



FEATURE

Newtown Acupuncture Centre- a multi bed approach

The Newtown Acupuncture Centre is a joint project between Laura Callaghan, Xiao Meng and Scott Pearson, who all studied at the New Zealand School of Acupuncture and TCM in Wellington.

They believe that while acupuncture and TCM can be incredibly effective for a wide range of conditions, New Zealand's health system has barely begun to leverage the opportunities it offers. Scott explains, "In 2013 I was receiving radiotherapy for a benign tumour in my neck. I had a weekly meeting with my consultant and saw the nurses and radiologists daily. All of them were amazing and supportive but I still had a stomach ache from the radiotherapy and constipation from the morphine. It would have been so great to have an acupuncturist right there to treat those too."

This experience led to the idea of creating a place where outpatient oncology patients could come to receive acupuncture as close to the hospital as possible. Over time the idea grew to providing a TCM facility that was easily accessible to all.

It was decided that the clinic had to be highly visible, as low cost and as easy to get a booking in as possible. It was also felt that it needed to be as unthreatening as possible, with the look and feel of a modern, upmarket medical centre. Exactly what this would entail took quite a bit of thought.

"We knew that to keep costs for patients to a minimum that we would have to be treating multiple patients at once..." says Laura. "At first we were going to have a 'community acupuncture' setup, with couches and little privacy. It was really only at the last minute that we realised that this would be impractical, especially with regard to people removing clothing, and that a certain number of people were never going to go for it. We changed to a 'multi-bed' model with curtains providing privacy for patients. Our feedback from patients is that this was the right decision."

Online booking on a mobile friendly website, allows patients to make and change bookings at the last minute, adding to ease of access and accommodates people's busy schedules.

The centre also has its own practice nurse. Xiao, who is a registered nurse, is able to lodge ACC claims which simplifies

the process for ACC claimants. One of the benefits of having a larger TCM clinic is that they get to work all day with other acupuncturists. Xiao explains, "While we all went to the same acupuncture school, we all have varied experience too. It is great to be able to bounce ideas off each other and even watch each other work."

Currently with nine treatment beds and located right across from Wellington Hospital, the Newtown Acupuncture Centre has big plans. Scott says, "Our hope is that over time

hospital staff will hear from their patients how we have been able to help them. We are open to collaborating and would also like to be involved in research. We believe the time has come for acupuncture to hit the mainstream."



PROFILE

Peter Larking

While busy teaching music and saving funds to move to London in pursuit of Shiatsu training, life took a different but parallel direction. Peter was asked to meet a friend who was having a treatment at the NZSATCM. A chance conversation with the school's director Olatunji struck a chord. In this exchange they both shared their passion for martial arts and Eastern philosophies. This conversation was enough for his plans to change. Wellington remained home and NZSATCM became a big part of his life. That was 2003.

An integral part of Peter's life is music. Talented in piano, violin, double bass and bass guitar his tertiary education began at Jazz School, with further training in Classical music. He has played in bands, composed and recorded music and now helps produce electronica music with Shen collective and with other musicians.

"Music, martial arts and Chinese medicine are all similar to me and are what I attribute my spiritual well being to. My experience in teaching music provided the confidence needed when asked to teach Qigong and Tuina fairly early on in my training."

Peter went on to teach Qigong and Tuina for the school after completing his formal training. During this time he established a clinic and continued learning under another tuina practitioner. While visiting his brother in Japan, and not one to let an opportunity go by Peter learned something of the Japanese style of treating by sitting in on the clinic of an acupuncturist there. His NZSATCM training and that learnt from other teachers affirmed his 'hands on style was what worked best for him as a practitioner.' Letting the hands do the 'seeing'.



"I think the students who choose to include Tuina from the start of their training enrich their understanding of the physical body, and in turn it helps them to understand the TCM theory knowledge from a tactile perspective. As the school advances along the path of research and applied knowledge I particularly enjoy teaching the 'hands on' side of the medicine, passing on what I have learned from my previous teachers."

Peter is quick to acknowledge that he is also learning from the students. There are always interesting questions to think about and find better ways to teach the subject. Each

new group brings its own dynamics and areas of interest.

He sees teaching as a lifestyle choice - a break from clinic, a sharing of his skills and again an opportunity to acknowledge those who came before him. He has taught subjects across the curriculum, has been involved in out-reach clinics and has been a key contributor to the establishing of the Wellington community clinic at the School.

Chinese delegation discusses statutory decisions

A visit from delegates of China State Administration of Traditional Chinese medicine and Xiyuan Hospital late last year provided an opportunity to discuss significant developments and aspirations for the TCM profession in New Zealand. Representatives of the NZ Federation of Chinese Medicine, the New Zealand Register of Acupuncturists, the NZ Ministry of Health Chief Advisor of Integrative Care and the NZSATCM's Directors met at the school. Discussed was the current position of acupuncture in New Zealand, in terms of our primary health care system, statutory regulation and NZ's 'no fault' insurance through ACC. Recently released figures from ACC shows expenditure on acupuncture alone has increased from \$4.5 million a decade ago to \$24 million in 2014. This signifies the growing number of people choosing acupuncture as a preferred treatment method. Public funding represents less than 50% of what is estimated to be spent in privately funded treatment.

The Chinese delegates hope to participate in more government-to-government level discussions. All parties would like to see collaboration between the two countries'

Now he is about to embark on a new adventure. Peter and partner Jess are expecting their first child early this year. Contingency plans are in place for covering his classes when the baby arrives. Everything he has learnt about life, balance and Chinese medicine will be called upon as the new parents experience the joys of a newborn and the changes that brings.



At the NZ School of Acupuncture and TCM in Wellington. Joe Zhou (NZFCMS), Olatunji (NZSATCM), Dr David St George (MoH), Paddy McBride (NZRA), Mr. Zhao Wenhua - Director, Department of National Integrative medicine and ethnic medicine, SATCM, Prof Tang Xudong - President, Xiyuan Hospital, National Academy of Traditional Chinese Medicine, Dr George Pengde Cui (NZFCMS) and in front - Karuna Olatunji (NZSATCM) and Miss Xu Jing - Project manager, Department of International Cooperation, (SATCM.)

government health regulators, and more education exchanges between TCM Schools and Universities. Along with this, increased research and international conferences will continue to raise the profile of Chinese medicine. The NZ representatives in the meeting advocated to lower barriers for student exchanges and internships as a means of increasing the strength of Chinese medicine in NZ.

RESEARCH

Significant recognition

On November 28th the Chinese Vice Minister of Education, Dr Hao Ping informed the New Zealand Minister of Tertiary Education Hon Steven Joyce of the decision to accept NZSATCM for listing on the JSJ website. This site lists high quality education providers outside of China and is often used by Chinese students when deciding on studying tertiary qualifications abroad.

Announcements

Enrol Now – Programmes starting February 2015

Bachelor of Health Science - Acupuncture

Diploma of Tuina

Diploma of Chinese Herbal Medicine (Auckland)

Master of Health Science - Chinese Medicine - starting September 2015

Practitioners- Your chance to help!

Volunteer acupuncturists sought for Arohata Women's Prison Outreach Clinic.

Senior NZSATCM students administer the weekly treatments but they need your help. A roster of practitioners is being compiled with the aim of a 4-6 week rotation of practitioners for a Monday morning clinic.

If interested please contact the school for further information.

Chinese New Year Celebrations

Come and join us at the following events: NZSATCM and NZRA will be there representing the profession

Wellington Chinese New Year at TSB Arena
February 15th 10:30-4:30

Auckland Lantern Festival ASB

February 27th-1st march 5pm-10:30pm

Continuing education

Part time online course for continuing education: Commencing 25th February 2015. Completion July 31st 2015

Delivered online through webinars, e-forums, online dissemination, Skype and e-mail supported learning.

Awarded: 20 continuing education points by the NZRA

Contemporary Perspectives in Complementary & Alternative Medicine

Models of health, philosophy and paradigms influence the delivery of healthcare and determine what is acceptable evidence. This subject explores how Chinese medicine positions itself within Complementary and Alternative medicine (CAM) and Western medicine. It also explores how to communicate with western health practitioners about current Chinese medical research and how to develop appropriate research questions to reflect Chinese medicine practice.

Chinese Medicine for Women's Health or Chinese Medicine for Musculoskeletal Health

Professional competency and knowledge base extends clinical practice in Chinese medicine. Participation in workshops will be facilitated by expert practitioners and supported by work-based learning activities. Evidence-based knowledge as applied in practice are explored. Successful completion of these modules may be cross credited to the Master of Health Science - Chinese Medicine

Contact: Director of Postgraduate Programmes;
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