

## A Culture Exploration Tour: Miraculous Traditional Chinese Medicine

**Department:** Fudan International Summer Session 2023

Course Code	MED170003		
Course Title	A Culture Exploration Tour: Miraculous Traditional Chinese Medicine		
Credit	2	Credit Hours	36+3 (one credit hour is 45 minutes)
Course Nature	<input type="checkbox"/> Specific General Education Courses <input type="checkbox"/> Core Courses <input checked="" type="checkbox"/> General Education Elective Courses <input type="checkbox"/> Basic Courses in General Discipline <input type="checkbox"/> Professional Compulsory Courses <input type="checkbox"/> Professional Elective Courses <input type="checkbox"/> Others		
Course Objectives	The course aims at introducing the culture system of traditional Chinese medicine (TCM), including the basic theory (yin-yang and five elements), basic skills and basic manipulation(acupuncture, massage, cupping et al) .		
Course Description	TCM is the unique rare culture of China rooted in the main culture of Chinese nationality. And it is the complete system of alternative medicine in the world with unique theory and excellent clinical curative effects. We will present and discuss Chinese mythology such as “Pan Gu separated heaven and earth” and “Shennong tasted hundreds of grasses”, basic concept of TCM such as Yin-yang, basic skill of TCM such as tongue diagnosis, acupuncture and moxibustion, manipulation, and so on. Students can also intuitively learn and master the Yi-Gin-Ching. The course will provide not only TCM knowledge, but also promote Chinese culture knowledge.		
Course Requirements: <ul style="list-style-type: none"><li>• Have interest in the TCM and Chinese culture.</li><li>• Have good practice ability.</li><li>• This course involves attending lectures and visiting on site.</li><li>• Students are also encouraged to read materials before class and participate in group discussion in class.</li></ul>			
Teaching Methods: <ul style="list-style-type: none"><li>• Lecture</li><li>• Visiting</li><li>• Practice</li></ul>			

**Instructor's Academic Background:**

Prof. Zhang Tiansong received his Ph.D & M.D from Shanghai University of Traditional Chinese Medicine. He has been working at Jing'an District Central Hospital of Fudan University as an attending physician (2001-2003), associate chief physician (2003-2011), chief physician (2011-), and at Shanghai University of Traditional Chinese Medicine as an adjunct associate professor (2005-2012), adjunct professor (2012). Dr. Zhang has published more than 150 academic papers and 20 books in the research fields of TCM, EBM, Statistics, and data mining. He was invited to speak at many conferences and training course in the fields of TCM and EBM.

Members of my teaching team, such as Li Xiujuan, Li Wei, Ren Aoxiang, Pan Baofeng, Zhang Weiwei, Luo Chunlei, Yang Kemin, Xu Min, Han Hongyu, Liu Yin, Xu lina, Jiang Sumin, Yu Xiaoyue, Li Zhan, Ni Juxiu, are the skilled pediatric doctors of TCM.

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**Members of Teaching Team**

Name	Gender	Professional Title	Department	Responsibility
Zhang Tiansong	Male	Professor	Shanghai Medical College of Fudan University	Course designer, Lecturer
Han HongYu	Female	Master's degree	Shanghai Medical College of Fudan University	Lecturer
Pan Baofeng	Male	Attending doctor	Shanghai Medical College of Fudan University	Lecturer
Ren Aoxiang	Male	M.D.	Shanghai Medical College of Fudan University	Lecturer
Yu Xiaoyue	Female	physician	Shanghai Medical College of Fudan University	Lecturer
Jiang Sumin	Male	attending physician	Shanghai Medical College of Fudan University	Lecturer

**Course Schedule:**

**Class 1** The origin and development of TCM culture (lecture)

--To understand the basics of TCM, to learn some basic terminology of TCM.

**Class 2** The cultural history of TCM (visiting)

--To learn about the 5,000-year Chinese medical history (To visit Shanghai Traditional Chinese Medicine Museum).

**Class 3** The diagnostic techniques of TCM (lecture and practice)

--To understand the four diagnostic methods of TCM: observation, auscultation and olfaction, interrogation, pulse feeling and palpation.

**Class 4** The diagnosis and treatment technology in internal medicine of TCM (clinical observation)

--To understand the treatment mode of TCM: visiting internal medicine of TCM, gynecology of TCM,

paediatrics of TCM, pharmacy of TCM.

**Class 5** Chinese medicinal herbs (visiting factory of herbal pieces)

--To learn the basics of Chinese medicinal herbs: the herbs specimens, the process of broiling and decocting for herbs, and so on.

**Class 6** The basic theory of acupuncture and moxibustion (lecture)

-- To learn the basic theory of acupuncture and moxibustion: the kind of needles, the kind of needle therapy, acupuncture point location, meridian system.

**Class 7** The basic technology of acupuncture and moxibustion (practice)

-- To learn the basic technology of acupuncture and moxibustion, and practice needle by oneself.

**Class 8** The therapeutic process of acupuncture and moxibustion (clinical observation)

-- To understand the therapeutic process of acupuncture and moxibustion.

**Class 9** The basics of manipulation/tuina, massage (lecture and practice)

-- To learn the basic theory, basic skill, the kinds of manipulation method.

**Class 10** The therapeutic process of manipulation/tuina, massage (clinical observation)

-- To learn the kind of manipulation method, and do manipulation with each other.

**Class 11** Yi-Gin-Ching (practice)

-- To learn Healthy Qigong.

**Class 12** Answering questions. Final examination.

**The design of class discussion or exercise, practice, experience and so on:**

Practice: Students may feel and touch real acupuncture tools. After that, they can practice cupping and moxibustion therapies if they want. We make students experience Tuina, and teach the students how to Tuina step-by-step. Students excise the manipulation on each other.

Exercise: We make students master thirteen movements.

**Grading & Evaluation:**

Attendance	40%
Presentation	20%
Final examination	40%

**Attendance**

Attendance will account for 40 points.

**Presentation**

There will be presentations in-class and visiting, which altogether account for 20 points.

**Tests**

The final exam is an open-book examination. It will be comprised of some choice questions and a short composition that shares the student's thoughts on this course, which altogether account for 40 points.

**No make-up exam.**

**Teaching Materials & References:**

- (1) *Basic Theory of Traditional Chinese Medicine*, by Wu Changguo & Zhu Zhongbao, 2002, Publishing House of Shanghai University of Traditional Chinese Medicine;
- (2) *Internal medicine of Traditional Chinese Medicine*, by Wang Yue & Huang Yuezhong, 2002, Publishing House of Shanghai University of Traditional Chinese Medicine;
- (3) *WHO International Standard Terminologies On Traditional Medicine In the Western Pacific Region*, by World Health Organization, 2007;
- (4) *Acupuncture and Moxabustion*, Wang Xuedong, Shanghai Science and Technology Publishing House, 2002