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| **Question** | P7-Y4 | P8-Y4 | P9-Y4 | P10-Y4 |
| Explain briefly your understanding of the acupuncture programme. | The Acupuncture programme is a programme that has been designed to educate students on theoretical as well as practical applications of acupuncture.  The theoretical component consists of: the basic theory, diagnostics and therapeutics of acupuncture.  The practical aspect of this course is the learning of the acupoints, their locations, functions, insertions and practising this. This programme is designed to train acupuncturists who will apply acupuncture to bring about the cure  They will provide a holistic approach to healing using philosophy, physiology and pathological concepts to human health and diseases.  knowledge by learning how to needle yourself, classmates as well as patients in the clinic. In addition, students are taught about other methods of treatment within the scope of practice of an acupuncturist which includes cupping, moxibustion, derma needling, scraping etc. | Acupuncture is a component of alternative medicine forms that are thin needles are inserted into the body and traditional Chinese medicine. Acupuncture is a doctor baking, TCM Theory and practice are not based on scientific knowledge and are characterized by blood. There are a number of acupuncture options adapting to different philosophies and methods depending on the country being performed, but they can be divided into two basic philosophical applications and approaches. The form is called 8 principles of TCM and the principle of the second old-fashioned system and is known as an ancient Taoist spelling or five elements of the West. Acupuncture is most often used to promote the most | This programme is designed to train acupuncturists who will apply acupuncture to bring about a cure  They will provide a holistic approach to healing using philosophy, physiology and pathological concepts to human health and diseases. | The acupuncture programme is an opportunity given to the complementary practice students to learn and practice traditional Chinese medicine theory through the practice of acupuncture. |
| Explain why you choose to study the acupuncture programme. | I decided to pursue this programme because I have been brought up, since I was a baby, with an awareness of complementary medical practices. This is largely due to my family doctor who is a GP, Homeopath and an Acupuncturist. Through his treatment of my family over the years I have really seen the value in the practice of both Homeopathy and Acupuncture and he has inspired me to study this programme.  In addition, I am very passionate about helping people and the acupuncture programme has been extremely beneficial to me as I can now assist family members and friends with any issues that they have. The ability to do this and see results from these experiences has been exceptionally empowering. | I initially applied for homeopathy and the degree changed when I was in late first year the reason I agreed to go along with the change was because of three reasons  There is a growing demand for holistic health-care  Comprehensive care costs are increasing every year, which means more health care workers are needed to meet the demand for services. A recent federal study found that consumers spent more than 30 billion on free health care. This is a great time to earn your degree and become a licensed acupuncturist.  Desire to help people  Not only does an acupuncturist insert needles right into an unhealthy patient frame all through treatment, however, the practitioner asks questions on a patient’s fitness and conducts a relevant examination. It's a holistic method to a patient’s care it truly is price-powerful and free of the consequences of Western medicine. Patients are regarded from a holistic perspective, thinking of their physical, mental, and emotional fitness, Practitioners are capable of spending time growing a collaborative dating with patients, helping them in retaining their fitness and selling a focus of wellness.  Job flexibility  Practitioners can create financially supported careers with flexible work schedules and are rewarded on multiple levels,” the Board reports. Acupuncturists can work in a variety of settings, from private facilities to cancer treatment centers. Many acupuncture graduates enjoy flexibility and self-determination in setting schedules and work hours that work for them - to accommodate busy family schedules or other life demands. | it is because I saw how most conditions that are treated with conventional medicine wasn’t as effective as before so I wanted to bring a wholistic approach of cure to people. Also the side effects with drugs used was my concern so I was very interested on how Acupuncture provides cure without side effects. Having a more natural approach into bringing health seemed more interesting. Also how just needling can bring cure was very fascinating for me which added to my choice to study it. | The acupuncture programme was provided to me as a big opportunity, one which I was very excited to seize. My choice to study acupuncture has various reasons. Firstly, because you can complete the same degree in the same amount of time, but with 2 degrees, 2 forms of treatment and 2 solutions to provide your patients. Secondly, I believe that it increases my knowledge on holistic theory and treating the patient individually not the diseases. Thirdly, I love learning more about Eastern medicine or just a different form of treatment than SA is used to and limits. |
| Indicate which year of study you are in. For example year 2, year 3 or year 4. | 4 | 4 | 4 | 4 |
| Briefly describe your experiences of the acupuncture programme? | The acupuncture programme has been a truly wonderful programme to study. The knowledge, both practical and theoretical that I have gained from this programme has been truly incredible. It has also been an honour to study under someone who can teach us the real, authentic knowledge that comes directly from China. This has been very special as I am assured that what I am being taught is the true, proper way to perform acupuncture.  This programme has been a lot of hard work (as should be expected from any medical based course of study), especially since my year had to cover two years worth of content in 2nd year, so it definitely had its challenges.  I do wish that we had more time to engage with the topics that we covered in second year as I feel it would have created a far stronger foundation to lean on when dealing with the therapeutics later on. In addition, since my year is the first year at UJ studying Acupuncture I do feel that there were a couple of issues that we had to deal with simply because we were the first year studying this degree.  For example, my year had to do the summer school because our knowledge at that point was insufficient and although the summer school did help, it unfortunately made me burn out for that year a lot faster than normal because we had already started university a lot earlier than many of the other students, such as the chiropractic students for example.  In addition, I did not perform well for my final OSCE in 3rd year simply because I had never done an OSCE before in my life (we are only taught this skill in 4th year). And I also felt that the diagnostics and the pathology taught to us in 3rd year should have been linked more strongly to what we were doing in the acupuncture clinic at that time.  Despite all of these hiccups, this course of study has been a true privilege and an honour to study. The knowledge that I have gained is truly incredible and these skills that have been passed down to me I will be able to use for the rest of my lifetime. | For me acupuncture was not easy, I nearly failed in 3rd year but I texted my lecture and told him what I was going through and so he helped me with some questionnaires he showed me how to approach questions and how to approach acupuncture because acupuncture and western medicine is not the same thing I took it as the same thing he taught me how to revise accupoint and how to revise the theory how to correlate everything to nature so in a nutshell I would say acupuncture programme for me it needs someone who’s sure of what they’re doing, someone who's always on their book not someone who just wants to study and get done with university it needs determination so my experience was also fun because I also got to learn from my peers’ some of them are good in things that I’m not good in some of them were strong in theory and my strong point was in practical as I was good at revising point and needling techniques so for me the acupuncture program I wouldn’t have made it this far if I didn’t ask for help I would say it’s a program that you need to have educational support, consult with your lectures and your classmates because sometimes it’s easier to learn from those around you than your lecture. | It has been a very challenging journey at fast because I couldn’t understand the content at first because I thought it always contradicted what I already understand from the conventional side of medicine. I was excepting to be the same as I thought is all about bringing cure it needs to have same basic but since I started to view acupuncture an independent form of medicine things have been quite easy. | I have enjoyed and learned so much in the acupuncture programme. The programme intuited learning the theory first, then the actual needling and the practice of it in the clinic. I found the theory is challenging as the workload of 4 years, we learned in 3 years and it is an completely different concept of medicine to grasp. On the other hand, the needling I caught on quite quick, after I came over the fear of needling myself and others. We had a summer school in the beginning of 2021 as we could not achieve what needed during COVID, which I found enriching and helpful. Working in the clinic now I realised the difficulties that can arise, especially it being a new clinic. It opens your eyes to the actual practice with patients and running a clinic. I realised that I need to work on my diagnostic skills and with the clinicians advice and corrections one can learn from mistakes and grow in knowledge and experience. |
| Section B1: TEACHING |  |  |  |  |
| 1. Describe your experiences of the teaching of the acupuncture programme. | My lecturers have been truly incredible to learn from. Both Dr. Y as well as Dr. x have excellent knowledge on what they teach and explain concepts using examples that are easy to understand and relate directly to nature. This makes it far easier to remember and easier to understand. For example, when learning about dampness Dr. Y gave us the analogy of wearing a wet shirt and how heavy that feels. Using this analogy it makes sense as to why someone who has a problem with dampness would feel body heaviness.  In addition, I am grateful that we have two different lecturers with two different perspectives that are both equally beneficial in their own ways.  Dr. Y brings his authentic knowledge from China and teaches us the way that he was taught in China. This is very reassuring as I know for a fact that I am being taught acupuncture properly.  Whereas Dr. x, who also knows and understands the same concepts as Dr. Y, is able to apply these concepts into our South African context. This is also exceptionally valuable as the vast majority of us will be practicing in South Africa and not in China. | Well the teaching program for me was OK until we experienced COVID-19 that’s when I studied to suffer with my studies because I’m a visual learner because of COVID-19 we went online and online it was only videoed so you couldn’t ask a question, for instance, you might watch a video that is maybe 45 minutes and you'd say you'd ask your lecture after you have to watch that video but along the way you would get another question and then you forget about that other question I was still a fresher so I didn’t know the technique of writing things down as I don’t like writing things down but now I know better so I just watched videos and did not write things down that’s where I started to suffer so that was not the best teaching method for me and one thing is that we did not have were tutors like someone to turn to only our lecture. But now that I’m in clinic and everything is better because it is face to face like I said I’m a visual learner so if I have a question I just my lecture and now. The teaching online program was not a great option for me but the contact one is good for me as I said I am a visual learner | My experience with the teaching has changed a lot since last year as having to observe the postgrads is very beneficial especially when it comes to learning about different conditions as they have more knowledge and are very helpful in explaining most of the things if we do not understand. Also the case discussions that we have when we don’t have patients help more as I get to learn from my fellows because we give many different answers. It is of great benefit having someone to correct us when we are wrong especially when it comes to us needling, it makes retaining information much simpler as when you get corrected, I’m less likely to repeat the very same mistake | I have the privilege to study and learn from the lectures we have for the acupuncture programme. Dr Y and Dr x, who enrich and correct our study. They have guided us in our programme from the beginning and are supporting us in the clinic currently. I have definitely gained a deeper knowledge of the theory, history and practice from Dr Y. Both lecturers helped in how we should study in the programme and provided their help with any questions and queries. |
| 2. Describe how the teaching of the acupuncture programme has improved your understanding of the acupuncture programme. | Both Dr. Y as well as Dr. x have excellent knowledge on what they teach and explain concepts using examples that are easy to understand and relate directly to nature. This makes it far easier to remember and easier to understand. For example, when learning about dampness Dr. Y gave us the analogy of wearing a wet shirt and how heavy that feels. Using this analogy it makes sense as to why someone who has a problem with dampness would feel body heaviness.  Another example would be explaining insomnia using the analogy of a fish in a bowl of water. The fish represents the heart mind (shen) and can be disturbed if the water gets too hot, if there isn’t enough water or if there is debris in the water. All of these situations are analogous to various diagnoses of syndromes that can be made for insomnia and make it easier to understand. | Well when I started studying acupuncture I thought it was a joke because I was still a child I did not understand the content of acupuncture I thought I saw it as something that the Chinese came up with I thought it was not working but now I know better as I know the concept in the theory, so that also hindered my learning because I had a specific opinion with it I remember one day in class I laughed when a lecture was explaining a technique calling setting the mountain on fire I looked at my friend and said why would you wanna set the mountain on fire that was because I did not understand the program but now I know that it’s more than that there are pathogenic factors that affect our body acupuncture helps us too strengthen our booty against those and it helps us to dispel those that have already accumulated in our body and I know that there are people who are suffering from chronic condition that can only be helped by acupuncture for instance there are patients who are suffering from chronic pain that lasted for 10 years, it was a new thing for me maybe that's why I took it that way but I know better now | At first it was really had for me to understand because of the language barrier but I eventually adapted and found Teaching to be very good especially since all lectures are pre-recorded so I can always reflect back when I don’t understand things or when I need to reflect on my knowledge, I always have access to the lectures. Also, the way of teaching is good as examples and analogies are made in order to help us have a better understanding of the content. That personally made things very easy for me. The structure in which the is distributed made a lot of things easy as the is fairly enough work for that specific year so that helps to lower the pressure of studying a lot of content in a short space of time. | The lectures have done an efficient job in teaching the acupuncture programme. At the start of the programme, it was quite difficult to understand Dr Y with his accent, it is something you learn to understand. The teaching improved my studies with all the lecture notes and youtube links covering the work online. He helps and corrections in class and practice and support in clinic. Dr Y pushes you to focus on your study method and give advice on how to study as well as provide sufficient opportunity to test our knowledge through test and practices. They also have put together the summer school acupuncture programme to help us reach a greater ability and potential |
| 3. Explain ways in which you would like the acupuncture programme to be taught. | The ways that the content of acupuncture module have been taught are excellent.  The only thing that I would change is giving us more time in 2nd year to fully grasp the concepts of the Basic Theory as well as the Diagnostics as these become a very important foundation for learning therapeutics later on. | Take students on trips show them the future of acupuncture because in the clinic we only see that the future of acupuncture is 120 rent per consultation which is not true when you’re practicing in a private practice you'll be charging more than R120 there are some students who come from backgrounds that they don't know the rating of acupuncture or maybe teach them about the ratings that will also motivate a student, I know most of us want to help people that’s why we are in the medical stream but at the end of the day you have to feed yourself, show them their future of acupuncture Well now I don’t have any suggestion other than because what I like to say I would like to add was what’s been done now, we have a clinic and students are seeing patients in clinic, there's also a museum for you to know the history so just the way of learning I would say everything is in perfect place for | I think we should continue with doing online teaching for the theory as I find it effective. We can also have case writing more frequently to check our progress in understanding regularly. The cases done in the clinic can be a great way of teaching content that most don’t understand as it will be more practicals. We can also have tutorials more frequently to check our progress in understanding regularly. | I prefer the method used during the summer school to teach the acupuncture programme. Providing the Youtube lectures to listen and study before class and then going to class to answer questions about the online lectures, the practice of the acupoints and theory. Also gaining over case studies to guide us through the diagnostic process and to gain experience of the differences in cases. |
| 4. Describe your views on the list of modules in the acupuncture programme. (The outline of the BHsCM programme will be provided.) | All of these modules are excellent and necessary so as to complement our knowledge that we are learning in acupuncture.  I do wish that in 3rd year the pathology and diagnostics that we were taught was linked a little bit stronger to our work in the acupuncture clinic. I say this because it is important to compartmentalize if the diagnostics that we are using in acupuncture versus homeopathy are the same or different. I know for a fact that they are very different and as such it would be more beneficial to communicate these differences to the students so that they can better compartmentalize when using the homeopathic diagnostics versus the acupuncture diagnostics and know specifically how they are different. | I like the fact that this year we are being taught how to start a small business Because once we finish our studies we’ll have to open our own practice and maintain our own practice so the module comes in handy and I also like clinical practice because can you call practice also help us know how to diagnose the disease because we cannot treat things that we don't know how they present the only module that I don’t like is physics invested because I don’t know why would we need physics in the future because we're not dealing with dynamics and all that which is dealing with the human body how it presents with diseases how do we treat the diseases And I also like the research module because it helps us to dig more into the cost that we are studying | It was very hard on the tired year because when doing therapeutics, we were expected to know physical exams which we haven’t done in our diagnostic module. Also some conditions we haven’t done them in pathology hence it was quite a challenge. also I felt like the comp med module had a lot of content but its because we had to do two years content in one year but know I think everything is structured well. | The modules for the acupuncture programme are sufficient for the understanding of just acupuncture. As I know the study of Chinese medicine would be more extensive, I love that we can learn the basics for the background of knowledge, the diagnostics of TCM for consultations with patients, as well as therapeutics for the common and general disease seen in the clinic. I like the tongue and pulse diagnosis as this is an older method of diagnosing and sufficient in diagnosing the syndromes. |
| 5. Describe your experience of the use of technologies for the teaching of the acupuncture programme. | This has both its advantages as well as its disadvantages.  The advantage is that I have greater freedom to manage my time and I can rewatch/rewind the videos if I do not understand a concept.  The disadvantage is that there is not that accountability of having to be in class. This makes it easier to fall behind with the lectures. In addition, I find it more difficult to ask questions as I will often forget my question. I also will have to wait longer for an answer to my question as opposed to just asking it then and there as it would have been done in contact classes. | I didn’t experience any problems with the teaching program online it’s just that it required us to have gadgets for instance a laptop and a cell phone and data at home which was provided by the Eugene the only problem that I encountered was not being able to ask questions right now we I had to email or text the Lecture to ask a question so my experience wasn’t that bad the only issue I had was asking questions and what I liked about online was there if you if you didn’t hear something you could just rewind and listen to it again and the lectures and therefore you too play again if there’s something that you didn’t understand you can go back and watch the lecture and understand it better yeah that’s the fun part about it you can listen to a lecture about three times | Having to use online platform as learning aid was an advantage to me as lectures were saved and I could go back to them as much as I wanted and if I didn’t understand. Also, I can still access first years contect is very advantageous to me. The challenge was doing assessments as the network was a challenge at home because I had to walk kilometres to go to a place that has a good connection. | The use of technologies have been very effective, especially during the covid period. The opportunity to study online made it easy to understand the lecture notes off-campus. Now that we are about to go back to campus, it still carries the benefits of being able to rewatch lectures, stop and reviewing when I don’t understand and another study method for our test. I have benefited from all mentioned above. In my experience, the technologies have also caused greater irritation and stress, because of so many things able to go wrong. I have had data, internet, and connection problems and the worse is during the test, I would recommend studying online as it is more time-efficient and thorough, while I prefer tests offline/on campus as it is less stressful (because it can go wrong as mentioned above), better guidance if something is wrong and also prevents cheating. |
| Section B2: LEARNING |  |  |  |  |
| 1. Explain your experiences in the learning of the acupuncture programme. | All in all, I have found it relatively easy to learn the content for acupuncture. This, however is because I have a lot of self motivation to learn and understand things. My lecturers have also made it relatively easy to learn the content provided. | My experience on learning acupuncture has been a tough one but it got better as I went on with the years I managed to balance my academics using my practicals as my theory was not that good I would say it was a fun and enjoyable journey that’s ‘cause of I allowed myself to enjoy the journey it was quite amusing to learn about the holistic approach I also liked the fact that acupuncture has no side effect I remember one day after I came from a practical test I locked myself in my room switched off the lights it was dark and I slept because I thought I didn’t get everything right even though I studied for the test but I did a lot better than I thought My experience in learning acupuncture was a bumpy and enjoyable road | Learning the acupuncture programme was quite challenging at first because I had no background about it and it was difficult to grasp the concepts as at first I found them not being the same with the human physiology that I’m use but me repeatedly doing it with my classmates gave me an insight on what I was missing. How the work was distributed throughout the years made things a little better because I was able to manage the workload and still have enough time to go back to the basics | My experience has been donominal from when we just started to learn the theory, to when we needled ourselves then each other and now in practice. With the provided lecture notes and videos, we could study at our own pace and had guidance whenever we had questions in class and over whatsp. We have been lucky to learn from the knowledge of Dr X and Y. As they provide ways on how to study, what to study, why and motivated us to do so. |
| 2. Describe how the learning of the acupuncture programme has prepared you for the practical skills. | Understanding the theoretical knowledge behind the basic theories, diagnostics and therapeutics is crucial as to the understanding of the syndrome differentiations. The learning has helped me to understand that although two patients come into the clinic with the same problem, the causes can be very different. This is exceptionally important to understand because understanding the root cause will help you to prescribe the correct acupoints for that particular syndrome and will also help you to understand how that syndrome may potentially develop. |  | Being in the clinic has proven to be the application of all the knowledge I have acquired through the years. Also doing presentations the previous year, writing cases every week has helped me in having an idea on how to analyse cases in the clinic and apply the knowledge I already have. | I am grateful for our lecturers as they really put a lot of effort into our acupuncture group. Going through the system they learned us, I want to say that I naturally had good practical skills. We started learning needling techniques on little pillows we made ourselves and had to continuously show the improvement of our techniques to the lecturers. After we came acquainted with that we could start practising on ourselves. Firstly, I had to overcome the fear and then observe what I felt so I could get a sense of what my patients would go through. Next, we practised on each other where I learned ethical skills among with how to react to different people, difficult or fearful. During summer school, I learned so many practical skills from the techniques and tips for sculp acupuncture to how to needle dangerous points and how to go about them and I feel that is how acupuncture should be taught. Lastly, the practical skills in clinic is so necessary for your own practice one day, all the regulations and work in the clinic that I learned will help us run my own practice. |
| 3. How would you prefer to develop your knowledge and skills of the acupuncture programme? | Due to the COVID-19 pandemic we were unfortunately very limited with our practical time when it came to learning about Acupuncture. This is very unfortunate as I feel that my theoretical knowledge is good but my practical knowledge has been compromised due to the pandemic. As a result, I would have preferred more practical classes. |  | I think we can take turns in presenting cases we have seen, the discussion among the class what we understand. Challenges we found on the case and probably this that helped with understanding the work and conditions we see. | Observing and practising under supervision to increase my needling ability. Also looking and repeating different techniques to make it under memory. While after seeing a patient going overwork, I touched during the consult from basic theory, diagnostics theory, therapeutics theory and acupoints. Going through these sections after every patient I would not only develop my knowledge, I would also generate more questions and thoughts around it creating drive and room for improvement. |
| 4. Describe how technologies have helped you to learn the content of acupuncture programme during COVID-19. | This has been helpful as I am able to manage my time better when it comes to studying and in addition, if I didn’t fully grasp a concept, I could just rewind and watch it again.  In addition, it made it easier to pause the lecture and make additional notes on the slides provided. |  | It has been good because it has the advantage of always having access to go back to the content if I didn’t understand. It also taught me independence because I had to work at my own pace and study more than I had to during contact classes. It was also very advantageous as ii can go over the content at my own time. This helped me prepare well for assements and tests | As mentioned above, without the use of technologies we could not have been able to study at home. Technology really gave us an opportunity to stay on track even though we could not go to the university. It was difficult to get used to as there is no interaction, no correction of understanding and all the connection problems mentioned. I did easily fall asleep or get distracted when I started bringing lectures or when I am too long in front of the computer, but it was also easy to catch up, stop, review and learn for tests. |
| 5. Explain ways in which you can be supported to develop a positive attitude towards the acupuncture programme | I already have a positive attitude towards acupuncture however, linking the diagnostics and the pathology in 3rd year would have been more beneficial. |  | I think having programmes that will expose us to the seeing acupuncture being practiced outside like the trip we took to see mine workers at Rustenburg. I found it very exceptionally beneficial. This can also promote the knowledge of acupuncture to other people. | Mostly through encouragement and correction. Being told when I am doing something right and wrong, so I can be motivated and learn from my mistakes. Also learning new ways to approach the learning of acupuncture. Apps,tips, tricks, practically and from one another because memorising is not sufficient, also my breading a comfortable, trusting, learning environment in the clinic. Where there is no judgement or bad feeling about making a mistake, but understanding the conciseness of it and try to help one another to be better |
| Section B3: ASSESSMENT |  |  |  |  |
| 1. Describe your experiences in the assessment of the acupuncture programme. | The theory assessments are good, I enjoy writing them and I do very well in those types of exams.  The OSCES however, were very frustrating as I had never done an OSCE before in my whole life nor had I even done a mock OSCE before the exam. This led to me being extremely nervous and even though I knew and understood the theoretical content quite well I did very badly in my OSCE for this reason. |  | Doing most cases has helped me evaluate my knowledge as analysing them and questions that are being asked is a good way of assessing us. Also having to write cases as a portfolio will be beneficial because it forces us to study as the is a lot of explaining to do. Also, it serves as a good revision. The lecture is also able to monitor our progress via us doing clinics and can correct us there and there. So overall I find the practical way we are being assessed to be more effective. | We have been provided with lots of tests to test our knowledge and at the beginning, I really struggled to understand the question asked and thus didn’t know in what manner to answer them so I didn’t’ get great marks. Luckily, I learned and became more comfortable with the questions to provide the suited answer. The combined testing of theory and practice I found veery scary, but afterwards necessary. And yet again teaches you to be adaptable in any situation. |
| 2. Explain how the assessment has helped you to strengthen your knowledge in the acupuncture programme. | It aided me because it allowed for an opportunity to write a test which was a true reflection of my knowledge and as such, highlighted where my knowledge was lacking. |  | They always served as a way of me monitoring my understanding of the program because it would always help me know what is it that I know content wise and where am I lacking so I can go back and strengthen that part. Also when going over the test in class added to my understanding of the programme. | Studying for the different assessments helped with my general knowledge as the test helped with showing me what I need to focus on and my strengths and weakness for me to work on. Dr Y always has tips and tricks to explain how to retain the knowledge before tests as well as helping us understand why we get questions wrong. |
| 3. Explain how you would prefer to be assessed in the acupuncture programme. | The manners in which we are currently assessed are fine, I just wish that we had a “practice run” of the OSCEs before my final OSCE in 3rd year. |  | We should be assessed more frequently during the year so that we can get used to how to answer questions and how are questions asked. This leaves room for improvement cause I get to track my progress throughout the year. | I prefer the combined assessment of theory and practical on one day, but at separate times. Just like an actual consult you need the knowledge of both, Even if we can be tested from a consultation point of view, as this is how the knowledge is implemented. |
| 4. Describe how technologies have helped to assess your knowledge in the acupuncture programme. | This has aided me because in 2nd year it allowed me to complete tutorials which were marked. This allowed me to see what my mistakes were and correct them as well as to see where I did not fully understand a concept. |  | Well it hasn’t helped much because at first it was very easy for us to refer to our notes when writing so you whomt reflect on what you don’t understand but as having to do every assement has helped in knowing our strenghthn and weakness. | Online we are assessed via tutorials, quizzes, tests and even through blackboard collaborate. In the acupuncture programme, we have mostly been assessed on campus because of the practical part of it we do tutorials online as it prepares us for tests as well as to retain the knowledge. Every week we send in a self-reflection to document our improvement also to assess our knowledge and look at where it is we should work on. |
| Section B4: PRACTICES |  |  |  |  |
| 1. Explain your experiences (advantages and disadvantages of practicals) in the acupuncture programme. | Advantages:  There were many advantages to performing practicals as it allowed me to perform the pracs under the guidance of a trained professional. This allowed me to see what my mistakes were regarding my techniques.  In addition, the more we practice the better we will be as practitioners one day.  Disadvantages:  We did not have enough practicals in 2nd and 3rd year due to the COVID-19 pandemic. | The advantage that I got from the practicals of acupuncture is that I got to see different patients and feed them that sharpened my knowledge on those types of diseases and I also got to make mistakes in a practical which I was corrected by my supervisor I got to learn from my mistakes and I also got to learn from other people’s mistakes because I was observing them doing practicals | The advantage we have this year is us being able to see patients, the more we see different patients with different conditions it enhances our learning experiences. We are also able to form relations with practitioners and that helps with developing skills for when we will be able to practice as they educate us on what to do and not to do. Their knowledge on the western medicine also helps especially when it comes to diagnosis and differentials. The disadvantage about the practical’s is that they get to do a lot of consultations than we do, that might be a disadvantage to us as we wont get the same challenge as you being the actual doctor than being an observer | Looking at my advantage in practice I can say that the important points or rather the points mostly used I became acquainted with according to location, insertion and indications. I have also gained confidence from continuous practice in the clinic to take cases and treat patients. My experience in the clinic have grown and have encountered situations. I now know how to handle it. As for my disadvantages and things I need to work on are in diagnosing and still mastering other points. Also reacting in the right manner when patients react poorly to the needles. |
| 2. Describe how the teaching, learning and assessment have prepared you for practicals (focus on the acupuncture skills). | The teaching assisted me because I was taught by using logical examples from nature which made it a lot easier to remember certain concepts.  The learning was valuable as I could, at my own pace, go through the content on my own which allowed me to have a strong theoretical base of knowledge so as to perform the practicals. The only unfortunate thing is that we had to fit two years worth of content into one year which, I feel, didn’t give us enough time to fully grasp key concepts in acupuncture.  The assessments prepared me because it ensured that any gaps in my theoretical knowledge were filled. And the practical exams (acupoint location etc. exam) prepared me for what it would be like working in the clinic. This is because in the clinic you don’t have time to think about where the points are, you need to know then and there where the point is located. | Teaching and learning of acupuncture has told me how to take his taking when I’m with a patient it has told me how to come up with differentials because when I’m asking a patient questions I already have an idea of what’s happening with the patient and then I ask more questions to find out if my differential is right or wrong it has taught me how to be competent in somewhat sense  It also helped me to gain confidence because if if you stand in front of a patient with the lack of confidence the patient will say that you do not know what you are doing they come there trusting that you can help them with whatever the problem that they present with so confidence is key so the content of acupuncture has taught me how to be confident with my work it has taught me how to treat patients because patients present differently I’m talking about their mental state some people suffer from anxiety some people suffer from and got issues some people suffer from depression so it has taught me how to handle patients like that it also | It has given me background knowledge to shaepern my skills. Learning where the points are, their indictions and special function has helped with me applying it when choosing prescriptions and doing the treatment itself. | During this time in the clinic one could see the benefits of the previous years teaching, learning and assessments. The physical skills was learned, practised and repeated. Started with practising it on little pillows, ourselves, each other and now on patients. The teaching of the theory behind needling helped us to understand when to use what length of needle, what angle of insertion, the location of the acupoints and the picking of the right acupoints for prescription in the treatment. |
| 3. Explain how you can be supported to improve your acupuncture practical skills. | Simply having and attending more practical sessions. | I’m one person who believes that everything that you do lies onto you so I think being lectured in a lecture room means them trying to help me to learn acupuncture so I don’t think there’s something else that can be done for me to learn I think the only thing that can be done is for them to give me a lecture for me to learn and then I have to put in the time | Having more clinical practice may help. Even though it’s not an actual patient but our classmates can play patient. We then do history taking, prescription and needle them under the lectures supervision. This will serve as a way of learning and adapting into the habit of being confident and it will help with points , we can do this if we don’t have patients. I also think we should alternate with post grades on case takings especially on Mondays since they can come on Tuesdays and other days. | I know that correction in class and in clinic is very important, especially for my growth and development of skills and knowledge. This is how I can be supported through positive correction and reinforcement. Talking about cases and pridcing my interest, practising different points and getting on opportunity to better my practical skills, all in a positive, non-judgemental, learning environment. |
| 4. Explain how the use of technologies have benifted or not benefited your practical skills. | I don’t think that the technology improved my practical skills. If anything, it didn’t allow for me to engage properly with the practical aspects of the module. | The benefits that I got from online learning was dead I can go back and replay the lecture if there’s something that I didn’t understand and the disadvantage of it is that you need gadgets for instance like laptops and all of that and those things are are expensive | It has not benefited me as I coulnt understand most of the time and the is no supervisor to monitor if my skills are right or wrong. Also the is no muscle memory as I don’t get to practice as often as I should because I live alone but if I was on campus I would have done it on our fellow students. | Mostly on campus practices have benefited my practical skills. Technologies mostly helped to understand the theory behind the acupoints. Dr Y also uploaded some practical videos of techniques, insertions and dangerous points, which is very enriching for my practical experience. Technologies have made communication more efficient in knowing what to study, when to be on campus for practicals and more, looking on the other side technology has made most of my study online, which made practicals very hard and was not beneficial. |