

Training Course on Technology of Traditional Medicine Health-care for Developing Countries

Project Name	Training Course on Technology of Traditional Medicine Health-care for Developing Countries		
Organizer	Xiyuan Hospital, CACMS		
Date	November 23 – December 13, 2022	Project Language	English
Countries Invited	developing countries	Planned Number of Participants	25
Training Objectives	<p>The training course aims at, through mutual exchanges, improving friendship relations between China and other developing countries, further understanding the current status of the health service in developing countries and spread Chinese traditional culture and techniques, strengthening trade and economic cooperation, and promoting human resources and social development. This course will effectively conduct the multi-level foreign-aid medical cooperation to meet the needs of the related courses. so as to ensure the participants have a general idea about the basic theory of traditional Chinese medicine, TCM diagnosis and its therapeutic effects. The participants will also get a better understanding of the application and effects of TCM acupuncture and moxibustion, therapeutic treatment for special diseases, and the current situation of TCM development.</p>		
Student Requirements	Professional Background	<ul style="list-style-type: none"> - Field or specialty: Ministry of Health, medical institutions, government sectors - Job: Medical staff, health officials in charge of epidemic prevention and control, and administrative staff of medical institutions - Requirements for level, educational background or other related qualification: Section-level - Requirements for years of work experience in related fields: None - Other: None 	
	Language Requirement	Be able to listen, speak, read, and write English	
	Other Requirements	Be able to download and use the online conference platforms such as ZOOM and attend the training class according to the schedule.	
Training Description	<p>1. Main training courses and contents</p> <p>(1) China's National Conditions and Culture: To introduce the political, social and historical development in China.</p> <p>(2) Development of Traditional Chinese Medicine Health Food: To introduce the traditional health food in China.</p> <p>(3) Example of Chinese Herb Modernization: To introduce the background and examples of TCM modernization.</p> <p>(4) Basic Theories of TCM: To introduce basic theories of TCM, Yin-Yang & -Five element, and Theory of Qi and Blood.</p> <p>(5) Application of TCM Ear-therapy: To introduce the brief history of development, basic</p>		

tasks and category, characteristics and principles of TCM Ear-therapy.

- (6) Acupuncture Treatment of Chronic Kidney Disease: To introduce the acupuncture therapy of kidney diseases.
- (7) Traditional Chinese Medicine Health-care: To introduce the efficiency of traditional Chinese medicine techniques on health-care.
- (8) Overview of Etiology and Pathogenesis in TCM: To introduce the knowledge about etiology and pathogenesis in TCM to enable the participants to have certain understanding of etiology, pathogenesis and features of the diseases discussed in TCM.
- (9) The Key to China's Success in Fighting COVID-19—combining traditional Chinese and western medicine: introduce China's experience, achievements and deeds after the outbreak of the epidemic.
- (10) Thoughts of TCM in the Diagnosis and Treatment of Digestive System Diseases: To introduce the thoughts of TCM in the diagnosis and treatment of digestive system diseases and show the TCM-characteristic prevention and treatment measures for the digestive system diseases.
- (11) Acupuncture-medicine Therapy for Treatment of Primary Dysmenorrhea: To introduce the definitive diagnosis of primary dysmenorrhea.
- (12) Characteristic Therapy of Endocrine System Diseases: To introduce the treatment of endocrine system diseases with integrated medicine.
- (13) The Way of Chinese Medicine and The Wisdom of Health Maintenance: To introduce the origin and the development of traditional Chinese medicine, the concept of life and health maintenance in traditional Chinese medicine, and the practice of disease preservation.
- (14) Traditional Chinese Medicine Treatment for Treating Critical COVID-19 Patients: To introduce the general methods of treating the infectious diseases in traditional Chinese medicine, including oxygen therapy, antiviral treatment, and antibiotic treatment, share TCM treatment plans, and introduce prevention and treatment formulas.
- (15) Overview of Integrated Medicine: To introduce theoretical knowledge about complementary and alternative medicine and TCM.
- (16) Psychological Counseling after Novel Coronavirus Pneumonia Outbreak: Introduce services such as mental health education, psychological counseling and crisis intervention, and popularize the prevention and response knowledge of psychological and behavioral problems related to the epidemic.
- (17) TCM Acupuncture and its Special technique: To introduce traditional acupuncture techniques, and unveil the secrets in treating migraine, rhinitis and skin rejuvenation.
- (18) Prevention and Control of Respiratory Infectious Diseases: To introduce the knowledge of the treatment of respiratory infectious diseases.
- (19) Science of TuiNa Therapy: To introduce the TCM therapy for treating neck stiffness, periarthritis scapulohumeralis, cervical spondylosis, lateral epicondylitis, wrist sprain, acute lumbar sprain and chronic lumbar muscle degeneration, etc.
- (20) Acupuncture and Medicine Combined with Breathing in the Treatment of Anxiety and Depression: To introduce how to treat anxiety and depression through acupuncture and moxibustion.
- (21) Chinese and Western Diagnosis and Treatment Ideas for Common Chronic Airway

Diseases: To introduce traditional Chinese medicine diagnosis and treatment of chronic obstructive pulmonary diseases and asthma.

- (22) Introduction of International Guidelines for Comprehensive Anti-swelling Technical Scheme and Research on Intervention of Traditional Chinese Medicine: To introduce the embodiment of TCM and Chinese philosophy in acupuncture and show the acupuncture theory rich in Chinese Philosophy.
- (23) TCM Calligraphy and Seal Cutting: To introduce art composition and nature of calligraphy, brief history of China's calligraphic art and synopsis of basic calligraphy techniques and basic system of the ancient calligraphy and expound on brief history of China's seal carving art and basic techniques for seal carving.
- (24) Nursing Discipline Construction and Development: To introduce the research level of clinical nursing, the standardization degree of clinical teaching, and the characteristics of nursing discipline.
- (25) Traditional Chinese Medicine therapy for Treating Dermatological Diseases: To introduce the TCM therapeutic treatment of skin diseases.

2. Description of symposium

The symposium will be hosted by experts who ever worked at the front line of fighting against the COVID-19 epidemic and with rich experience in clinical practice. They will answer the key questions related to TCM therapeutic techniques and COVID-19, and provide assistance to countries in epidemic prevention and control. The experts will share the latest clinical application guidelines for COVID-19 in China, deeply analyze the treatment plans, and provide intuitive and effective experience for the front line treatment.

3. Overview of the lecturers

- (1) Xu Feng: Director of International Cooperation and Exchange Office of Xiyuan Hospital, CACMS, engaged in the international exchange affairs.
- (2) Zhou Peiyun: Physician of the Healthcare Center of Xiyuan Hospital, CACMS, engaged in the research on healthcare products.
- (3) Ren Junguo: Director of the Basic Laboratory of Xiyuan Hospital, CACMS, engaged in the research on clinical drugs.
- (4) Hu Xiaomei: Senior cardiovascular nurse from Xiyuan Hospital, CACMS, engaged in the research on cardiovascular diseases.
- (5) Yu Renhuan: Director of nephrology Department of Xiyuan Hospital, CACMS, engaged in the research on nephrology diseases.
- (6) Cui Yun: Respiratory Physician from Xiyuan Hospital, CACMS, engaged in the research on respiratory diseases.
- (7) Dong Guoju: Cardiovascular Physician from Xiyuan Hospital, CACMS, engaged in the research on cardiovascular diseases.
- (8) Wang Ping: Physician of the Digestive Department of Xiyuan Hospital, CACMS, engaged in the research on Chinese digestive diseases.
- (9) Li Qiuyan: Deputy Secretary of the Party Committee of Xiyuan Hospital, CACMS, engaged in the hospital management and the research on internal medicine diseases.
- (10) Liu Zhen: President of Xiyuan Hospital, CACMS, engaged in the research on digestive diseases.
- (11) Yang Zhixu: Director of Emergency Department of Xiyuan Hospital, CACMS, engaged in

	<p>the research on critical care medicine.</p> <p>(12) Xu Hao: Vice President of Xiyuan Hospital, CACMS, engaged in the hospital management and the research on cardiovascular diseases.</p> <p>(13) Hong Xia: Neurology Physician from Xiyuan Hospital, CACMS, engaged in the research on neurological diseases.</p> <p>(14) Zi Mingjie: Physician of the GCP Center of Xiyuan Hospital, CACMS, engaged in the research on clinical pharmacology and acupuncture & moxibustion.</p> <p>(15) Xiao Jing: Director of Physiotherapy Department of Xiyuan Hospital, CACMS, engaged in the physical therapy and rehabilitation research.</p> <p>(16) Zhang Lu: Acupuncturist of Xiyuan Hospital, CACMS, engaged in the research on acupuncture and moxibustion.</p> <p>(17) Fan Maorong: Respiratory Physician from Xiyuan Hospital, CACMS, engaged in the research on respiratory diseases.</p> <p>(18) Li Qi: Director of Clinical Laboratory of Xiyuan Hospital, CACMS, engaged in the research on clinical data test.</p> <p>(19) Li Jing: Director of Nursing Department of Xiyuan Hospital, CACMS, engaged in the hospital's nursing affairs.</p> <p>(20) Liu Qingyun: Dermatologist of Xiyuan Hospital, CACMS, engaged in the research on skin problems.</p> <p>(21) Che Hui: staff of Hospital's Office of Xiyuan Hospital, CACMS, engaged in the research on Chinese digestive diseases.</p> <p>4. Materials to be prepared</p> <p>To facilitate the communication with Chinese experts, please prepare the materials related to the symposium topics, for example: ①Self-introduction including your specialty and organization; ②Foundation and prospect for cooperation with China; ③Suggestions and questions on COVID-19 epidemic prevention and control.</p> <p>5. Assessment</p> <p>The assessment forms will be distributed to and then collected from the students to assess the training class as a whole and its lecturing.</p>
<p>Remarks</p>	<p>1. Abide by the regulations of the training class and fulfill the corresponding obligations</p> <p>2. Ensure the stability of the network during the training and strictly abide by the training schedule.</p>
<p>Brief Introduction to the Organizer</p>	<p>Xiyuan Hospital, CACMS is the first large TCM Hospital established after the foundation of the People's Republic of China. It is a modern grade A Level 3 TCM hospital integrating medical treatment, scientific research, education and healthcare and ranked top three in Asclepius China's Hospital Competitiveness (TCM hospitals) for three consecutive years. The hospital has complete medical, surgical, gynecological and pediatric departments, with 8 of its 35 clinical departments being national key specialties. The hospital enjoys strong research ability by virtue of its clinical scientific research platforms such as National TCM Clinical Research Center for Cardiovascular Diseases and National Engineering Laboratory for Efficacy and Safety Evaluation of TCM. As the education base of Clinical School of TCM, Peking University,</p>

	<p>the Clinical School, Beijing University of Chinese Medicine, and the "Western Physicians Learning TCM" class of the National Health Commission, Xiyuan Hospital has long engaged in the education and teaching of TCM talents.</p> <p>Experience in fighting against the COVID-19 epidemic: After the outbreak of the COVID-19 epidemic, our hospital organized an 18-expert team to help the most difficult front line hospitals to fight the epidemic. In total 104 cured patients, 88 cases were treated with pure Chinese medicine based on TCM syndrome differentiation For management, the hospital has rich experience in epidemiological survey and screening.</p> <p>Experience in international cooperation for fighting against the COVID-19 epidemic: The hospital sent 6 experts to UAE to provide guidance for epidemic prevention and control. All of the 332 COVID-19 patients were cured within 30 days. The hospital also held online meetings with the medical and teaching institutions in Egypt, Nepal and Ukraine for fighting against the COVID-19 epidemic, with more than 300 foreign participants attended.</p>
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