

TCM Emergency Field Kit

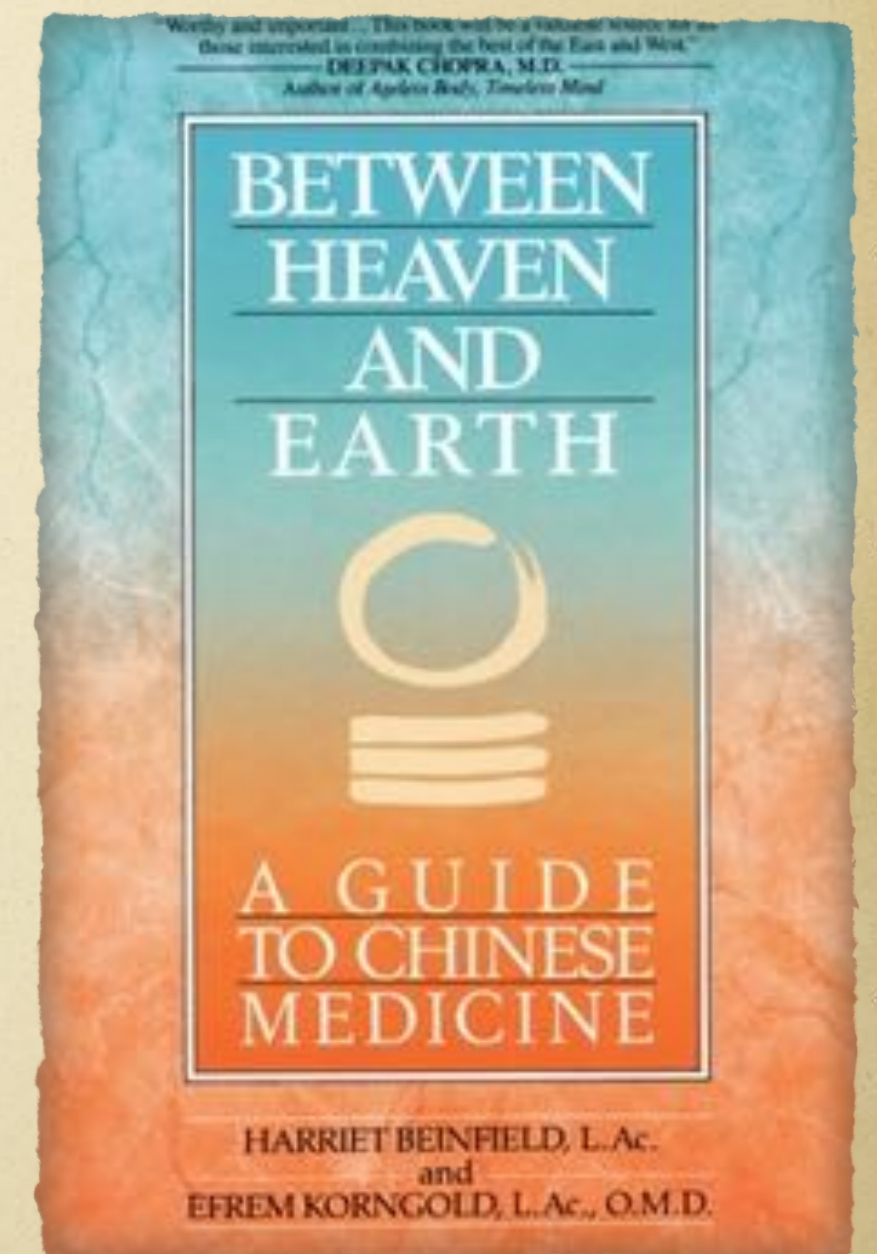
where western meets eastern in the field of action

NOLS Wilderness Risk Management Conference 2024

Candace Gossen, PhD, LAc

Objective: New Ideas to add to your emergency medical kit to help respond to the whole person - mind, body and energetic spirit

- Upfront Action Steps x 3:
 - 1. Read Between Heaven and Earth
 - 2. Take a Qigong class and learn to breathe
 - 3. Pickup a worksheet with 12 pts used for emergencies



Question:

What opportunities in wilderness medicine are we missing?



How about self care for the responder?

1. How are you breathing during an emergency?

What do we do in the in-between?

2. Waiting for assistance? Waiting for medications to work? Waiting to walk out? Waiting, waiting, waiting.

3. Where does the Will to Live, live in the Body?

How can your Hands and Feet help heal both you and your patient?

Traditional Chinese Medicine includes 8 parts: meditation, exercise, diet, cosmology, feng shui, bodywork, herbal medicine, and acupuncture. The more commonly known parts are acupuncture (needles) and plant medicine. All of these things can become part of the Pre-wilderness adventure.

As a Chinese Medicine Practitioner as well as a NOLS Wilderness First Responder, PSAR with the NPS, climber and hiker with special training in Trauma Medicine, I created a TCM Field Kit that I want to share during this workshop.

Often times while responders wait for assistance we are **handling mental trauma, shock, pain, bleeding, resuscitation**, and things that acupuncture and herbs are very good at treating.

Learning how **Eastern and Western Medicine compliment each other** can **enhance** the healing process for the injured person during and after the medical response.

The **objectives** of this workshop are to: learn points that are used for resuscitation, shock, bleeding, digestion, pain, blood pressure, and more.

- Learn what herbs can be added to your FA kit to stop bleeding.
- Learn Battlefield and NADA Protocols using ear seeds to stop pain.
- And breathing techniques to calm the spirit before, during and after any medical emergency for the patient and the responder by improving health and reducing risk.

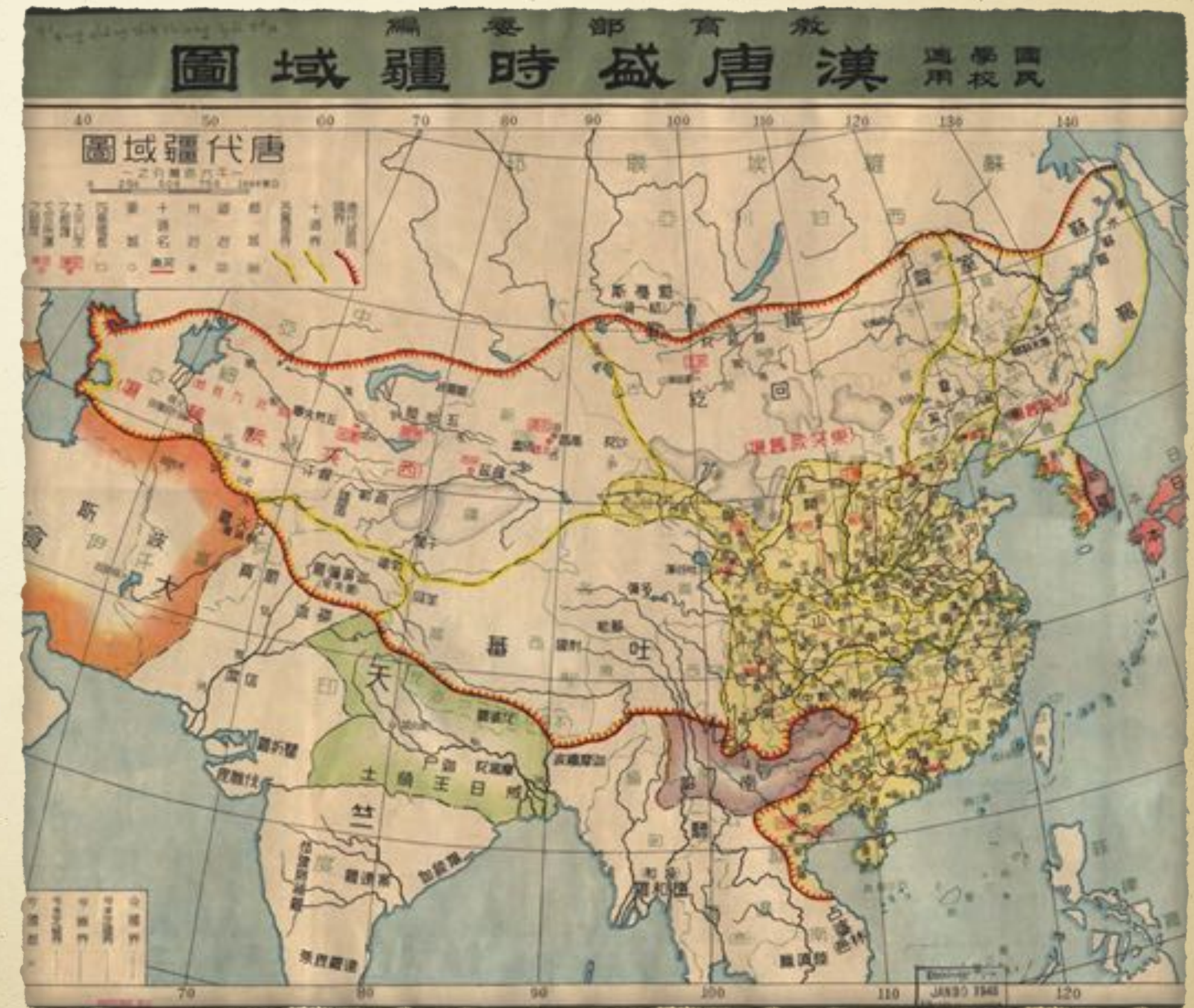


National Library of Medicine

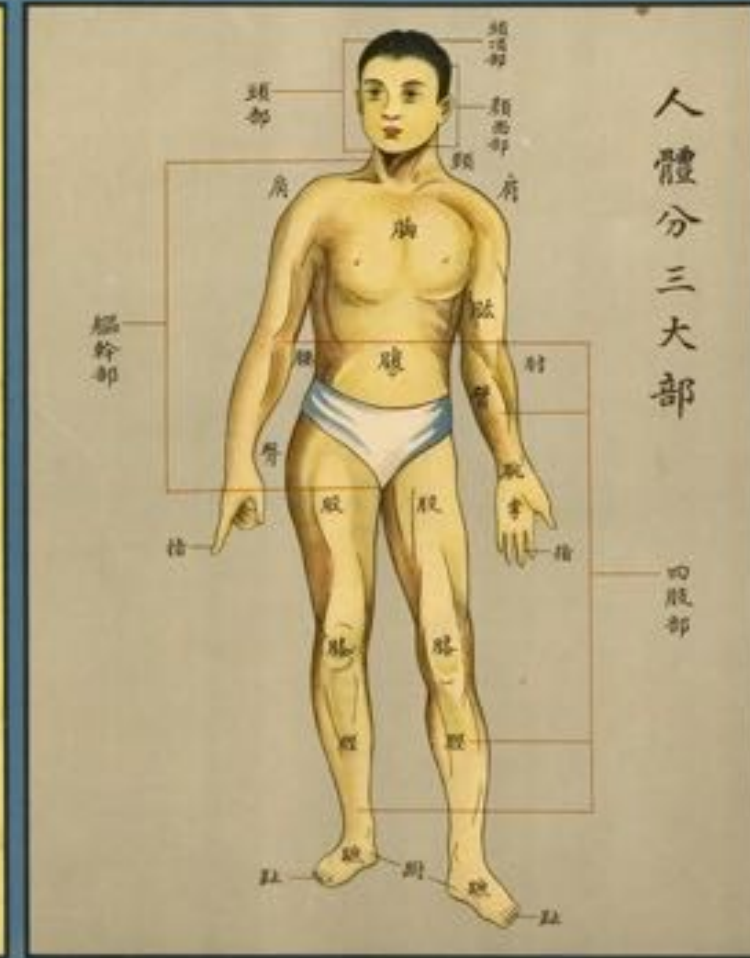
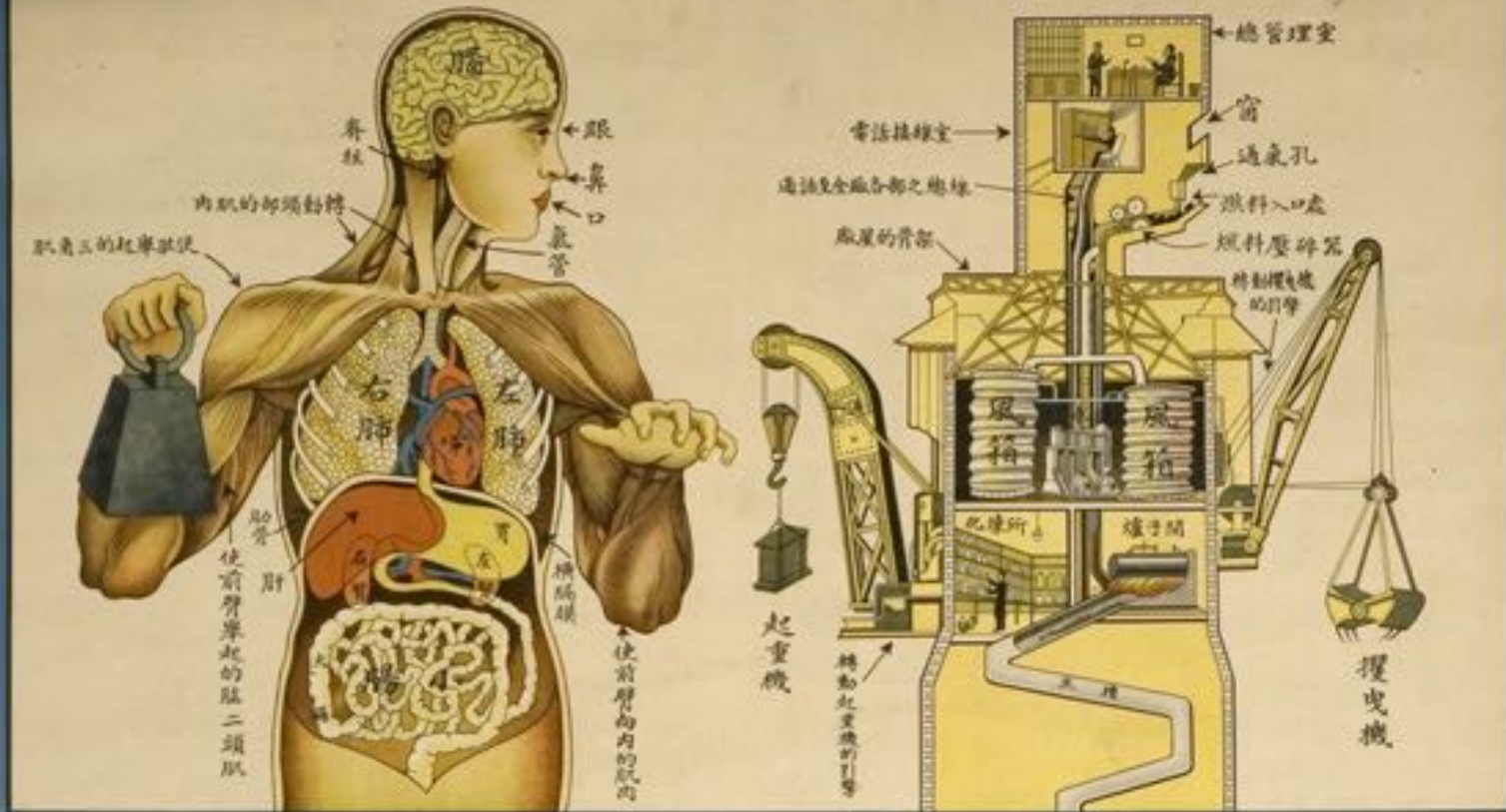
The National Library of Medicine (NLM) holds over 2000 volumes of Chinese medical classics and a Chinese public health collection with thousands of items including posters, scrolls, pharmaceutical ads, and puzzles. These historical documents chart the remarkable medical discoveries and shifts in medical practice and policy from ancient China to the mid-20th century. This exhibition features traditional Chinese medical texts, anatomical posters, and pharmaceutical ads to explore facets of Chinese medicine from antiquity to modern times.

First writings of TCM

- Before the 6th century AD, Buddhist priests from China introduced Chinese medicine to Korea and Japan. Traveling priests disseminated Chinese medical knowledge throughout these countries more widely during the Tang dynasty (618-907 AD).



人 體 好 像 工 廠

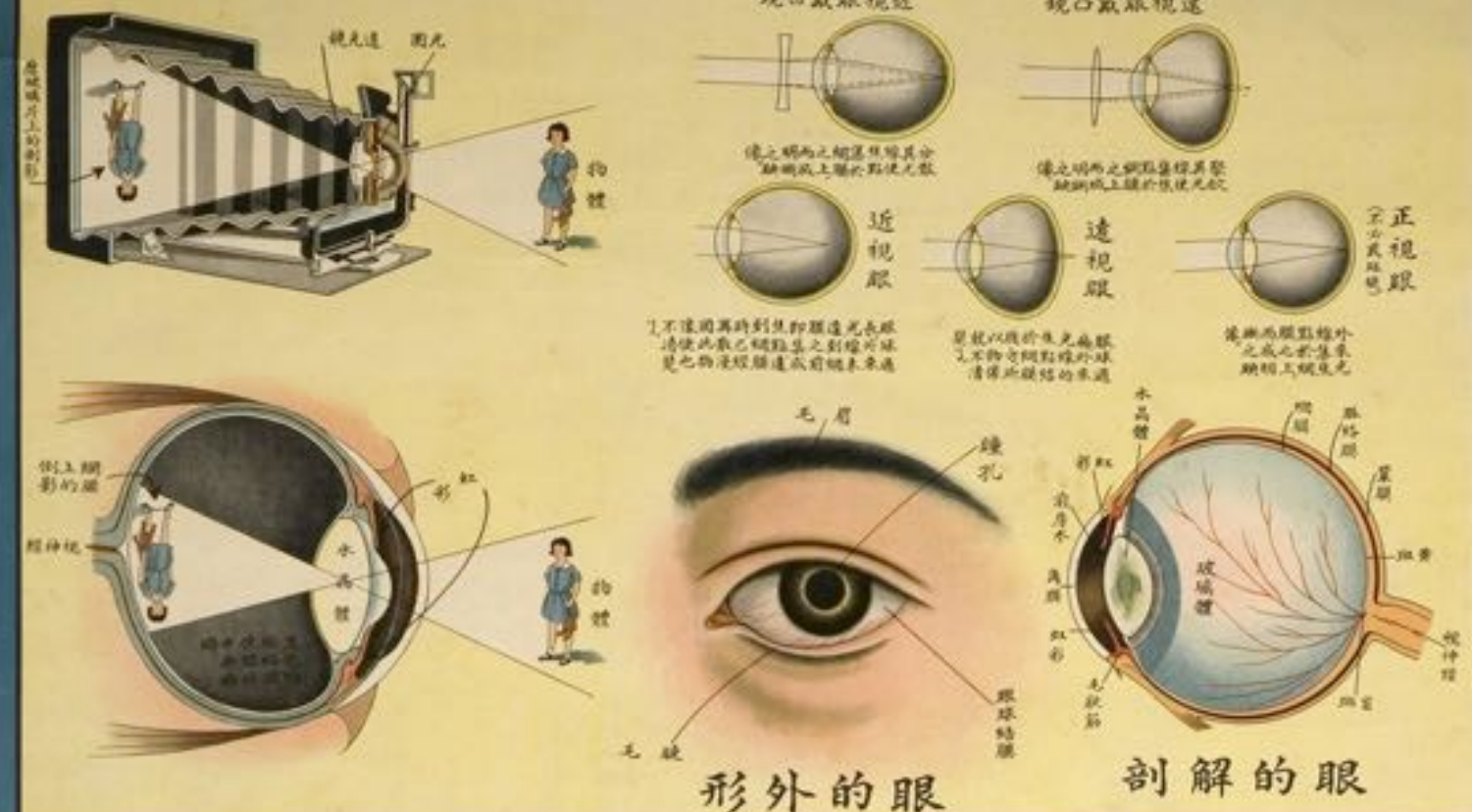


人體好得像工廠
人體好得像工廠，這是一個比喻，說明人體的構造和功能與工廠非常相似。人體的各個部分，如頭、胸、腹、四肢，就像工廠的各個部門，各司其職，共同維持人體的正常運作。人體的各個部分，如頭、胸、腹、四肢，就像工廠的各個部門，各司其職，共同維持人體的正常運作。

1933

眼 球 和 照 相 機 的 類 似

為 甚 麼 要 戴 眼 鏡 ？



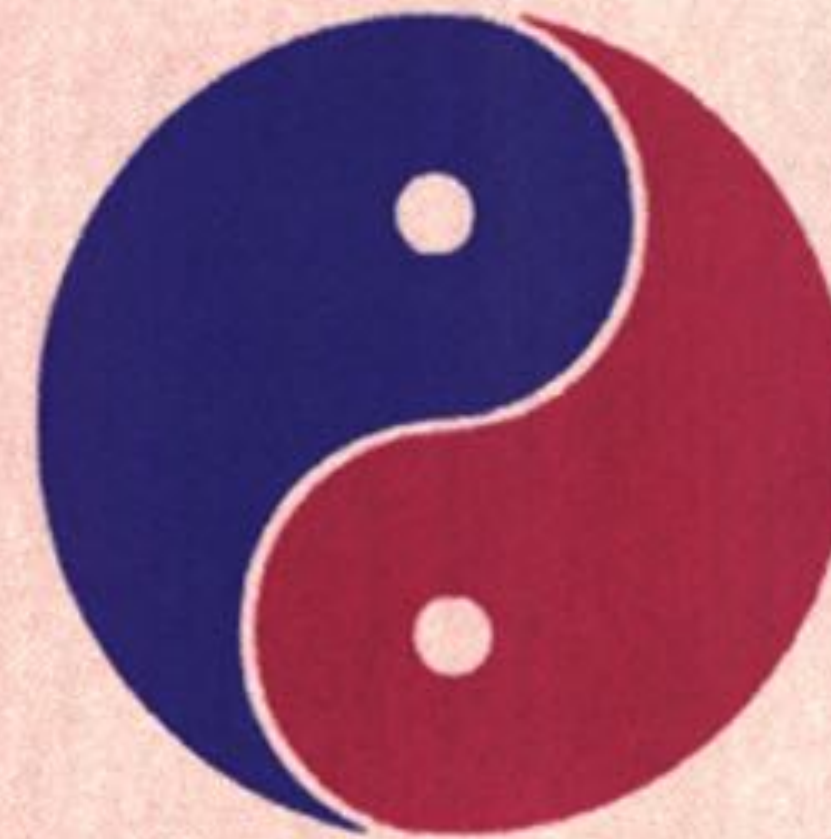
耳 的 衛 生
耳 的 衛 生 是 人 體 衛 生 的 一 個 重 要 環 節。我們應該注意耳部的清潔，避免耳內積垢，並防止外耳道受傷。此外，我們還應該注意聽力的保護，避免長時間暴露在高分貝的環境中，並及時發現和治療聽力障礙。

Illustration of Yin and Yang, 1974

*"A brief outline of Chinese medical history
with particular reference to acupuncture" by
Choh-Luh Li, Perspectives in Biology and
Medicine, 1974*

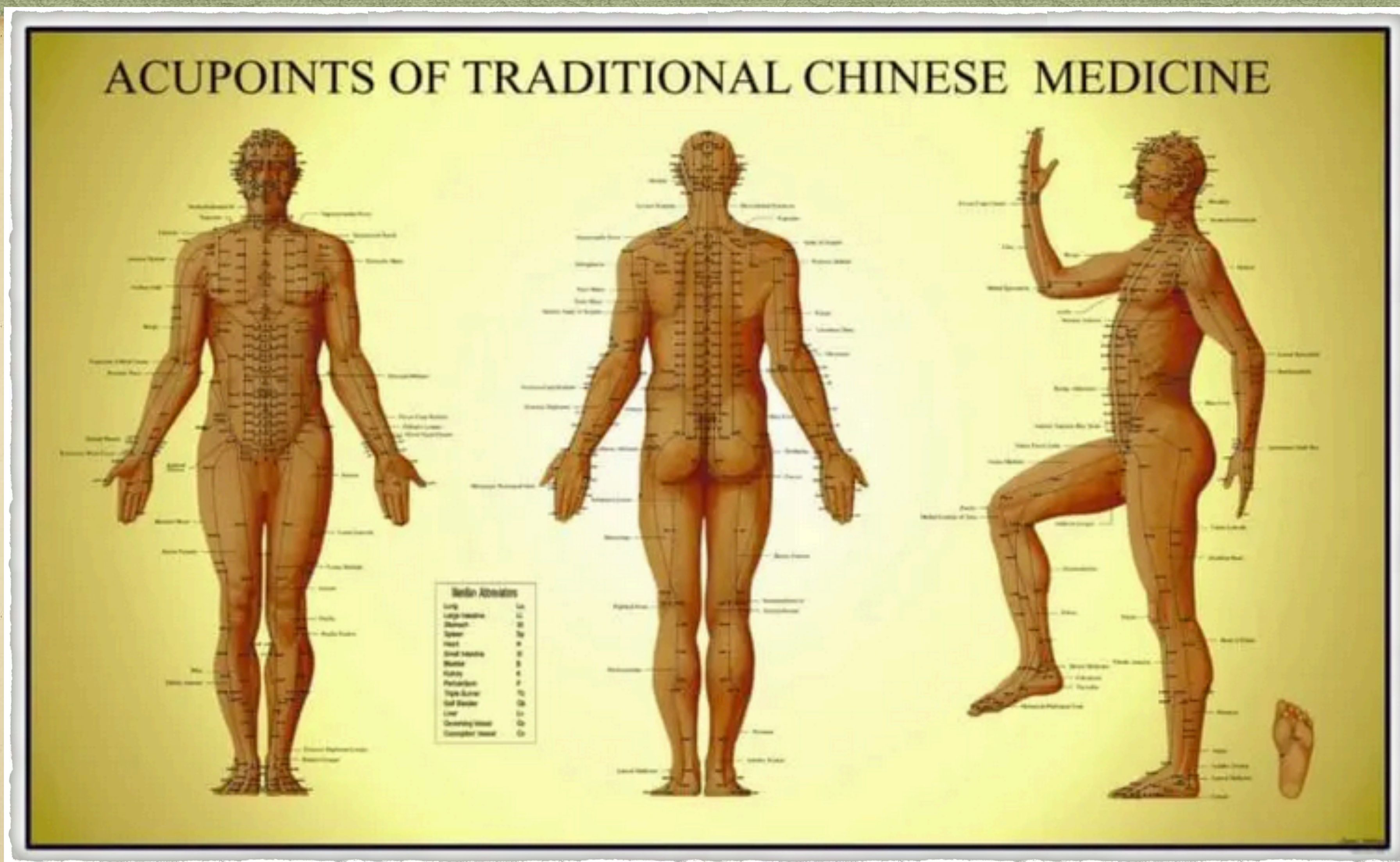
Yin

night
dark
cold
negative
passive
female
solid
liver
heart
spleen
lungs
kidney

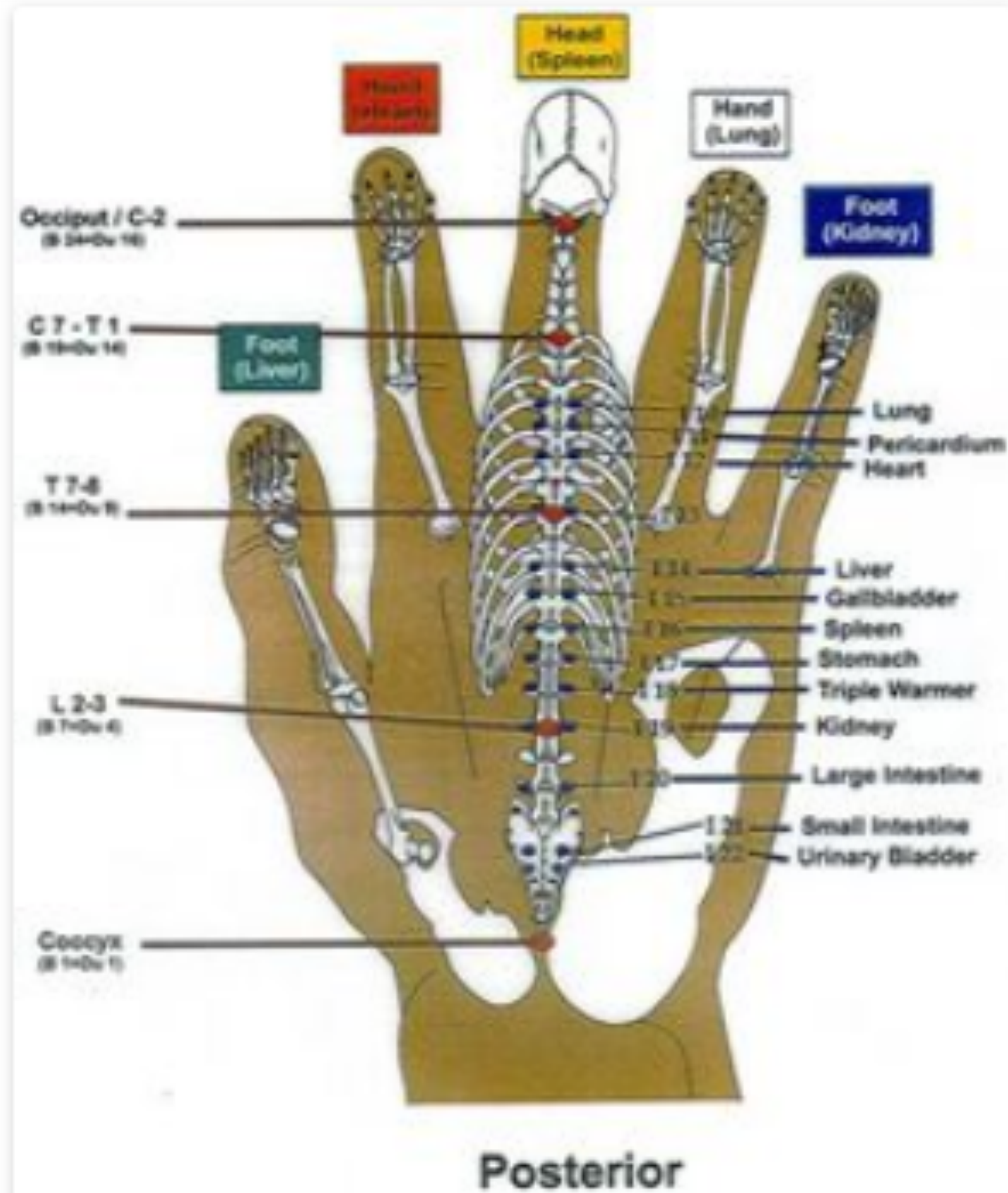


Yang

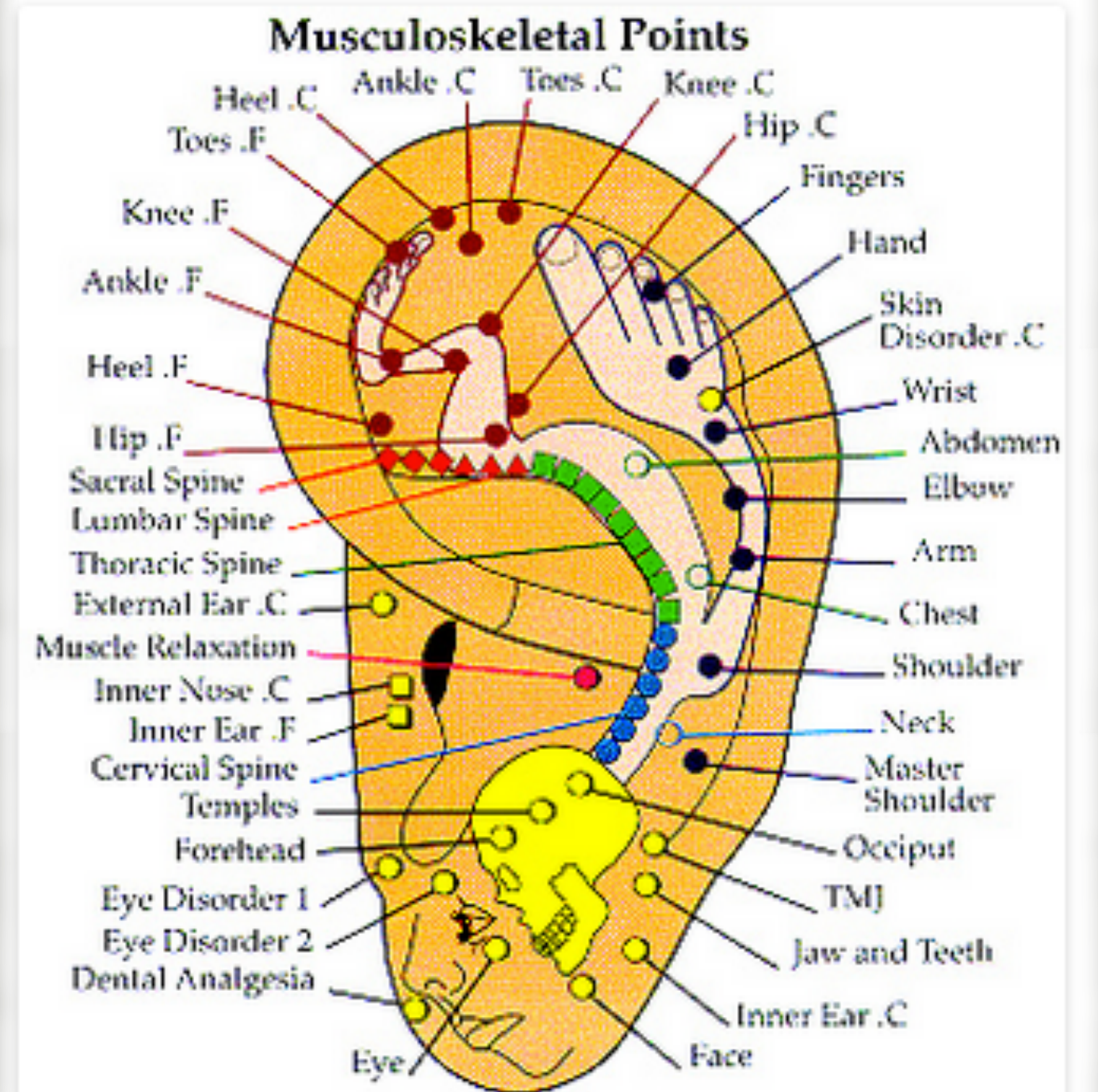
day
light
warm
positive
active
male
hollow
gall bladder
small intestine
stomach
large intestine
urinary bladder



2000+ points on the body
Channels and Meridians of Qi (Energy) & Blood Flow



microsystems



Acupuncture in Emergency Action

Examples

Utilization of Acupuncture Services in the Emergency Department Setting: A Quality Improvement Study

[John R. Burns](#), DPT, MSOM,^{✉1} [Jessica J. F. Kram](#), MPH,^{2,3} [Vashir Xiong](#), MSOM, LAc,¹ [Jeanne M. Stark Casadont](#), BSN, RN, MSOM, LAc,¹ [Tiffany A. Mullen](#), DO,¹ [Nancy Conway](#), MS,¹ and [Dennis J. Baumgardner](#), MD^{2,3,4}

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Abstract

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Purpose

Patients often present to the emergency department (ED) for pain. As opioid fatalities rise, alternative treatments are warranted for pain management. Acupuncture, a nonpharmacological treatment involving the insertion of needles into skin or tissue at specific points within the body, may help to decrease acute pain. Our study aimed to assess the utilization and impact of acupuncture in the ED for acute pain management.

Conclusions

Emergency department acupuncture significantly decreased pain, stress, anxiety, and nausea. Our findings support a larger randomized controlled trial to further assesses the impact of acupuncture for acute pain in other ED settings.

Acupuncture used in Emergency Rooms

Acupuncture and Anesthesia

The World Health Organization issued a list of medical conditions that may benefit from treatment with acupuncture. Such applications include prevention and treatment of postoperative and chemotherapy-induced nausea and vomiting, treatment of pain, alcohol and other drug addiction therapy, treatment of asthma and bronchitis, and rehabilitation from neurologic damage such as that caused by stroke.⁹ As a result of all these activities, the US Food and Drug Administration removed acupuncture needles from the category of “experimental medical devices” and now regulates them like other medical devices.⁹

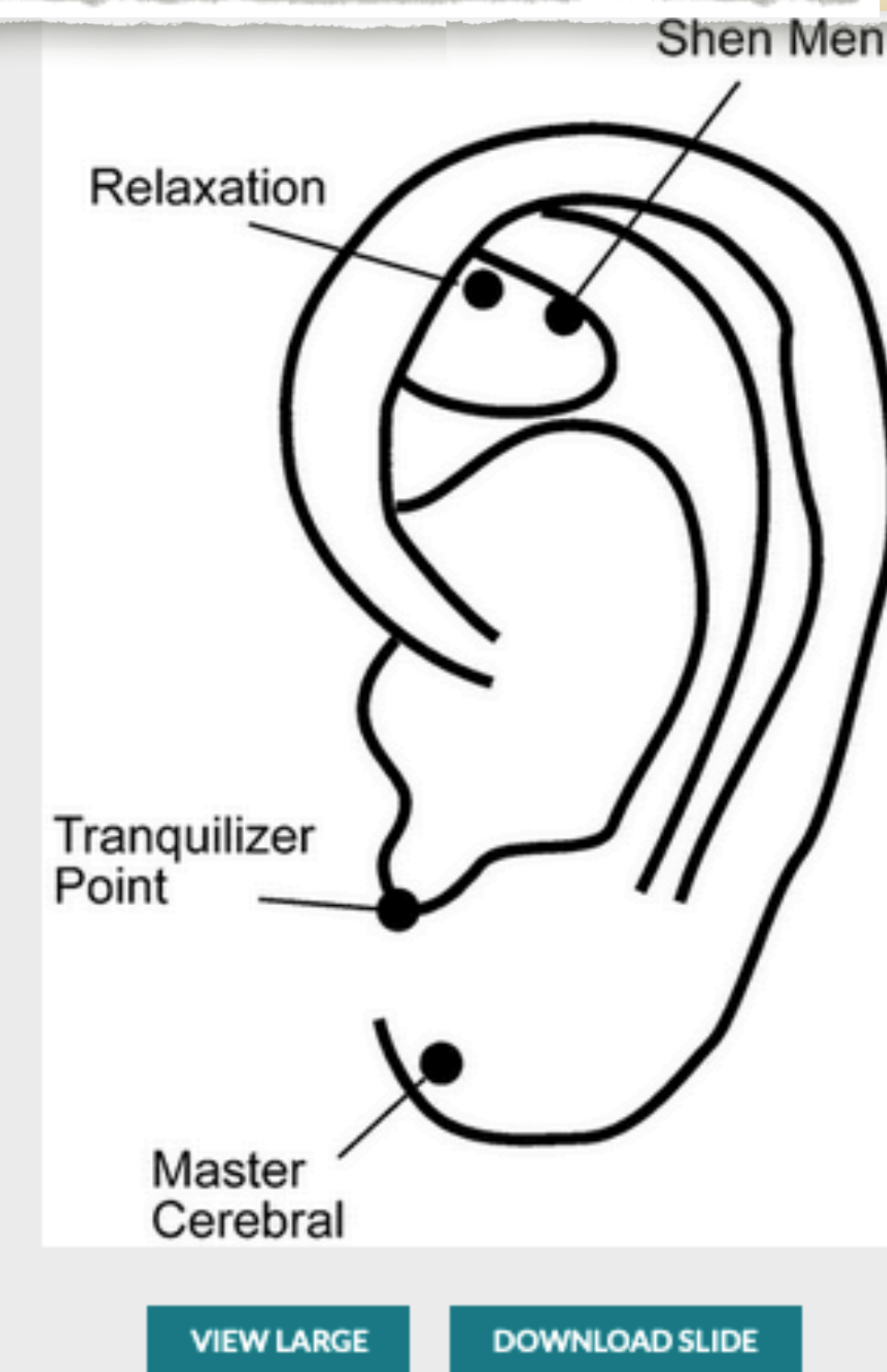
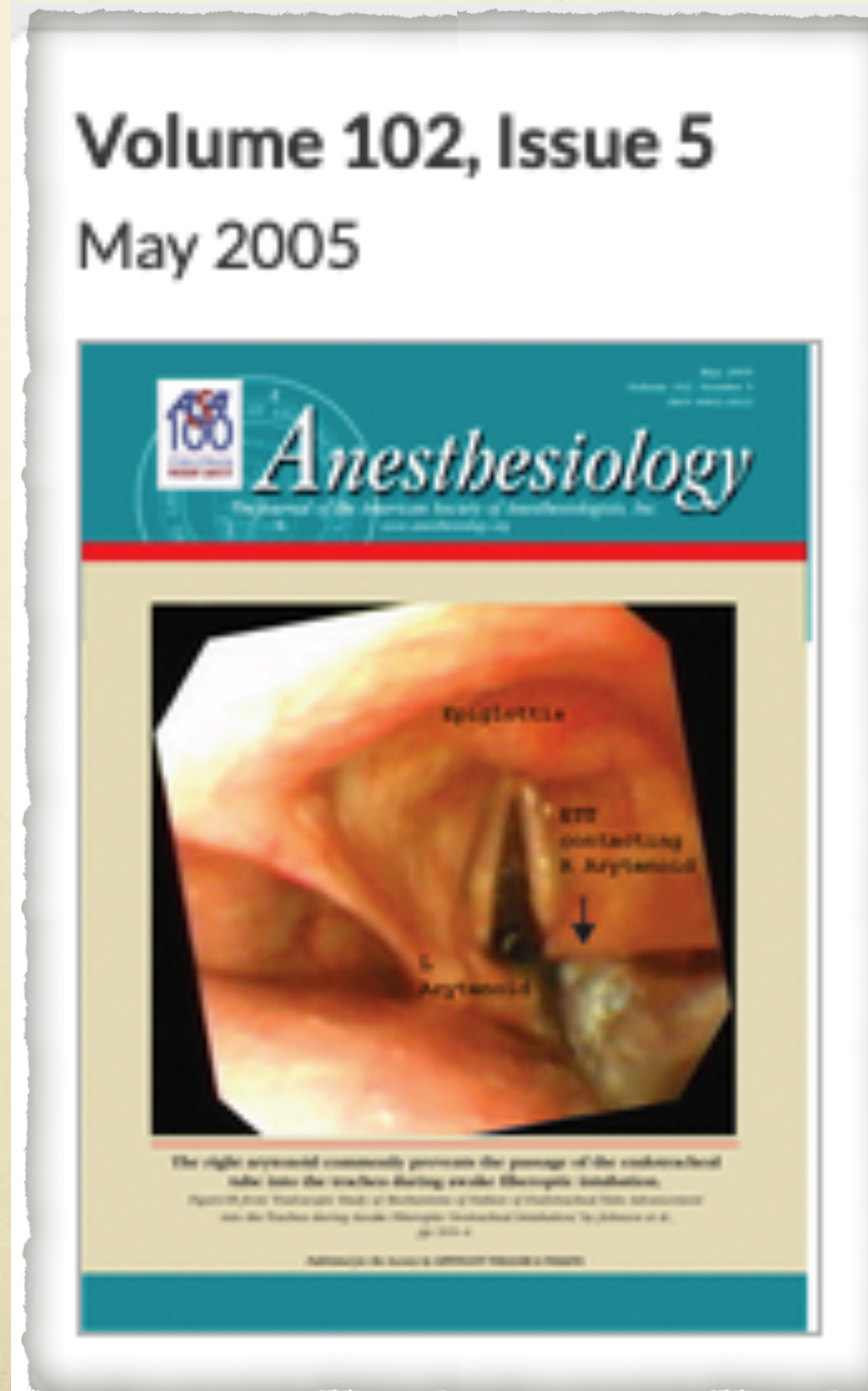
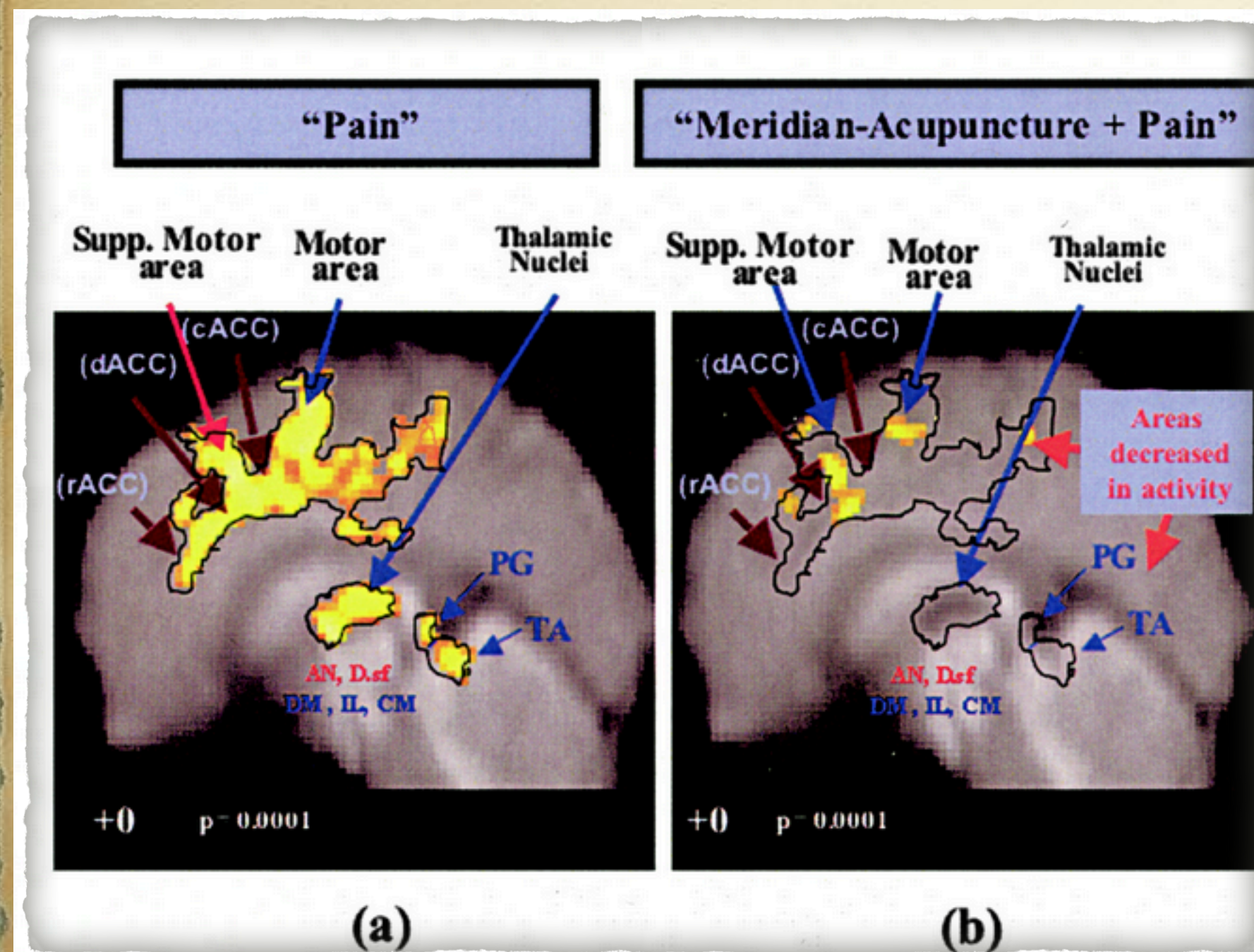


Fig. 5. Auricular acupuncture points used for relaxation and intraoperative anesthetic reduction.

Acupuncture Response to 9/11

- The following day..... Pacific College of Oriental Medicine contacted the Federal Emergency Management Agency (FEMA) with a new idea! Licensed Acupuncturists and students would offer 24/7 trauma relief on a volunteer basis to the search and rescue teams working at the World Trade Center = **Disaster-relief medicine**



GENERAL ACUPUNCTURE

Healing Old Wounds With Acupuncture

NYC acupuncturists head drive to include treatment for 9/11 trauma victims.

HURRICANE DISASTER RELIEF RESOURCES



HEALING COMMUNITY TRAUMA

Using Acupuncture and Integrative Medicine to Affect Acute, Chronic and Intergenerational Trauma

SEPT 28-29, 2024 | 14 CEUS/PDAS | LIVE SYNCHRONOUS TRAINING



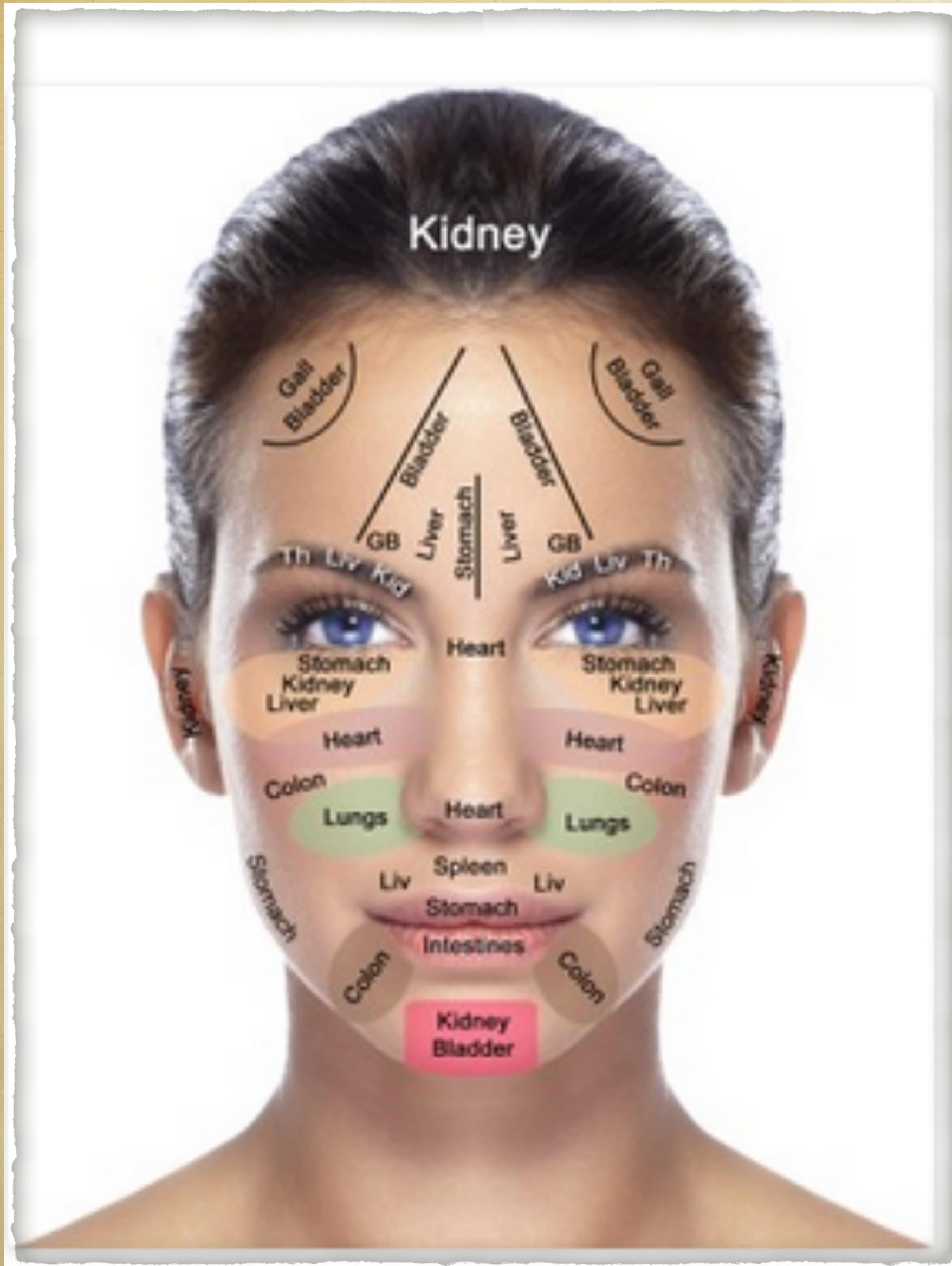
ANXIOUS EXPERTS



DISASTER RESPONSE AND SPIRITUAL CARE
FROM 9/11 TO THE CLIMATE CRISIS



JOSHUA MOSES



As a Medical Responder,

“What do you See, Feel, Smell, Sense?”

Thinking beyond Scene Size Up

Who is that person you are helping?”

What does your tongue look like? Possible Syndromes and Symptoms, According to TCM

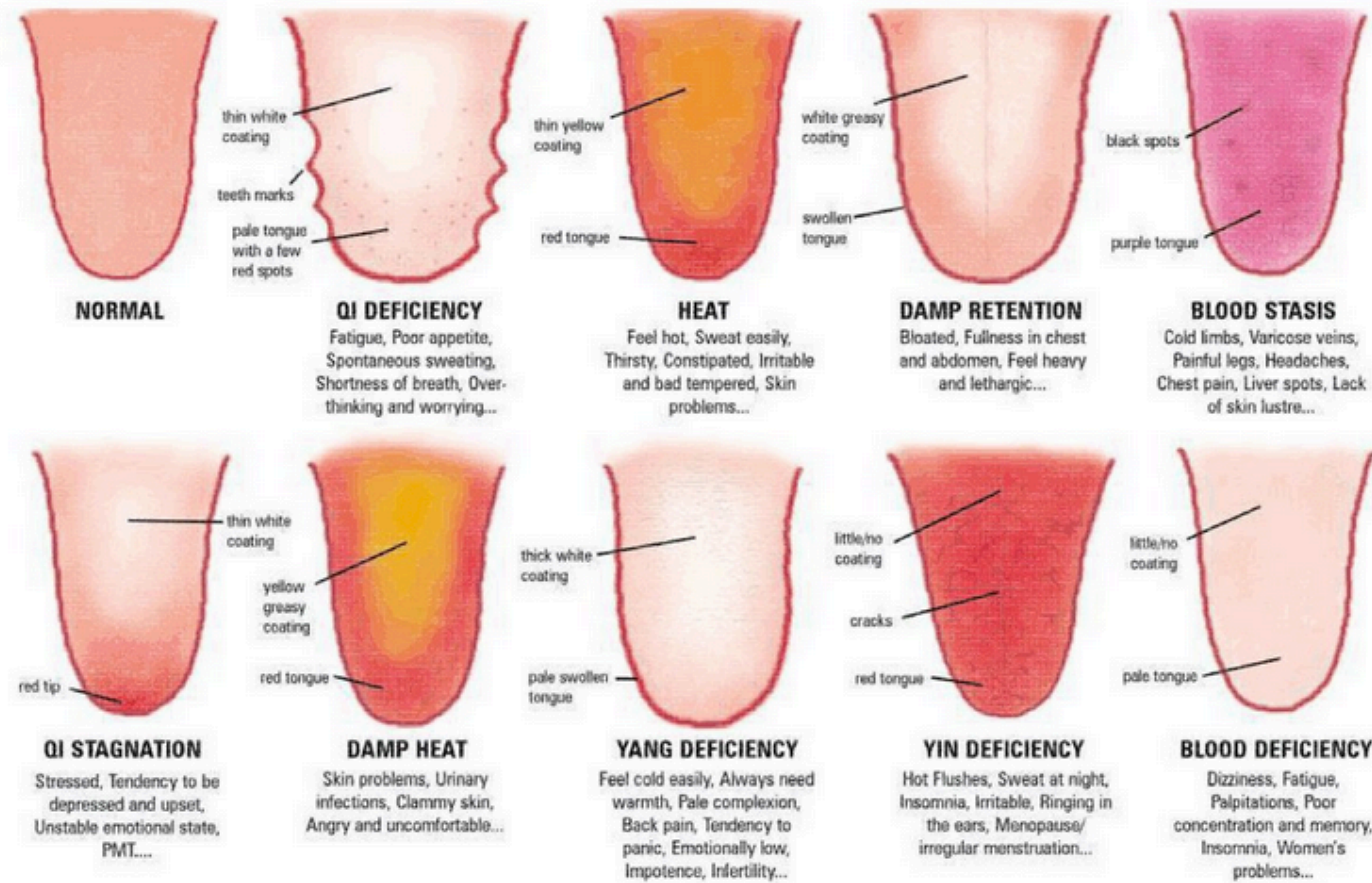


Diagram by - AcuMedic Ltd.



Tongue and pulse analysis

Tools

“for your field kit”

“Qigong”

Jump Start

1. Fingernails

2. Piezo Effect -(to generate an electric charge when mechanical stress is applied)

Check your buddies

3. The Wake Up - Slapping Routine!

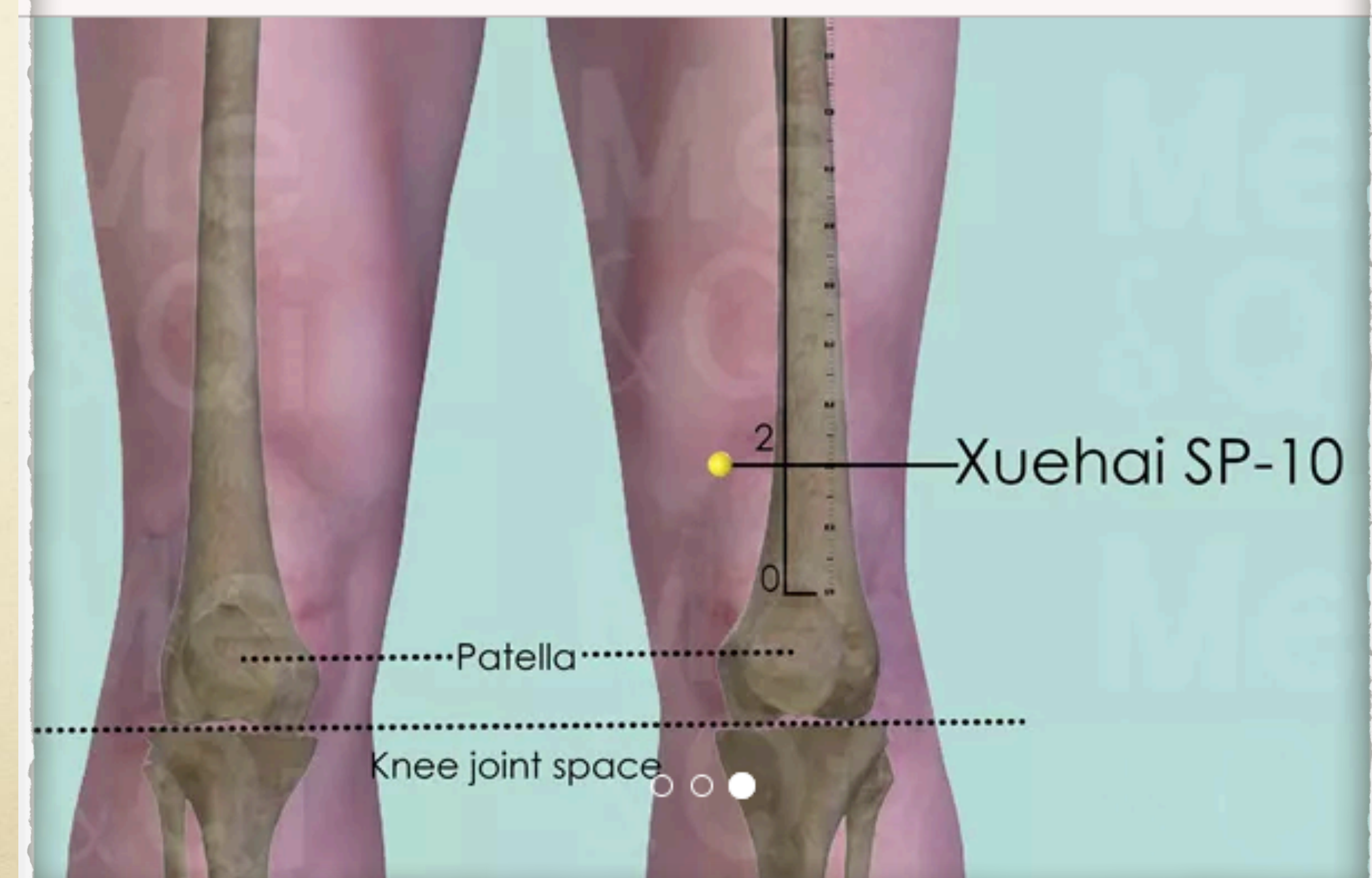
Let Us Do It!

8 Quick Acupressure Treatments for Medical Emergencies

1. Bleeding
2. Resuscitation - An example and An exercise
3. Breathing - SOB/Asthma
4. Chest Pain/Heart Attack
5. Acute Appendix Pain
6. Nosebleeds
7. Fainting/Sunstroke
8. Anxiety/Insomnia

1. Bleeding

Acupuncture/pressure point
to stop bleeding (SP1) and to
strengthen spleen to hold
blood and treat blood stasis
(SP10)



Yunnan Bai Yao

Chinese Doctor Qu Huangzhang developed in early 1900s

Yunnan- Province (known as the Kingdom of Flora and Fauna)

Bai - White

Yao - Medicine

Notoginseng regulates bleeding

Popular during Vietnam

used in vet clinics for hemangiosarcoma

complementary care for cancer

activates platelets and decreases bleeding

and clotting times

and the mysterious “red pill” on top



2. Resuscitation

Practice and Mechanism

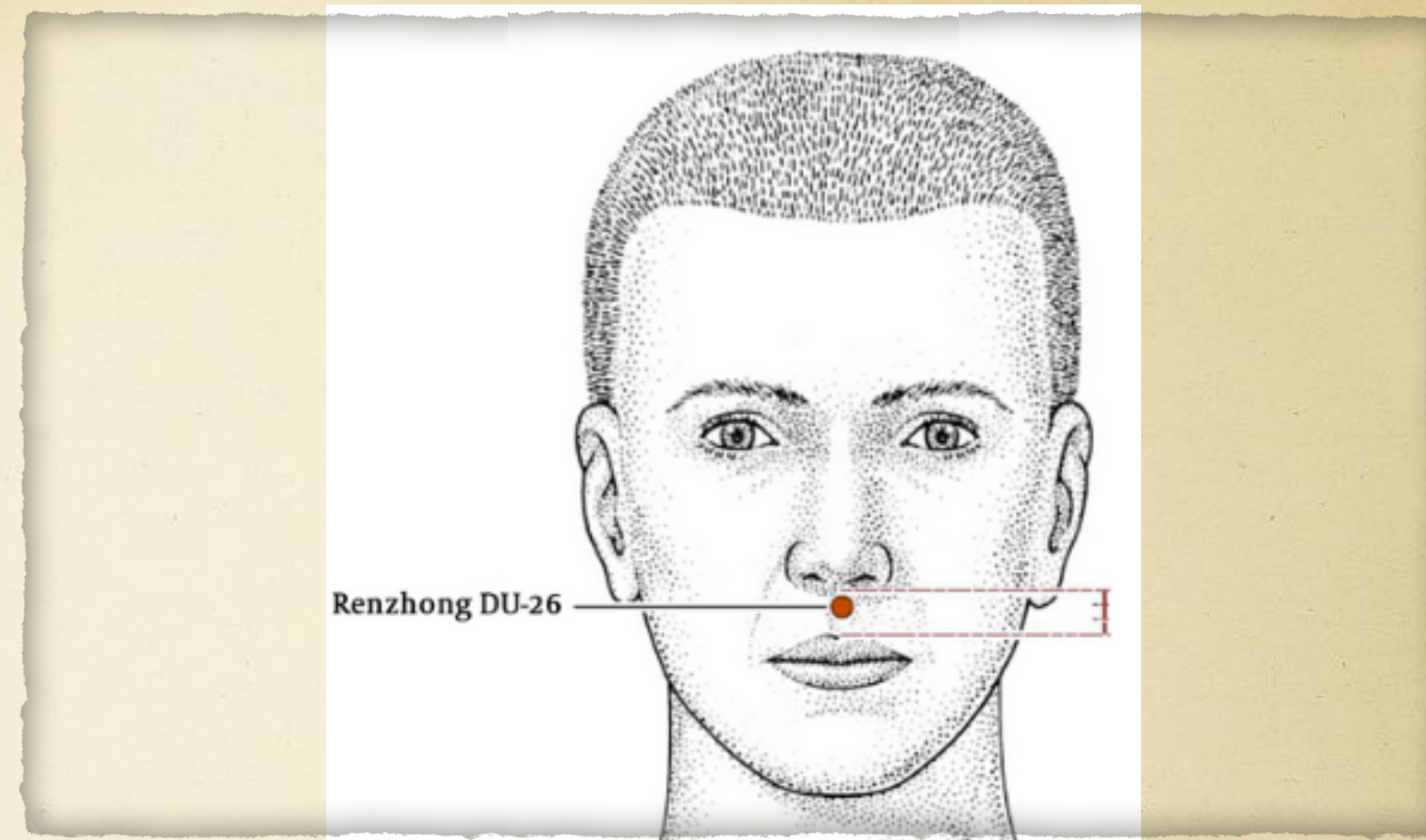
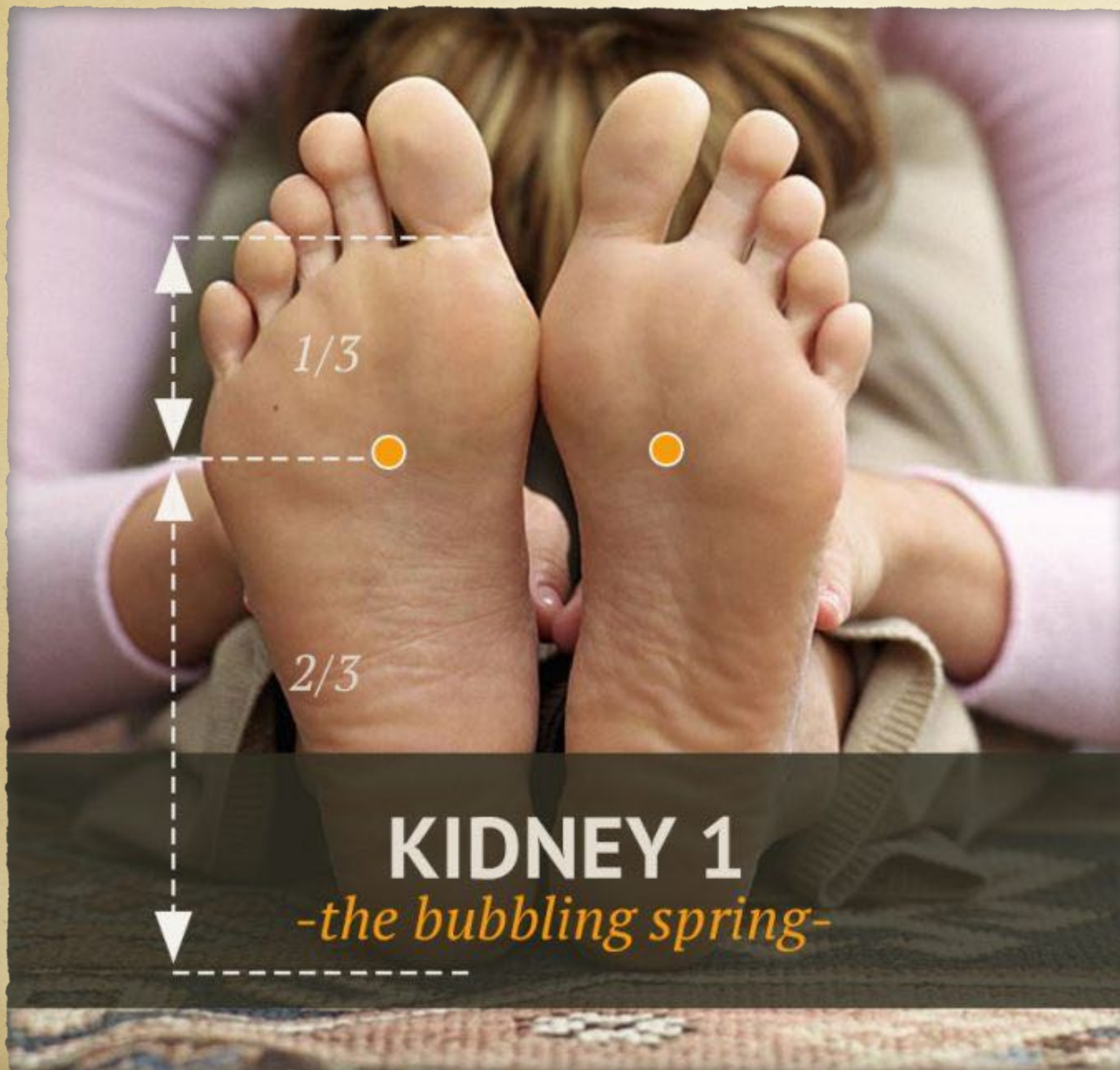
Blowing Air into the Ear

It was originally documented in Huangdi Neijing [The Yellow Emperor's Classic of Internal Medicine], that an unconscious patient was saved by blowing air into the ear using the reed tube.

The blowing air travels through the external ear canal, vibrating the ear drum to elicit the nerve impulse from the cochlea. The Arnold's reflex on the relationship between the auricle and vagal regulation was first described by Germany anatomist Friedrich Arnold in 1832. He found that physical stimulation of the external ear canal could elicit a cough resembling to other cough reflexes induced by the vagal nerve.

Arnold's reflex induces the release of norepinephrine in the thalamus. The auricular branches of the vagus nerve fibers stimulating the ear modulating the autonomic nervous system and the central nervous system.

2 Main Resuscitation Points



Ungrounded energy may rise aggressively as:
dizziness,
headaches,
confusion,
anxiety,
mania,
stress,
panic attacks,
agitation,
restlessness,

insomnia,
irritability,
anger
impaired vision,
nosebleeds,
hypertension,
tinnitus
fear.

When Kidney-1 is activated,
pulls Qi down and relieves the
symptoms.

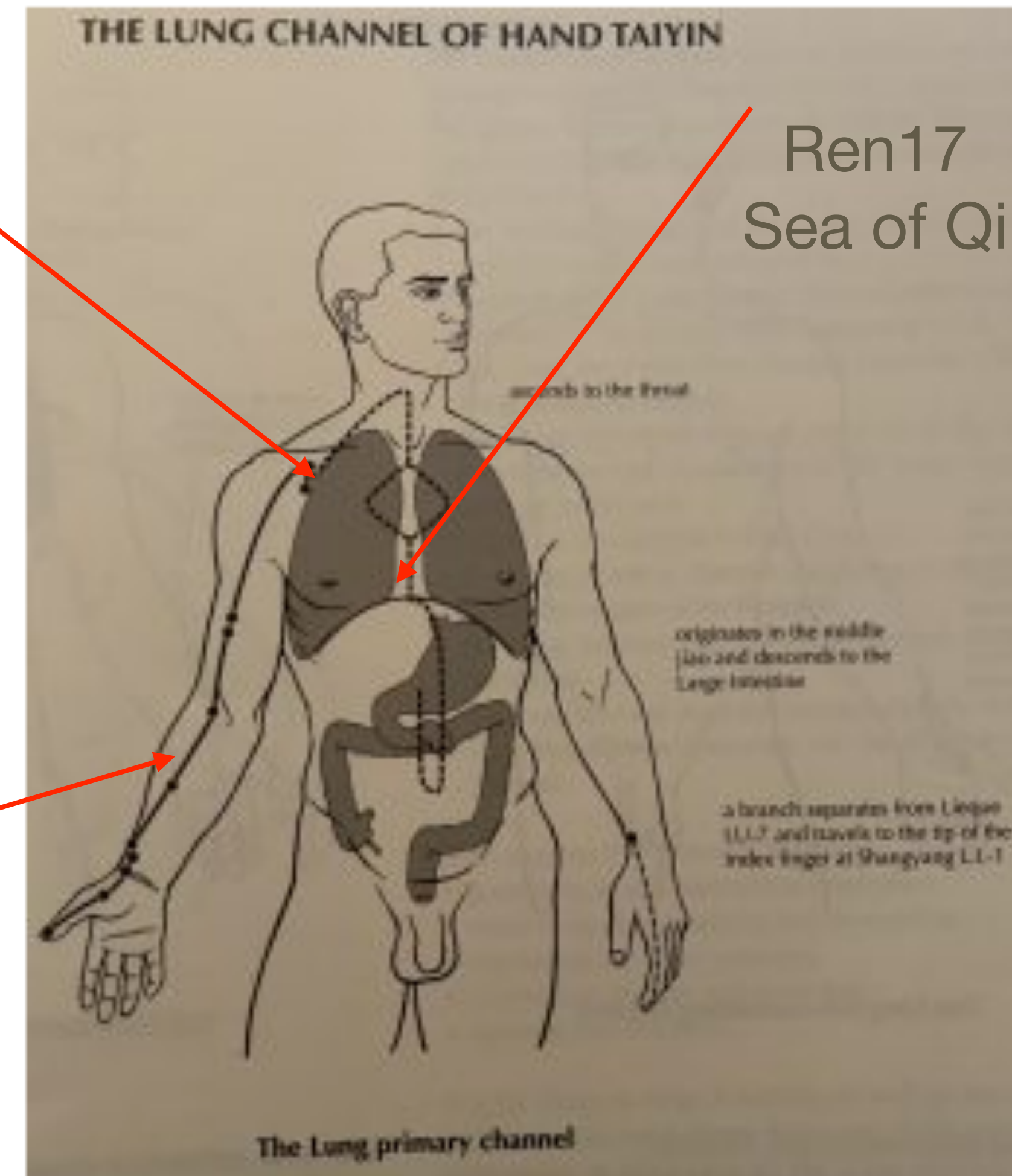
3. Asthma/SOB

Lung Channel

LU2
“top of the tea kettle”

LU6 Xi Cleft

The Lung Channel of Hand Taiyin



Ren17
Sea of Qi

Secondary Effect - relieves constipation

4. Chest Pain/ Heart Attack

HEART Functions in Chinese Medicine

Controls Blood
circulation



Opens into the tongue
& affects speech



Manifests on the
face



Controls Blood
vessels & pulse
strength



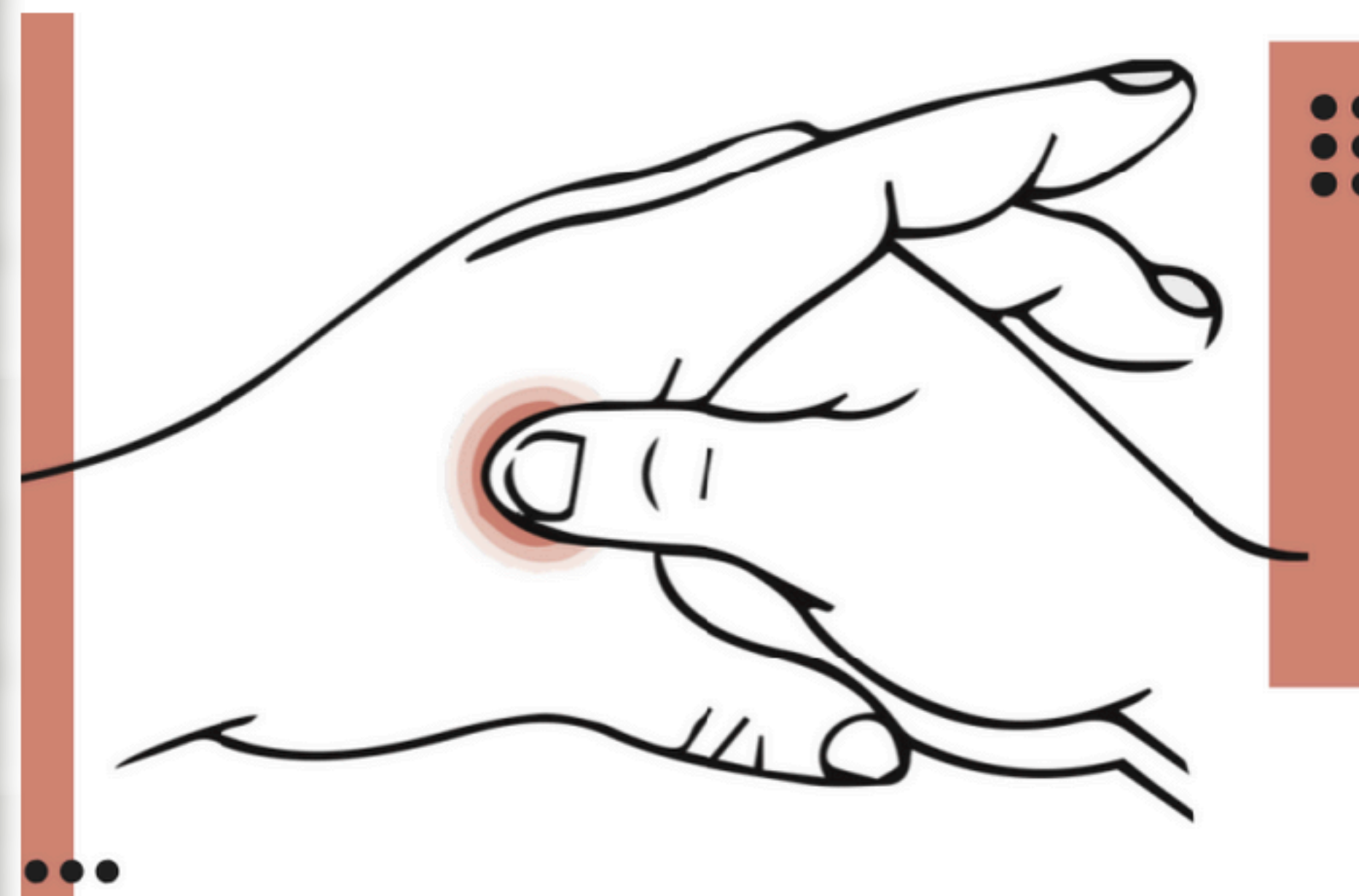
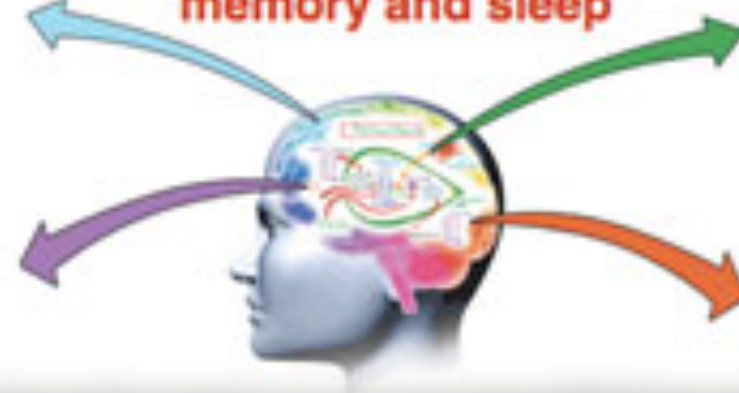
Controls
sweat



In charge
of happiness
& joy



Houses the mind, mental activity,
memory and sleep



LI4 - Hegu
Increases Qi
& blood flow,
Treats any
pain

*LI4 is used for treating
peripheral circulatory
failure such as Raynaud's
disease, labor pain,
intestinal cramps, nausea,
digestion,*

LU9

Command Pt
Vessels

PC6

nausea
vomiting
emotional
stress

HT7 神門 Shenmen

HT7

Spirit gate (shenmen)
of heart

Also Insomnia,
Anxiety,
Motion sickness
Panic,

Calms mind, Strengthens Heart

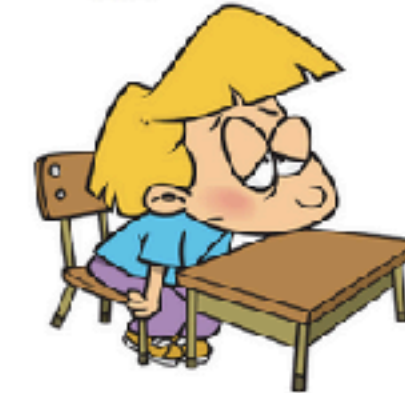
Plus the Resuscitation Points

DU26 and KD1

HT9

Shao Chong
revive
flow

Sluggish



Diarrhea

Bloating
Borborygmi



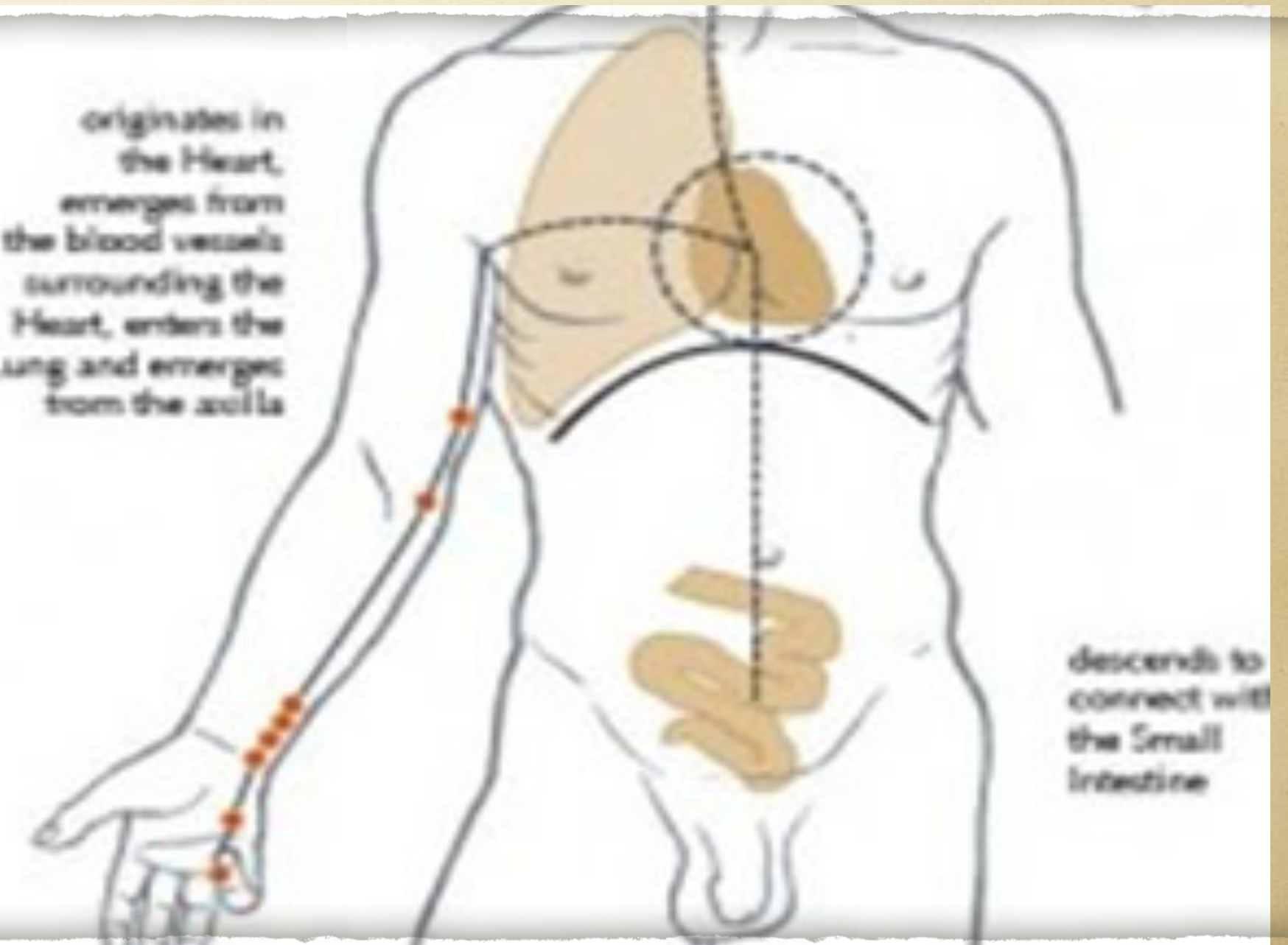
Nutrient
malabsorption

SP 3



Vomiting

originates in
the Heart,
emerges from
the blood vessels
surrounding the
Heart, enters the
Lung and emerges
from the axilla



descends to
connect with
the Small
Intestine

5. Acute Appendix Pain

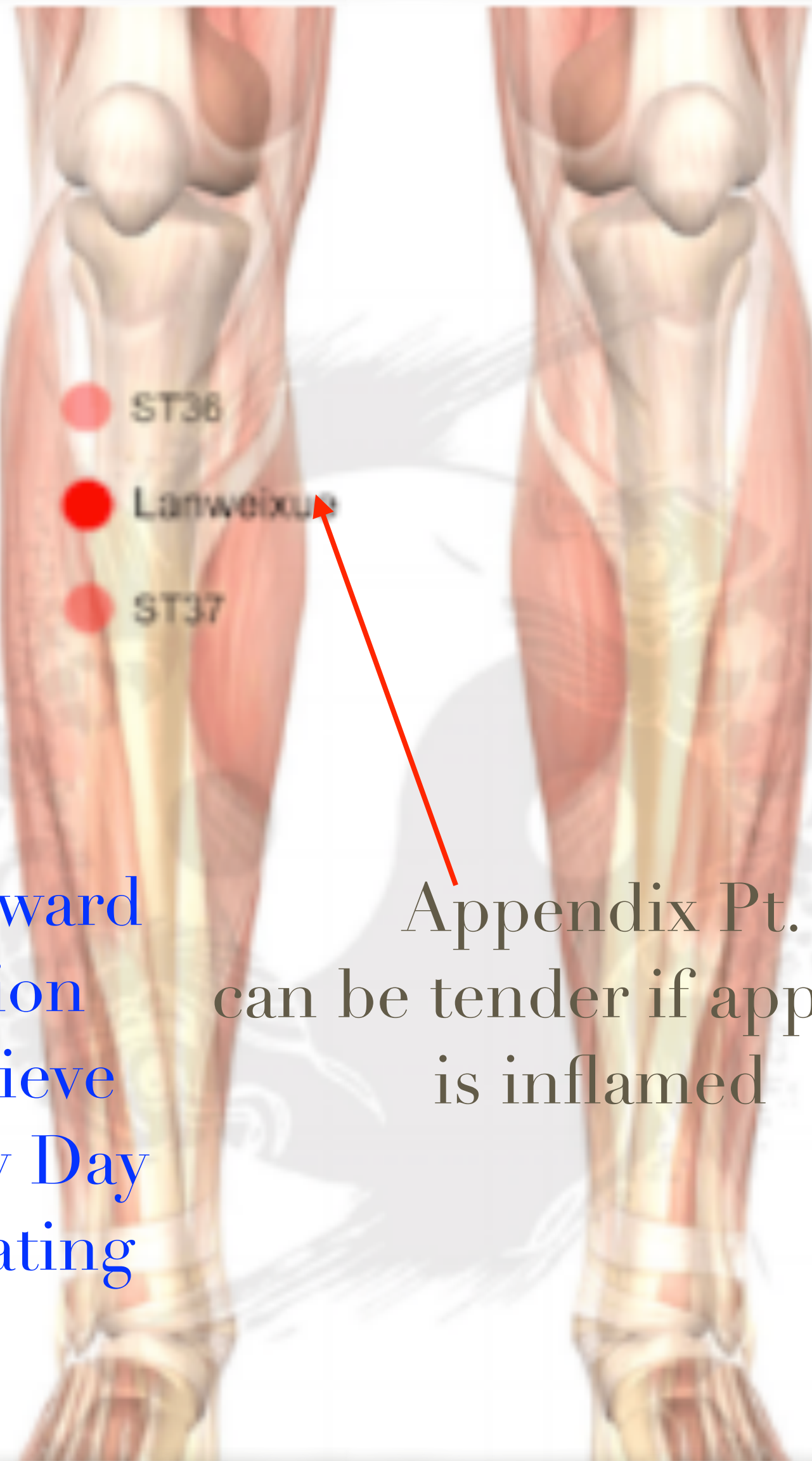
Opens flow

Treats Pain

Moves Blood from Liver

Lowers Blood Pressure

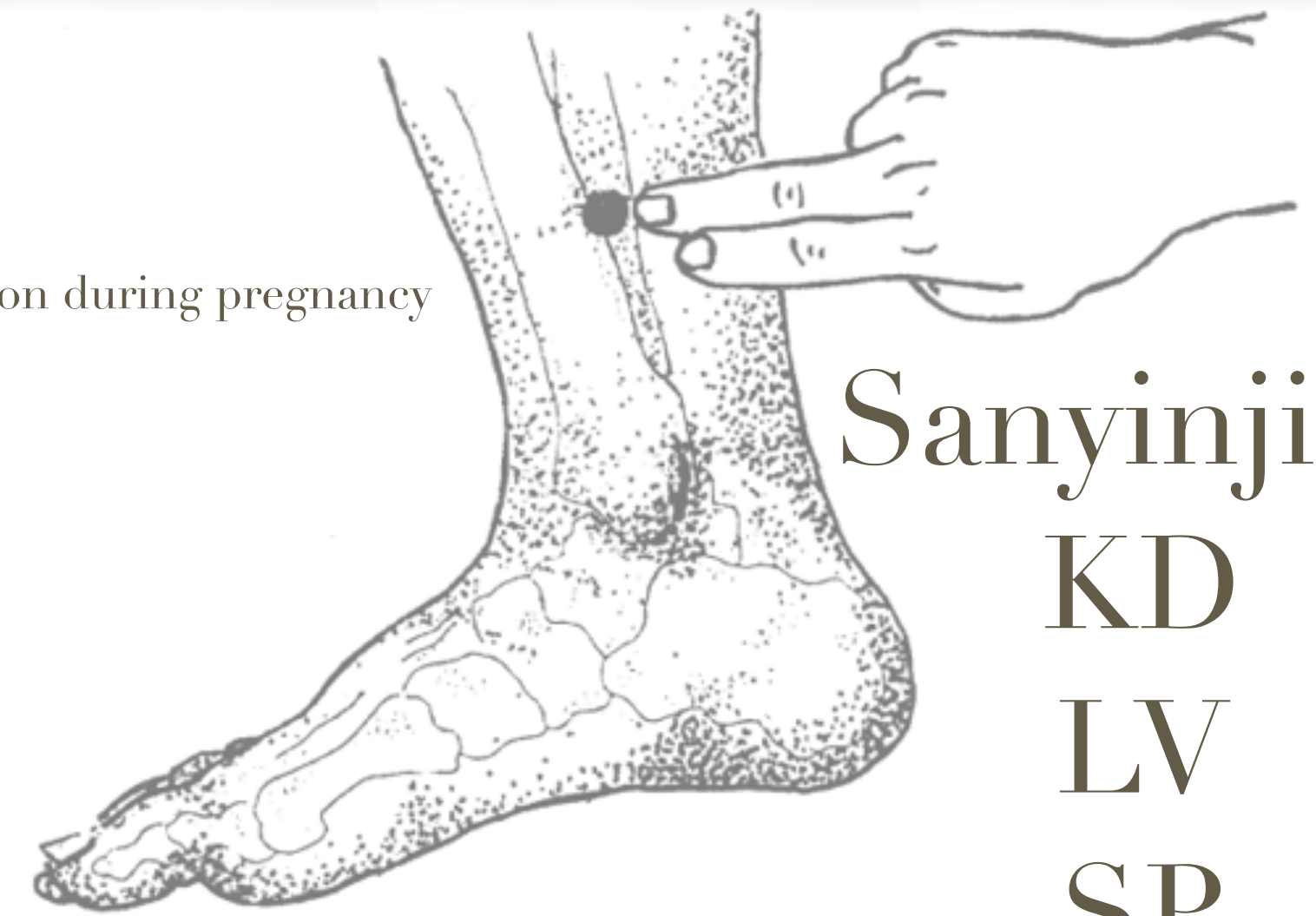




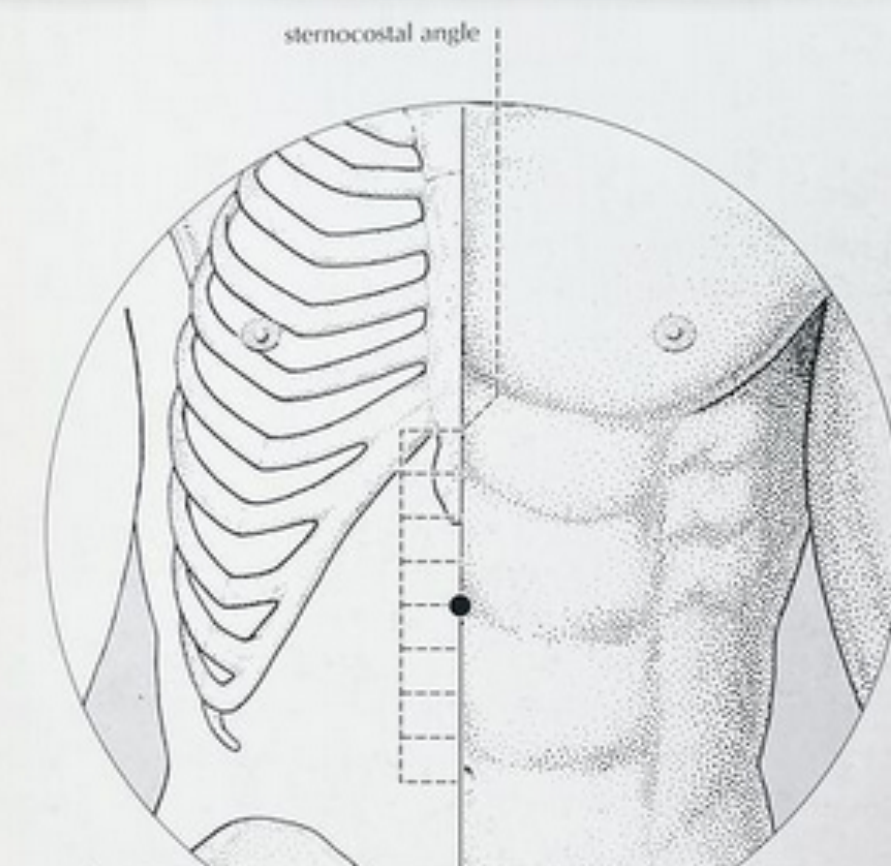
Downward
motion
to relieve
Turkey Day
overeating

Appendix Pt.
can be tender if appendix
is inflamed

caution during pregnancy



Sanyinjiao
KD
LV
SP



Ren 12 - centre &
harmonize.

6. Nosebleeds

Common Causes:

*Dry, Inflamed, HBP, Tension,
Trauma to Nose, Blood Thinners*



Points to Relieve HEAT



There is also a technique that can be used to stimulate both LI 3 and SI 3 at once:

Tie a string around the palm just beneath the knuckles and make a fist. This has been effective for many people to ending nosebleeds.

In addition to nosebleeds, firm pressure on LI 3 is believed to be helpful for a variety of other conditions. These include headaches and migraines, eye strain, digestive issues, and menstrual pain.



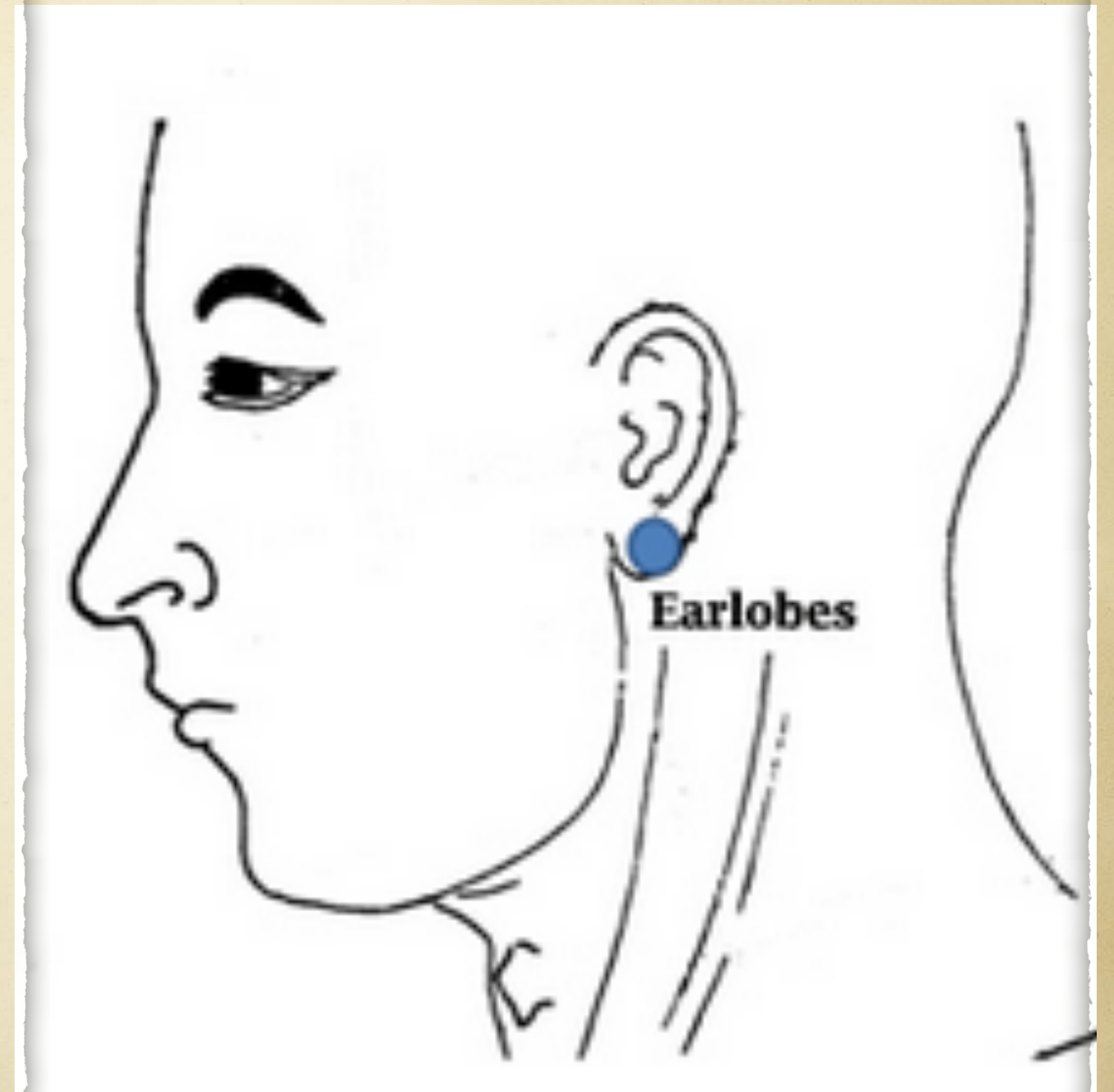
7. Heat Exhaustion/ SunStroke

Treating Overheated Body =

*release **heat** & inflammation*

calm heart and move blood

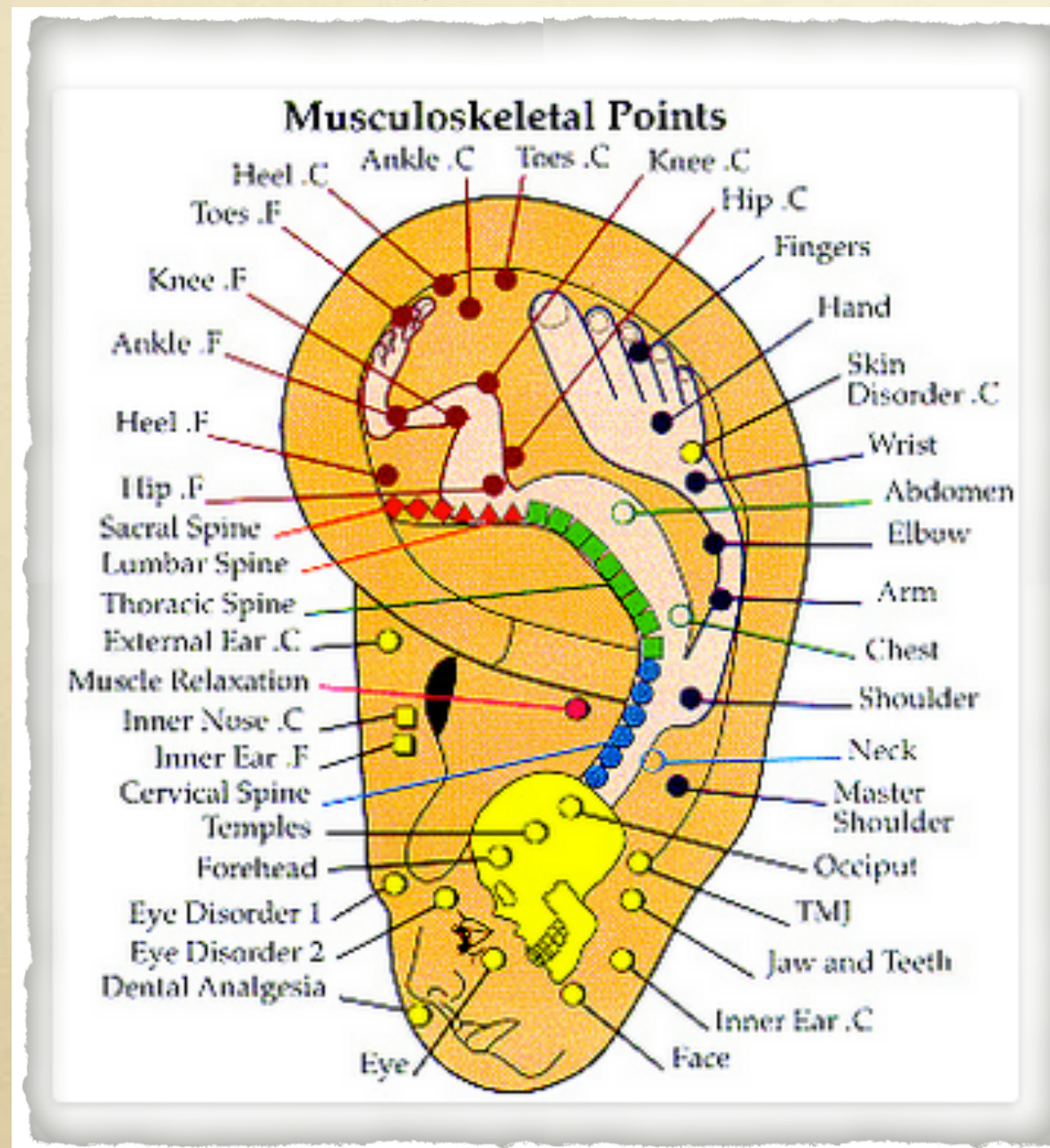
resuscitate



What points have we learned that we can use?

8. Anxiety/ Insomnia

An Introduction to Auricular



Pt. Zero)

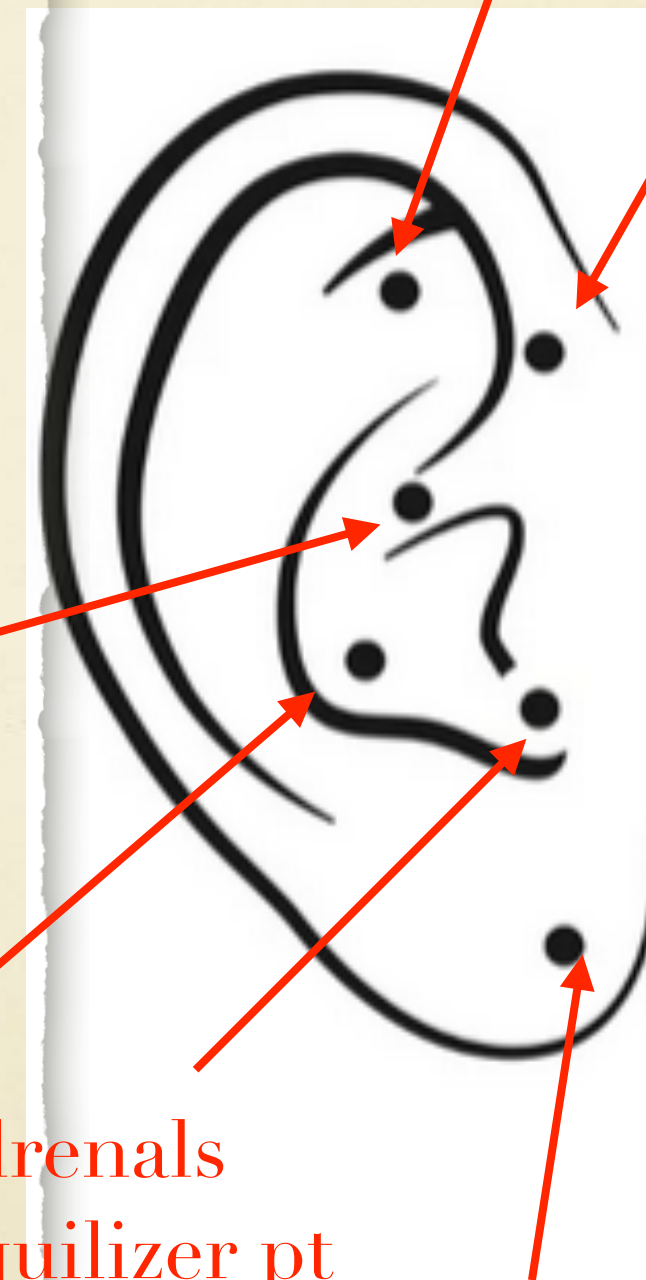
Heart

adrenals
tranquilizer pt

master
sensorial

shenmen (calms heart)

sympathetic autonomic pt



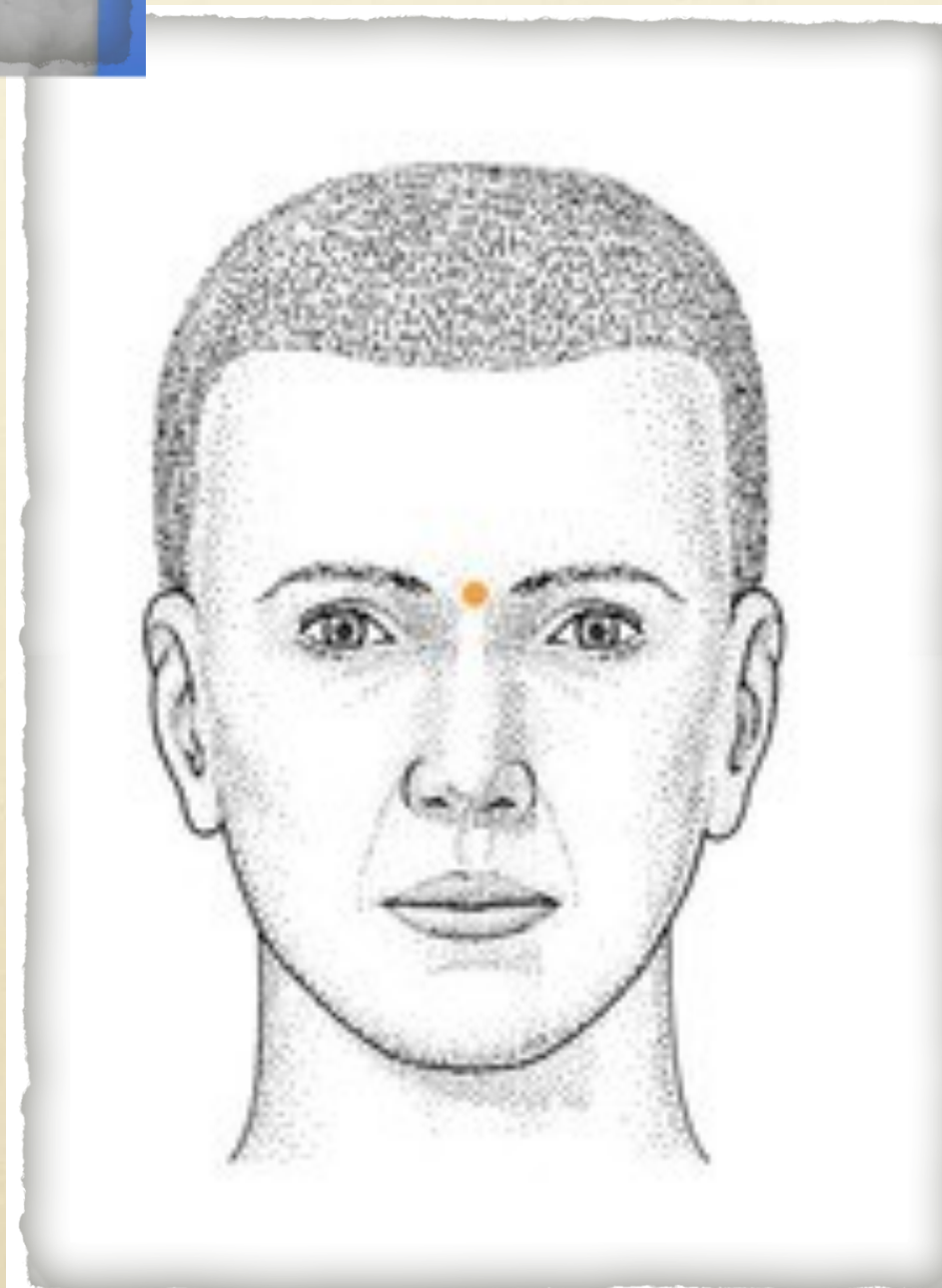
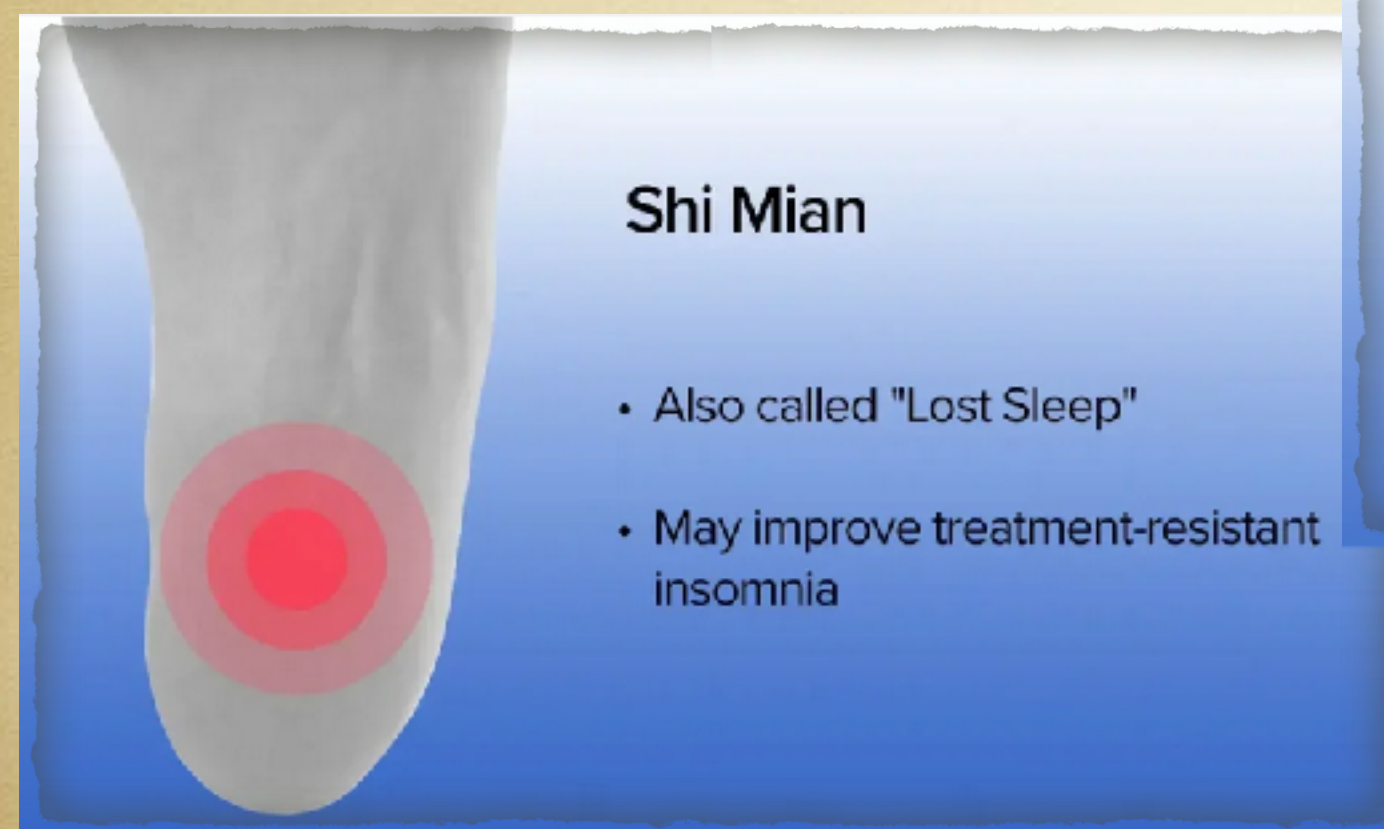
Ear seeds are a form of acupressure treatment that have been used in Traditional Chinese Medicine as a way to address a variety of conditions.

When placed on specific points on the ear, the ear seeds stimulate the body's response to help relieve conditions like anxiety, pain, and insomnia.

Protocols: NADA & Battlefield



An Mian & Yintang points to calm Anxiety, Insomnia and Sleep Well



Acupressure point for sleep



An Mian 安眠

To locate this point, reach behind the ear near the earlobe. Feel for a small rounded bit of bone which points downwards.

Place finger on the protruding part of the bone, let it slip backwards and it will slip into a depression. From here, slide the finger diagonally up and back about one centimetre towards the base of your skull.

Apply circular pressure slightly upward under the skull, circling 100 times.

“What if we all had better sleep?
Imagine how much would change”

Sleep Well Tonight Everyone

Objective: New Ideas to add to your emergency medical kit to help respond to the whole person - mind, body and energetic spirit

- Have we begun our journey today to understand wilderness risk and why people take risk to live fully?
- We may never know why people journey to wild places and accept the risks, but as medical responders we can be more prepared in what and how we can help when things unexpectedly happen!
- Expanding knowledge, training and working together will help us go beyond what we think we know about human, and reach to the depths of when the spirit is also harmed, and how to help recover.

➤ Three Action Steps:

➤ Learn Something

➤ See, Feel, Touch, Smell, Hear Something

➤ Help Someone

TCM Emergency Field Kit

where western meets eastern in the field of action

NOLS Wilderness Risk Management Conference 2024

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