

CONSENSUS DEVELOPMENT OF ACUPUNCTURE POINT
PRESCRIPTIONS FOR PATTERNS OF
RADIATION PROSTATITIS

A Capstone Project
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ABSTRACT

Background: Acupuncture is a modality within the Traditional Chinese Medicine (TCM) system that has been in existence for over 5,000 years. Traditional Chinese Medicine remains the most widely practiced form of medicine today, and the majority of its practitioners are trained in acupuncture. Acupuncture's acceptance in mainstream medicine in the United States continues to grow. Millions of Americans are turning to acupuncture as an alternative and complementary therapy to treat and cure diseases. This study examined the consensus development of acupuncture point prescriptions for patterns of radiation prostatitis. The number of men diagnosed with prostate cancer has continued to rise every year. In America, prostate cancer is the most common nonskin cancer, affecting one in six men. Radiation therapy is a standard treatment method at all stages of treatment for prostate cancer; however, there are no generally accepted standard acupuncture point prescriptions established for the side effects of radiation therapy on the prostate and bladder.

Purpose: The objective of this research was to develop a consensus of acupuncture point prescriptions for patterns of radiation prostatitis that can be used for men suffering side effects of postradiation prostatitis.

Methods: A modified Delphi Method was used to examine the consensus development on the acupuncture points. Five rounds of the Delphi Method were used

as the standard approach in this consensus development. A panel of experts was used for validation purposes.

Findings: Acupuncture points were carefully identified and reviewed by qualified experts of practitioners of Chinese medicine who had a minimum of 10 years of experience. These experts validated the points for common diagnostic patterns in traditional Chinese medicine. The modified Delphi Method was used to record any discrepancies or changes that occurred from the subject matter experts. The data and findings from the consensus subject matter experts were reviewed and recorded by an independent reviewer before moving into the next round. In the final round, the panel of experts arrived at the consensus of a total of 31 point prescriptions which included the identified obligatory points which designated either a particular point should be prescribed to the left (L) or to the right (R) or even bilateral (B) that must always be used in all phases of the clinical trial, in addition to the point prescriptions selected according to patterns.

Key Words: TCM, acupuncture, radiation therapy, prostate cancer, prostatitis.