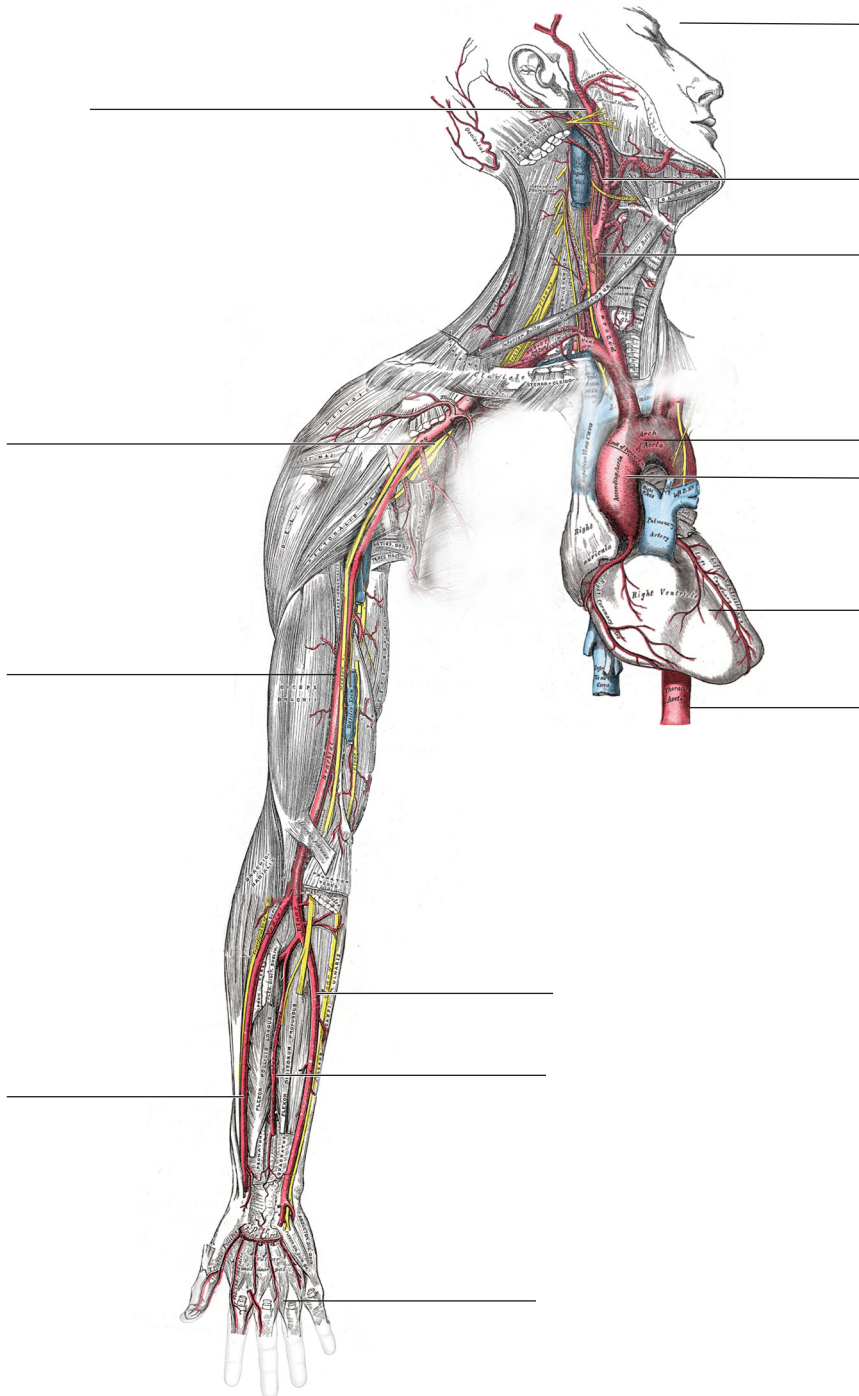
Muscles of Legs

ANTERIOR

POSTERIOR

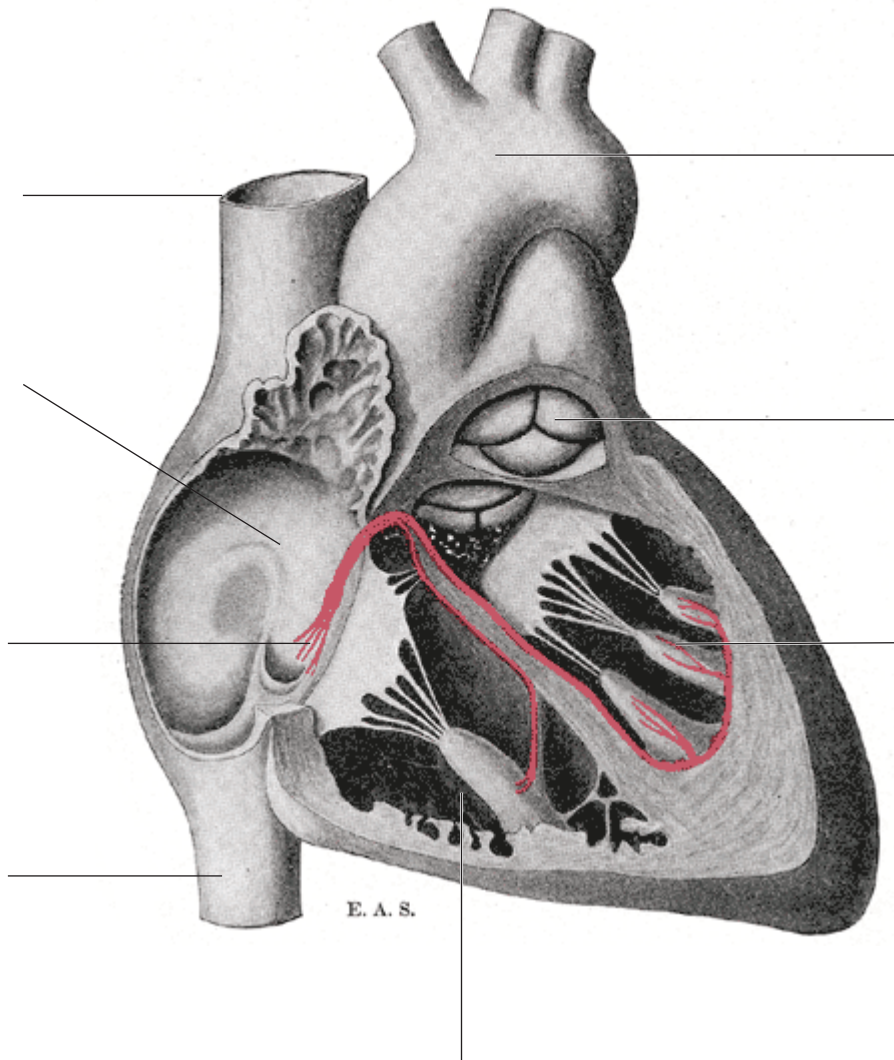


Name these arteries (heart channel)



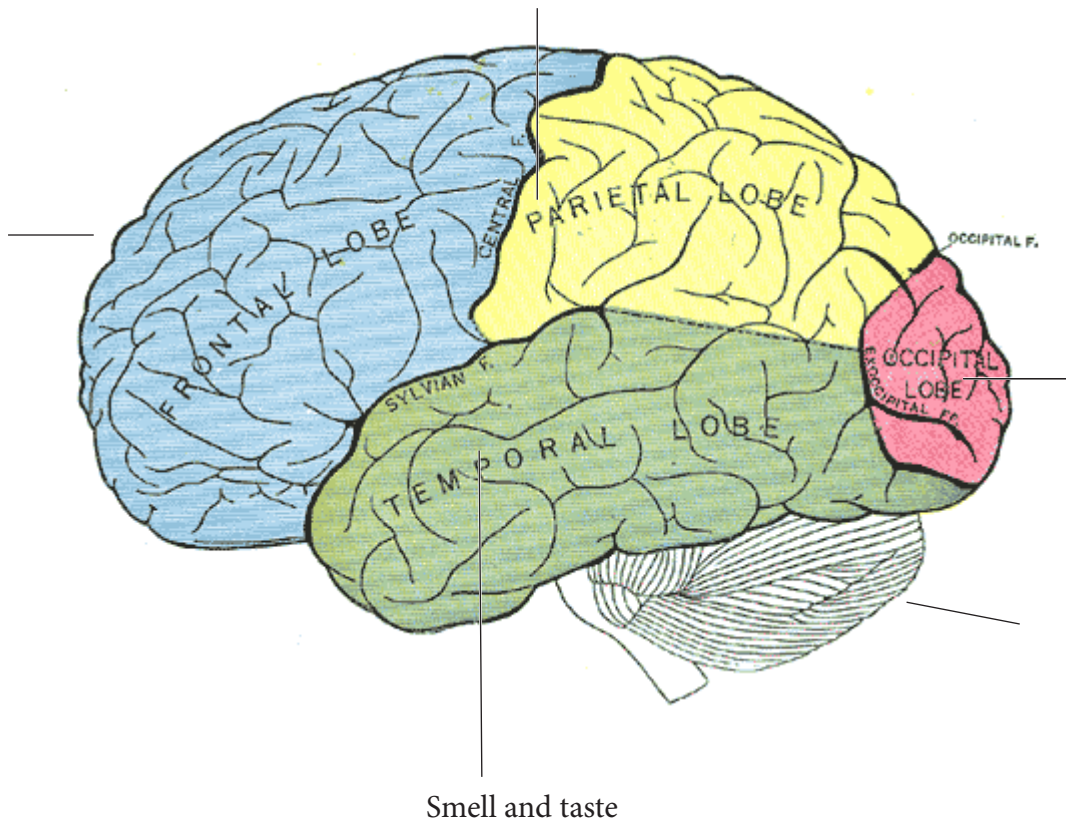
The heart channel and major arteries above the diaphragm are the exact same thing.

Name these parts of the heart



Place the functions in the part of the brain responsible.

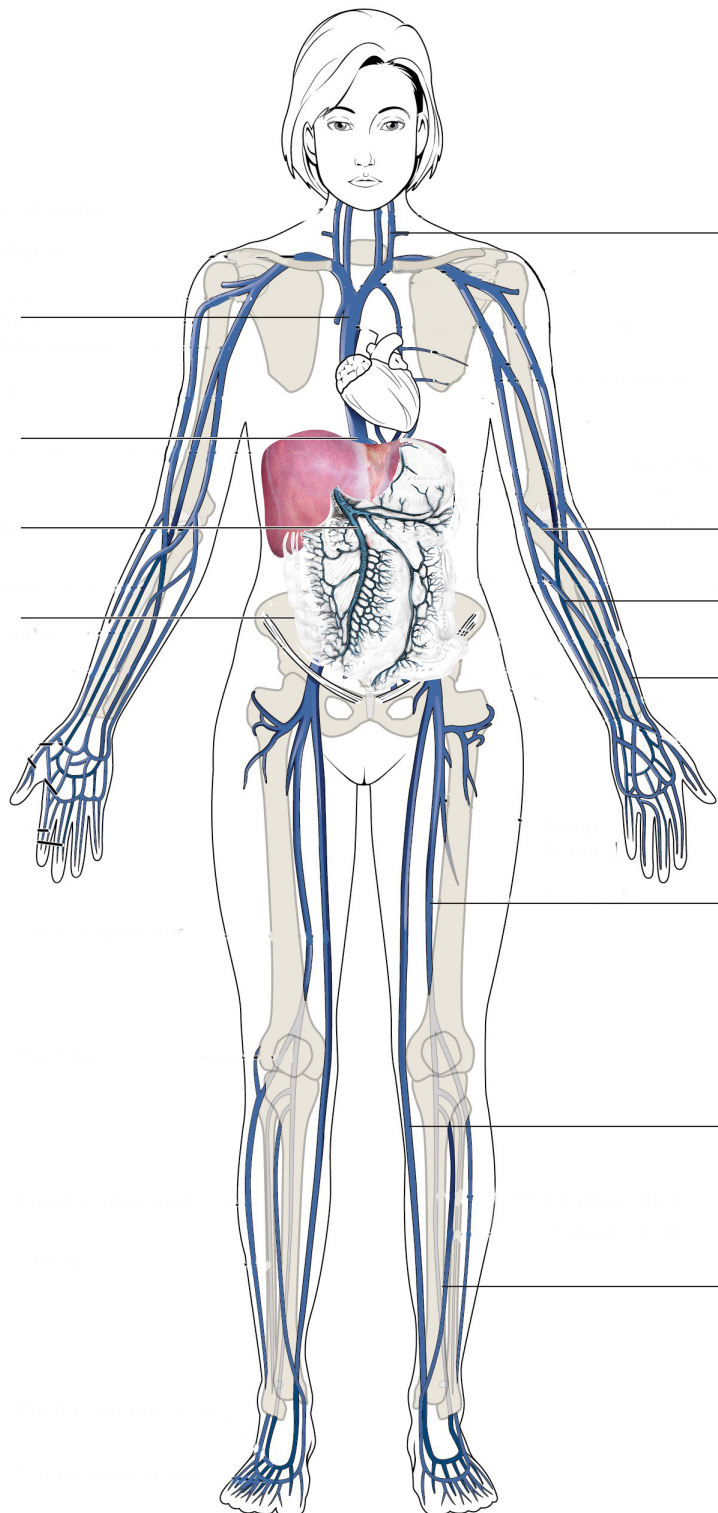
This will be useful for scalp acupuncture



Place the following into the areas

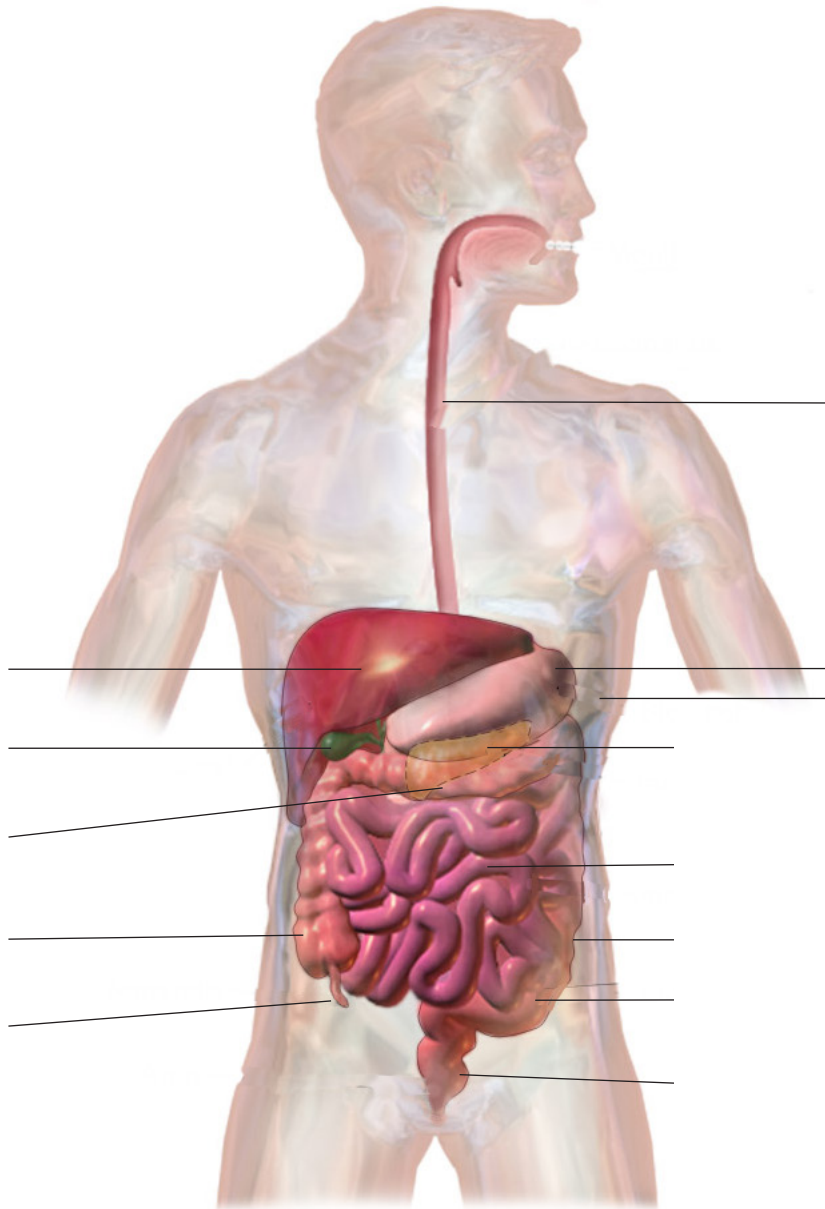
- Smell and taste
- Coordination
- Vision
- Impulse control
- Motor control and speech

Veins of the body



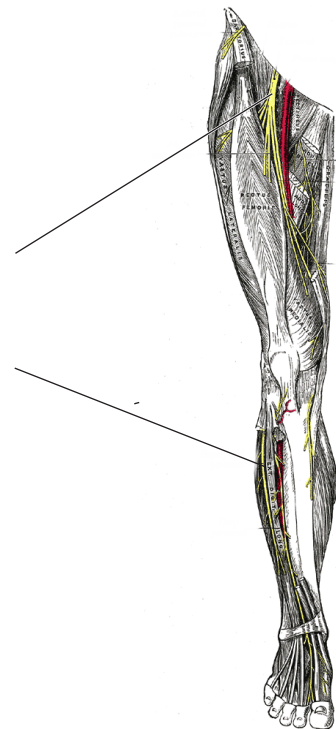
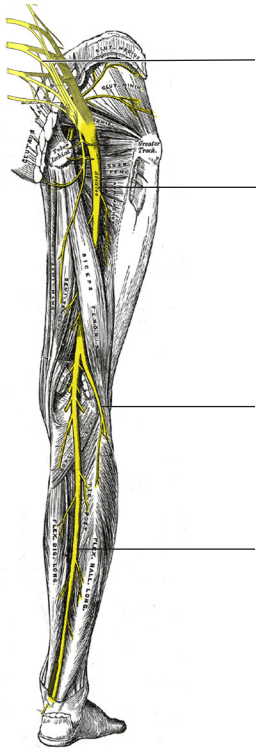
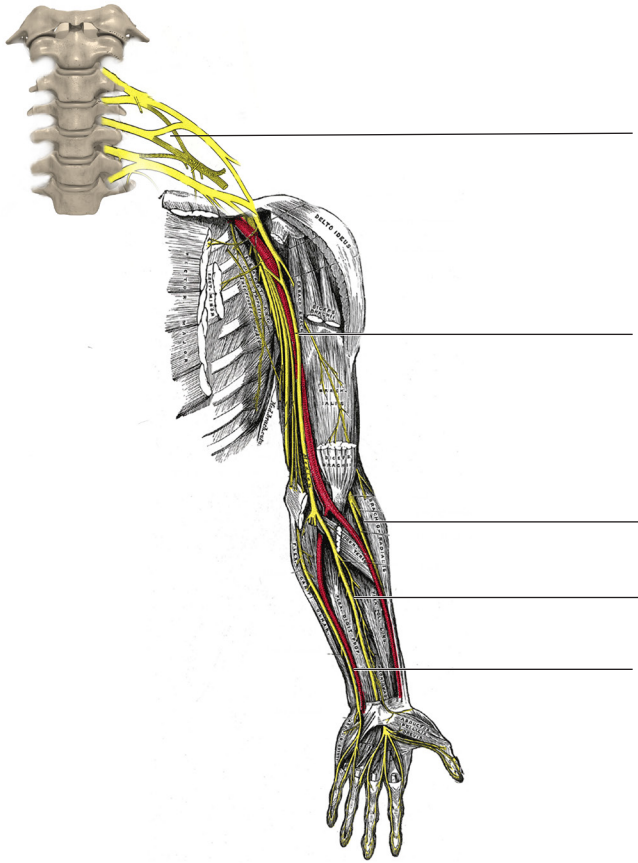
The venous system is low pressure and part of the jueyin. It stores blood and when too thick can clqt,
'Blood thinners' e.g. warfarin, clexane; invariably work on the liver production of clotting factors.

Parts of the digestive tract



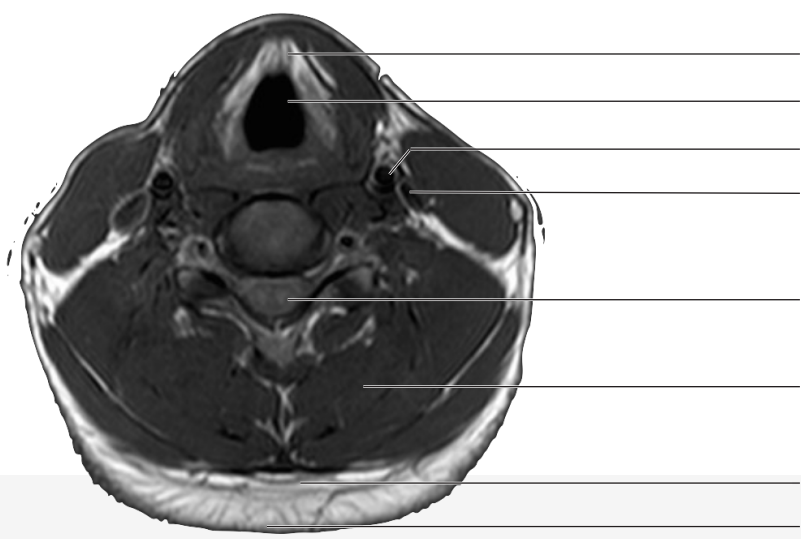
Nerves and of the arm and leg + innervation

90% pass mark



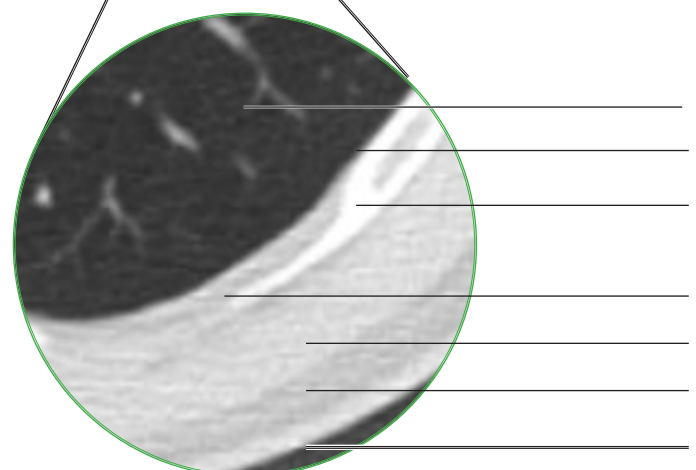
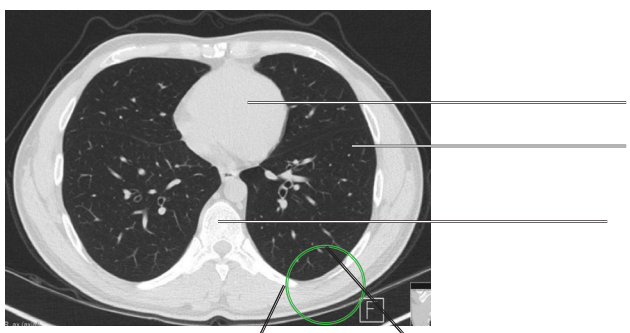
The nerves of the body emerge from ectoderm and so are part of the taiyang division.
They are rich in qi

What are critical structures in the neck?



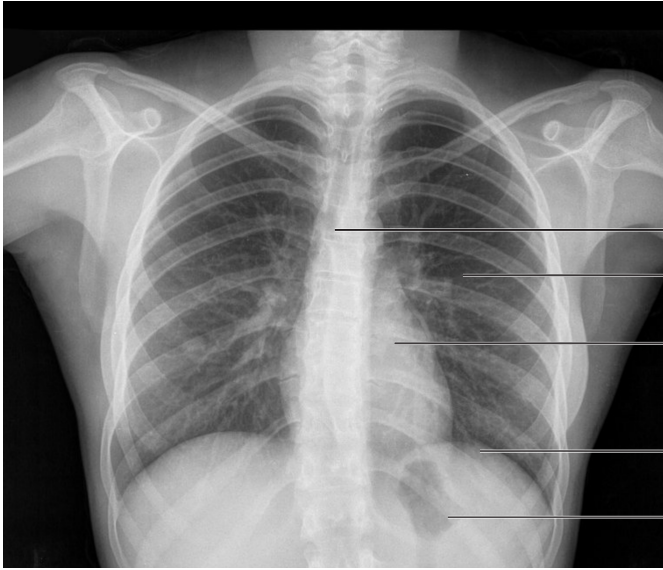
S.S.O.M.A.

What layers do you have to go through to penetrate into the pleural cavity?



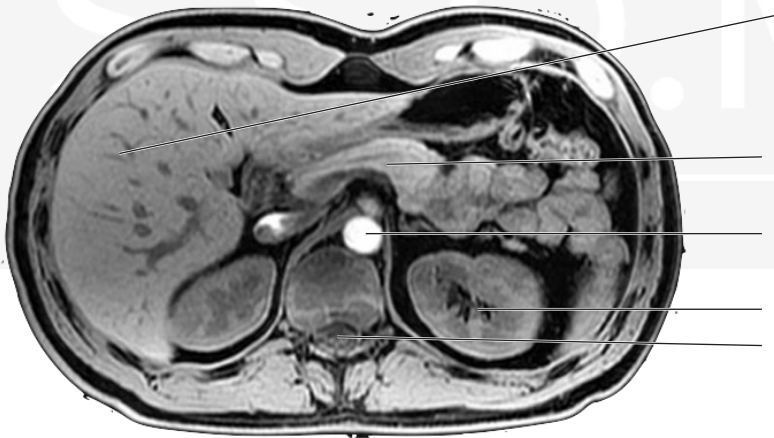
Name these parts of the chest?

S.S.O.M.A.

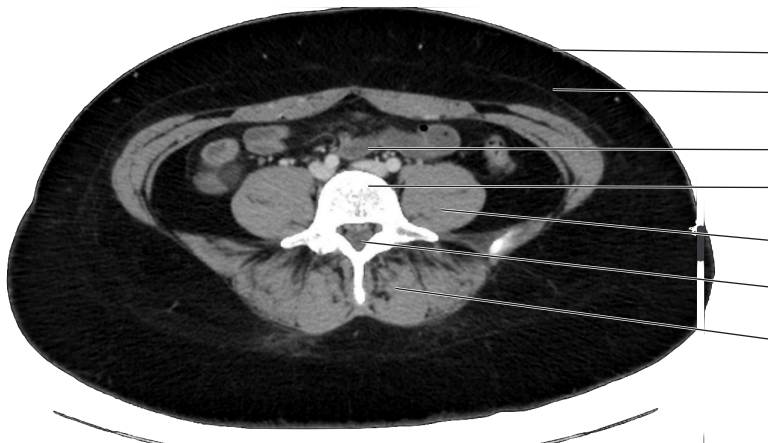


Mark an x where Lung 1 and 2 are.

Name these organs in the abdomen?



Name these organs in the pelvis?



Name the Xi-cleft Points and distance from wrist / ankle for each of the channels?

Number

Name

Distance

Lung

Large Intestine

Heart

Small Intestine

Pericardium

Triple Burner

Liver

Gallbladder

Spleen

Stomach

Kidney

Bladder

Name the hui-points for the following substances?

Qi

Blood

Yin organs

Yang organs

Marrow

Tendons

Name the opening points for the Extraordinary Channels?

Ren

Du

Yin qiao mai

Yang qiao mai

Yin wei mai

Yang wei mai

Dai mai

Chong mai

Name the alarm points for the following organs?

Number

Name

Lung

Large Intestine

Heart

Small Intestine

Pericardium

Triple Burner

Liver

Gallbladder

Spleen

Stomach

Kidney

Bladder

What is the pericardium known as in Chinese medicine?

1.

Can you name three significant signs or symptoms that suggest chest pain is caused by a coronary thrombus?

1.

2.

3.

Under which side of the diaphragm does the liver predominantly lie?

1.

What is the principal blood vessel that moves through the liver into the chest known as?

1.

What is the venous system that arises from the digestive tract and drains into the liver known as?

1.

What are the cells in the liver responsible for the function of dredging, which are a type of white cells, known as?

1.

As blood passes through the liver, into which space is the lymphatic or serous portion of the blood drained?

1.

If the liver fails to regulate blood correctly, it can become too thick and result in blood becoming stagnant. Within Western medicine, what is this known as in the leg and if it moves to the lungs?

1.

2.

The lining of the uterus that produces menstrual blood is known as the?

1.

Fibroids occur in what Western layer, or division, of the uterus?

1.

High blood pressure is known, technically, within Western medicine asten....?

1.

Name a classe of drug used in hypertension?

1.

Palpitations occuring at night or at rest suggest they are caused by what deficiency?

1.

Which organ of the body is principally involved in regulating the hearts control of blood pressure?

1.

Name two hormones released by this organ (or its associated endocrine gland) that help regulate blood pressure?

1.

2.

The tecnical term for night time urination (waking you from sleep) is?

1.

The microscopic part of the kidney responsible for filtering urine from blood is called capsule?

1.

The tube connecting kidney to bladder is called the?

1.

The tube connecting bladder to the outside world is called the?

1.

Which hormone is released from the adrenal cortex? What is the disease called when this is in excess?

1.

2.

What embryological germ cell layer is the skin, bladder and brain from?

1.

Name three structures created by neural crest cells (that are used in Chinese medicine to measure the state of jing/ essence)?

1.

2.

3.

Which organ of the body is primarily concerned with creating T-cell immunity?

1.

Which class of cells is responsible for ensuring T cell maturation?

1.

What is the acupuncture point that correlates to this?

1.

What is the primary effect of pathogen invasion into the body (in terms of Six Environmental Pathogens)?

1.

The part of the bladder that receives innervation from the spine is known as the..?

1.

What spinal level does the bladder receive sympathetic innervation (Hint same as back shu point)?

1.

The muscular (non trigone) part of the bladder is derived, embryologically from which germ cell layer?

1.

Name three symptoms suggesting meningitis?

1.

2.

3.

The principle ingredient of fascia is?

1.

What embryological germ cell is fascia from?

1.

Fascia generates electricity through which effect?

1.

What is the fluid held between the fascia known as?

1.

What is the translation into English of the Latin answer from the last question?

1.

Explain, briefly, why poor gallbladder function causes stiff tendons (which gallbladder function, causing?)

1.

2.

3.

What is the technical name for surgical removal of the gallbladder?

1.

What is the major difference between the Chinese concept of the gallbladder and Western gallbladder organ and why removal of the latter doesn't result in death? Clue; tree

1.

What area of the abdomen would most gallbladder pain be located in?

1.

What embryological germ cell is the thyroid gland from?

1.

Name the principle effect thyroxine has on the cells: clue increases cellular ...?

1.

What structure in the throat is the thyroid attached to?

1.

What is the smallest subunit of the lungs called that allows gaseous exchange?

1.

What is carbon dioxide bound to to allow its transportation in the blood (clue: taiyin eliminates this)?

1.

Write the above as a chemical equation (tough!!!)?

1.

Which hormone is released by platelets to cause vasoconstriction of blood vessels?

1.

Where are platelets stored in the body?

1.

What is the principle hormone involved in sugar metabolism? Where is it released from?

1.

2.

The spleen lies at the distal end of which organ?

1.

The spleen is considered what type of organ within Western medicine?

1.

Yangming

The muscular layer of the digestive tract arises from which embryological germ cell layer?

1.

The process of food being pushed down the intestinal tract is known as?

1.

Most water is absorbed from which part of the digestive system?

1.

Which external part of the digestive system can reveal dryness most easily?

1.

Bi syndrome affecting yangming will cause atrophy of what tissues?

1.

Extraordinary Channels

The cerebellum is involved in what principle function? Name the Chinese channel involved.

1.

2.

How many cervical vertebra are there?

1.

How many cranial nerves are there?

1.

Which is the principle cranial nerve responsible for parasympathetic control of the body?

1.

The ren mai corresponds to what embryological structure?

1.

Clinical Scenario 1

A fifty year old woman comes in complaining of headaches.

What is the first question to ask regarding these?

1.

The headaches are in the temporal region and move down into the neck. Which serious pathology should the practitioner consider for urgent referral to Western medics? What is the key sign?

1.

2.

What is the serious pathology that can occur if untreated with the above condition?

1.

What is the likely channel and organ affected? Give three follow up questions you could ask to help confirm this

1.

2.

3.

Give a classic Wang Ju Yi pair with reasoning you could use. Give two examples of local points that could be used?

1.

Reason:

2.

3.

The patient felt better after treatment. IF her problems had an emotional aspect, explain to her what is happening and give practical advice on how to help this.

1.

A sixty five year old man presents with back pain.

What is the first question (most likely to yield good information) to ask regarding this?

1.

What should you ensure the patient has done or plans to do?

1.

Give three red flags of back pain and what serious pathology they suggest?

1.

2.

3.

The pain goes down the back of the leg. Which nerve follows this course and what does it split into at the knee? What channel is this.

1.

2.

What confirmatory question should be asked to back up the working hypothesis of which division?

1.

Give two examples of Wang Ju-Yi point pairs and rationale for using them. Add an extra point that is almost always useful to help stiffness.

1.

2.

3.

Treatment failed to improve the pain and the patient states that the hip also feels stiff. Which channel should also be considered and give three further local points that may help.

1.

A twenty-five year old woman presents with a tight feeling in her chest restricting her breathing. In the past you have treated her, successfully, on her taiyin for lung symptoms including cough and wheeze. There is no wheeze or cough presently.

What is the most likely organ involved causing her tight chest feeling? What other organ may be involved?

1.

2.

What is the lining around the lungs that allows its free movement in the chest?

1.

Name a common medication for asthma? How does it work?

1.

2.

If the tight chest was caused by qi stagnation in the lung which point would likely help?

1. _____

If the tight chest is caused by emotional stagnation in the pericardium which point may help?

1.

What question could you ask to see if the tight chest is related to the pericardium (clue: women)?

1.

What is the paired organ with the lung within taiyin? What is the predominant hormone of this organ?

1.

2.

In the past she was treated for retrograde taiyin qi flow causing cough? Name the classic Wang Ju-Yi pair for correcting this. How long would you expect it to take to work?

1.

2.

A 25 year old man comes in with diarrhoea of three days duration.

What else would you like to know / the most important part of the history?

1.

What is the default division at fault in diarrhoea?

1.

Define the term 'dampness'.

1.

What serious sign suggests urgent referral to a Western doc?

1.

What is the cause of inflammatory bowel disease (IBD) in Chinese medicine? What is happening biologically?

1.

2.

In the past he was given antibiotics, Name one common class of antibiotic and an example. How does it work?

1.

2.

He has damp signs and a mild degree of pain. Name a point pair specifically for this and an extra point you could use for the *general* qi stagnation causing the pain

1.

2.

Name a specific clinical test you could help to decide on the first set of points above

.

1.

Clinical Case 5

S.S.O.M.A.

A 43 year old woman comes in with a new diagnosis of Parkinsons.

What is the the most important thing to do?

1.

What is the name of the part of the brain affected by Parkinsons.

2.

Name three classical features of Parkinsons and what they represent.

1.

2.

3.

What is the primary neurotransmitter lacking. In what organ is most of this in the body found?

1.

2.

Name two points you could use to help relax the sinews and your reasoning:

1.

2.

Name two points to help balance the water element / nourish kidneys and your rationale.

1,

2.

If the kidneys are weak give two symptoms you would expect to find.

1.

2.

Clinical Case 6

A 50 year old woman comes in with right shoulder problems. What three channels are most likely involved?

1.

2.

3.

The shoulder is generally very restricted in movement and extremely painful. What is the technical and layperson diagnosis?

1.

What is the cause of the above syndrome?

1.

Give two predictions of other problems the patient may have

1.

2.

3.

Name the bony prominence that sticks out superior to the humeral head?

1.

Name the acronym that allows you to remember the rotator cuff muscles? What do they do?

1.

You use Stomach 37 and then give two distal points and one local point that may help.

1.

2.