

Perioperative Acupuncture

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Acupuncture is a several thousand-year-old discipline that originated in China and is now practiced throughout the world. The World Health Organization has recommended acupuncture for 45 different medical conditions, which has been shown to reduce chronic pain, perioperative anxiety, postoperative pain, nausea/vomiting, constipation and urinary retention, with few complications. In the United States, perioperative acupuncture services and chronic pain acupuncture have been provided in many university hospitals.

PONV: PC6 (Nei Guan) acupuncture for Postoperative nausea and vomiting (PONV) is well studied worldwide and reviewed by Cochrane.

Perioperative Acupuncture service

1, Patients with indication for preoperative acupuncture will be referred to acupuncture service by Pre-operative service.

2, When patients arrive pre-surgery unit on the day of surgery, patients with high risk of PONV and patients who request acupuncture will be identified. Preop nurses will inform acupuncture service for consultation. Acupressure of P6 could be performed by preop nurses. Acupuncture service attending could perform acupuncture or acute pain service could perform acupuncture.

3, When patients arrive PACU after surgery, patients with PONV that is not relieved by medication will be evaluated by acupuncture service and treated with acupuncture. Patients could also receive acupressure treatment from PACU nurse or acute pain team.

4, For postop patients who already left PACU, primary team could inform acupuncture service for acupuncture treatment.

5, Acupressure training for PACU nurses, preop nurses, acute pain residents, nurses and PACU residents will provide by acupuncture service on daily basis.

6, Since PONV acupuncture treatment is one of many treatment available, no emergent acupuncture care will be provided.

Common Acupuncture points for different surgery (By physicians with Acupuncture license only):

- 1, PONV: Zu San Li, Nei Guan.
- 2, Postop GI function: Zu San Li, Tian Shu.
- 3, Thyroid surgery: He Gu, Nei Guan, Fu Tu.
- 4, Gyn Surgery: Zu San Li, San Yin Jiao, He Gu, Tai Chong, Ci Miao.
Delivery: Kun Lun. Abortion: Tai Chong, He Gu, Zu San Li, San Yin Jiao.
- 5, Cardiac: Xi Men, Shen Men, Xin Yu, Nei Guan, Hou Xi. Thoracic: Nei Guan, Fei Yu, Zhong Fu, Yun Men, Chi Ze, Kong Zui, Lie Que, He Gu.
- 6, Craniotomy: Tai Chong, He Gu, Feng Chi, Tian Zhu, Zan Zhu.
- 7, GU: Qi Chong, Zu Wu Li, Qu Quan, Ci Liao, Shen yu, Pang Guang Yu, Tai Xi.
- 8, Abd surgery: Zu San Li, San Yin Jiao, He Gu.
- 9, Endoscopy: EGD: Zu San Li, Wei Yu. Colonoscopy: Zu San Li, Shang Ju Xu, Da Chang Yu.
- 10, Mastectomy: Jian Jing, Lao Gong, Nei Guan.
- 11, Upper extremity: Qu Chi, Ji Quan.
- 12, Lower extremity: Yang Ling Quan, Tai Xi.

Licensed practitioner will use points based on clinical conditions of individual patients.

Contraindication:

The World Health Organization Guidelines state that, "it is difficult to stipulate absolute contraindications for this form of therapy" However, they suggest that it should be avoided in pregnancy, medical and surgical emergencies, malignant tumours and bleeding disorders.

Electronic stimulation should not be used in patients with ICD/Pacemaker.