

Complementary Health News at Middlesex University

Special Edition

Traditional Chinese Medicine and Traditional Chinese Acupuncture

We already have well-established programmes at BSc and Masters level in Traditional Chinese Medicine (TCM). Newly introduced for 2009 is a BSc in Traditional Chinese Acupuncture (TCA). Below is a round up of interviews with some of our students, and with staff who will be teaching on the old and the new courses. See the end of this newsletter for details of our open days and how to get in touch!

An interview with Ming Cheng, Programme Leader, MSc TCM

Is there one area of teaching and one area of research which particularly interest you?

Teaching - Clinical Chinese herbal medicine – especially anything to do with bones and joints - trauma, joint pains, arthritis etc. I'm interested in understanding the whole condition, and in everything from diagnosis to treatment.

Research - Arthritis and any problems related to bones and joints in the context of treatment with Chinese herbal medicine. I am particularly interested in osteoporosis, but also in bone healing after fractures and the usefulness of Chinese herbs in this.

What is special about Middlesex University?

The teaching and learning environment is especially good for complementary health programmes. This is particularly the case since we moved to Archway. We have very close working relationships with the Clinic now that we are on the same site and we have the lab on site too.

The committed teaching of staff.

What is special about the Traditional Chinese Medicine programmes?

We have a coherent set of courses from undergraduate to postgraduate level in Traditional Chinese Acupuncture (TCA) and Traditional Chinese Medicine (TCM) which includes traditional Chinese medicine and acupuncture. Students are trained together,

and can then progress on to the masters degree. If they elect to study in China as part of their masters they can also qualify with a bachelor's degree in medicine from China. This is an excellent qualification as the foundation for a career in Chinese Medicine.

Some of our students go on to study orthodox medicine. They are able to gain exemption from some elements of medical training because the biomedical sciences taught in our undergraduate programme are recognised by other universities.

An interview with Bernadette Ward, Student – MSc TCM



What did you do before traditional Chinese medicine?

I have been working as a practitioner in traditional Chinese medicine for a long time. My background was in business administration.

What interests you about traditional Chinese medicine?

The holistic aspect of treating the patients.

Why did you choose Middlesex?

I come from Dublin, and there is no MSc programme in this field in Ireland. The Middlesex course also addressed the topics I wanted to cover.

What was the best thing you learned?

How to undertake a primary research project.

What are you going to do next?

I may continue study as well as continuing as a practitioner.

An interview with Kaicun Zhao, Programme Leader BSc TCM

Is there one area of teaching and one area of research which particularly interest you?

Teaching - It's the herbal medicine side of the course which interests me. Teaching the use of raw herbs and of the formulary, or 'recipe book' for Chinese herbal medicines. I also specialise in clinical pharmacology and I am interested in pharmaco-kinetics ie how the herbs interact with the body and therefore how to design the dosage of the medicines for the maximum efficacy.

Research and Clinical Interests - Clinical pharmacology – looking at the active components of herbs and the time course of medicines in the body. I'm also interested in herb and drug interactions. One of my current students is using the new laboratories at Hendon to do a project which involves isolating the active components of herbs used in traditional Chinese medicine.

What is special about Middlesex University?

At Middlesex we focus on the scientific as well as the traditional approach to complementary medicine and we are developing research in this area using modern scientific techniques to explain the reasons for the effectiveness of

traditional medicines. The University hosted a research conference in this area in May 2009.

What is special about the TCM programme?

This was the first degree in Chinese medicine in the UK, and it is still the only one which integrates the two branches of Chinese medicine – herbal medicine and acupuncture. Many people do not realise that, uniquely at Middlesex, we offer both strands at once.

There is a scientific foundation to the course which is fed by continuing research. When our students go on to study Western medicine they find they are accredited for some of the course because the scientific foundation given at Middlesex is recognised.

An interview with Toni Maughan, student BSc and MSc TCM



What did you do before traditional Chinese medicine?

I was a designer, and after that a complementary practitioner in reflexology. Health is more important than design, and I wanted to devote my life to this. I then started on the 5 year BSc in Traditional Chinese Medicine. I am now continuing on the MSc.
What interests you about traditional Chinese medicine?

I like the holistic and preventative approach.

Why did you choose Middlesex?

It seemed the most appropriate programme for me and I liked the close connection to China

What was the best thing you learned?

I liked all of it!

What are you doing now?

I'm continuing on the MSc Chinese Medicine at Middlesex.

An interview with Dan Tan, Programme Leader BSc TCA

Is there one area of teaching and one area of research which particularly interest you?

Teaching - Delivering the basic theory of acupuncture and looking at the body as a whole, taking into account environmental factors. Focussing on safe practice. Linking acupuncture theory with pathology and linking the Chinese and Western understandings of the pathology of diseases. Making the link between acupuncture and conditions commonly seen in the West.

Research and Clinical Interests - Use of acupuncture in pain relief and in the treatment of depression and anxiety. Also the treatment of women's conditions with acupuncture. I was the acupuncturist consultant involved in setting up the acupuncture provision for the early stages of labour at the Whittington Hospital. This service still continues under the auspices of the Asante Academy, our collaborative partner.

What is special about Middlesex University?

The Middlesex degree in Traditional Chinese Medicine was the first in the UK. It is well-established, and the staff are friendly and supportive.

What is special about the Acupuncture programme?

The classrooms, the clinic and the Whittington Hospital pain clinic are all on one site, which is very convenient for students. It is also beneficial that clinical and academic staff are all based together. From day one of the course there is a close link between academic study and clinical training. The clinic is never short of patients, so students have plenty of opportunities to practise their skills. Because the course trains future practitioners there is always an emphasis on safety issues. The course is built on a foundation of Western medical knowledge so students develop a good understanding of this. The course is also focussed on commonly seen conditions in the west, which is useful to students in their future practice. There is a well-qualified and experienced teaching team as well as the clinic practitioners from China.

Interested in finding out more?

Come and visit us at one of our open days – for more information about University open days and our courses, see www.mdx.ac.uk or for the Asante Academy, www.asante-academy.com .

Useful Contacts – our Programme Leaders

Chinese Medicine

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MSc/PGDip/PGCert Chinese Medicine - Ming Cheng –
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Other Complementary Health Courses at Middlesex

BSc Complementary Health Sciences (Ayurveda) - Paul Lowe
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