

Assignment Task1.

Title: Microsystems Acupuncture Therapy.

Programme: BSc (Hons) Health and Social Care.

Student Name: Ogo-oluwa Mafimisebi [1914926]

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Lecture Name: Joanna Walsh.

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Introduction

In this supporting report paper, I will be concentrating on the history, usage and effectiveness of microsystems acupuncture therapy and his benefit. The report will still be looking into his efficacy, contraindication and how this form of healing practice is been compares to biomedicine treatments and move on to emphasise how possible he can potentially improve present orthodox healing.

History

The Traditional Chinese Medicine (TCM) within the past 50 years, has been added and makes it larger by a current form of acupuncture know as microsystems acupuncture that is based on only somatotopic fields, consist points of discussion. Microsystems can be found in the circumscribed part of the body, e.g. The auricle, the oral cavity, the scalp, the ear. (Gleditsch, n.d.)

Microsystems is based upon the belief that little well-defined part of human, such as the face, scalp, ear, and hand correspond to all the organs and part of human body by using a needle to stimulate all these areas, might also help someone to cope with symptoms such as general stresses or anxiety. (FHT, 2020)

Usage

Acupuncturists, use this method to treat different health conditions. But however, the practice is not always based on accurate scientific facts. Currently, NICE advise considering acupuncture as a treatment for, migraines and chronic tension-type of headaches. Microsystems is also often used for musculoskeletal medical care (of the bones and muscles) likewise pain condition e.g., postoperative pain, joint pain, dental pain and neck pain.

The session normally lasts about 20 minutes to an hour and this will probably involve an assessment of your general wellbeing, lifestyle, diet, drug use, medical history, as well as medication and a physical examination. During this period, you will be requested to sit or lie down, and the practitioner may ask you to take off some clothes from your body so that he can access some certain part of your body. (FHT, 2020)

They will choose a specific position to place the needles base on your condition which they call acupuncture points. The needles are usually few centimetres in length, pre-sterilised and they should be single use, that are disposed of immediately after use, within the session several points may be used depending on the number of symptoms you have.

Once the needles are inserted should be left in the same position for a lot of time which may take for the needles to reach the muscle it needs to penetrate just under the skin or deeper, from some minutes up to an hour. At this time, you may feel a dull ache or tingling when the needles is been inserted. Within this period, you are not expected to experience any significant pain, just in case you do, let your practitioner know straight away. (NHS, 2019)

Effectiveness

There are being different type of research in the area of acupuncture which suggest acupuncturist may help reduced a particular pain that are often chronic e.g., neck pain, osteoarthritis/knee pain and low-back pain. And it can also ease the frequency of serious headaches and stop migraine headaches as well. (NIH, 2016)

And likewise, there are also being a finding carried out by some group of scholars regarding the effectiveness of this pattern of healing called microsystems acupuncture on discomfort that associated with temporomandibular disorders (TMD) and the result of the finding showed, microsystems acupuncture can see play a part and ease the pain of intensity temporomandibular disorders. (Irmgard et al., 2018)

According to Nader Soliman, on auricular treatment of maternal depressive disorder which make me to understand that the auricular acupuncture microsystems can be of a great advantage of complementary way of approach for dealing with perinatal depressive disorders. That this form of treatment may also help patients who body are not responding the way it supposes to be for antidepressants or for people who might be suffering considerable medicinal side-effects. (Nader, 2019)

Also, in the area of treatment, relating to intensity of prolonged chronic pain, acupuncture has been proving to be more effective than the placebo cure and has a safe procedure that makes it appropriate for standard clinical general practice. (Jorge et al., 2006)

Benefits

A medical reviewed by Yamini Ranchod, on acupuncture since to be safer if carried out properly and for the fact that they are little side effect when administer in appropriate way and it can also effectively be combined with other form of treatment, which also proved effective in controlling some type of pain. Likewise, also some risk associated to it for instance it is dangerous when patient is taking blood thinners or having bleeding problem, again unsterilized needles may cause some sort of injury to the care receiver by getting infected through the unclean needles. (Brazier, 2017)

The auricular acupuncture has been used efficiently to treat not pain alone, but also psychologic problems as well as other somatic disorders. The distinguishing opportunity of acupuncture for western medical doctor are different.

Active points will be the first, (most of the time showing increased tenderness) progress, which are diagnostic, in that they showed which fraction of the body is properly functioning. Secondly, there is no need in what ever way to make a syndromic diagnosis.

Thirdly, the betterment advances within a minute and may not ask for repeated treatment for a cumulative effect. And finally, the auricular acupuncture is relatively not difficult to learn and can comfortably incorporated into an office scheduled with the care receiver fully dressed and maybe, sitting down as well. (Anthony, 2018)

Efficacy

When it comes to the efficacy of acupuncture on migraine, this has been confirmed through a lot of series of systematic reviews, and several clinical trials, that acupuncture is more becoming recognized form integrative medicine in western world for the treatment and prevention of migraine and is administered for chronic pain treatment and migraine prophylaxis. (Carlo et al., 2020)

Again, an overview of systematic review research was conducted to combined and critically showed the available fact on the use of acupuncture for the treatment of patients suffering from hypertension, and the finding suggested that acupuncture can be consider as an important additional healing power, when combine with western medicine for controlling, diastolic blood pressure (DBP) and systolic blood pressure (SBP) likewise uplifting the efficacy rate. (Huimin et al., 2019)

Still on the efficacy a randomly clinical controlled trial finding was conducted to evaluate the safety and efficacy of acupuncture cure for primary insomnia, and the investigation showed acupuncture treatment can improved the insomnia patient's sleep quality and enhance their psychological health, and again the acupuncture cure is more effective than sham acupuncture. (Xuan et al., 2017)

Contraindication

The absolute contraindication will be, the use of points and sacral foraminal points during pregnancy which can lead to induced pregnancy, and likewise with someone who have uncontrolled movements. The needling of intracapsular points if the person is a haemophilic or on anticoagulant therapy.

Relative contraindication: Acute stroke patients or somebody with poor skill condition, or someone battling with diabetic, cancer, epilepsy and other clotting disorder or hemophilia think twice before you receive the services.

Special precautions: The tendency of bleeding should be put into consideration, or if you are most likely to drive home after the acupuncture treatment, maybe unclear diagnosis as well. When someone fall into these categories special caution should be considered. (Physiopedia, 2021)

Recommendation

More research should be carried out in this area to really determine the effectiveness of this practice and once he has been established and it should also be fellow with more guideline for the practitioner who practice this form of healing so that their practice is up to the professional standard. Also, for the fact that there is no one way to healing, orthodox practitioner should be advice and allowed to take up some course in acupuncture therapy in particular pain reliever, so that it can be offer along with their orthodox medicine.

Conclusion

With this I can conclude that microsystems acupuncture is effective and safe way of healing for some medical condition, especially in pain relieve which a lot of research has suggested, and he should be integrated into biomedicine so that patients can benefit from both.

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