

Detailed Schedule Shen-Hammer Pulse Diagnosis Foundations Class				<i>**Italics indicates practical component</i>
	Friday 20/9	Saturday 21/9	Sunday 22/9	Monday 23/9
8.30 – 10.15	<p>Introduction to SHPD</p> <p>Influence of Classics</p> <p>Inherited Roots</p> <ol style="list-style-type: none"> Dings Dr Shen Dr Hammer <p>Pulse Diagnosis – why we use it</p> <p>3 Main Pulse Depths</p> <ol style="list-style-type: none"> Qi Depth Blood Depth Organ Depth <p><i>Practical Palpation Calibration, Depths</i></p>	<p>Pulse Rate and Rhythm</p> <p><i>Palpation Calibrate; Rate and Rhythm</i></p> <p>Normal Pulse Characteristics</p> <p>Pulse Positions</p> <ol style="list-style-type: none"> Six Principal Positions 22 Complementary Positions <p>Distal Positions – Accessing and interpretation of qualities</p> <ol style="list-style-type: none"> LDP/Heart CP's – Mitral Valve, Large Vessel RDP/Lungs Special Lung Neuropsychological Position <p>Diaphragm</p> <ol style="list-style-type: none"> Heart Enlarged Pleura <p><i>Palpation DP's, CP's; Diaphragm</i></p>	<p>Revision of all material covered</p> <p>Depths</p> <p>Waves</p> <p>All pulse qualities</p> <p>All pulse Positions</p> <p><i>Palpation Calibration Finding qualities checked by instructor Questions</i></p>	<p>Pulse Stability</p> <ol style="list-style-type: none"> Heart and Circulatory System Qi Stability Chaotic Qi – separation yin and yang Pulse signs of Qi Wild Treatment of Qi Wild <p><i>Palpation Calibration, qualities, positions Questions</i></p>
Break				
10.30 – 12.30	<p>Wave forms</p> <ol style="list-style-type: none"> Normal Hesitant HFO Flooding Excess Flooding Deficient Suppressed <p>Pseudo Arrhythmias</p> <p>Palpation of the 6 principal positions</p> <p><i>Practical</i></p>	<p>Middle Positions – Accessing and interpretation of qualities</p> <ol style="list-style-type: none"> LMP/Liver LMP CP's – Ulnar and Radial Liver Engorged RMP/Stomach – Spleen <p>Diaphragm</p> <ol style="list-style-type: none"> Distal Liver Engorged Esophagus <p><i>Palpation MP's, CP's; Diaphragm</i></p>	<p>Commonly Confused Qualities</p> <ol style="list-style-type: none"> Sensation Changing Amplitude and Changing to Absent Slippery and Separating Choppy, Rough Vibration and Slippery Robust Pounding and Slippery Thin and Tight Terminology Yielding HFO Absent and Empty 	<p>Preliminary Interpretation</p> <ol style="list-style-type: none"> List pulse qualities according to condition – excess and deficiency Qi, yin, yang, blood, jing List pulse qualities according to activity Hot, cold List psychological signs on the pulse <p><i>Palpation Work in partners attempting an entire pulse exam – ½ class</i></p>

	<p><i>Calibration; Waveforms</i> <i>Finding the 6 principal positions</i></p> <p>Classification Pulse Qualities</p> <p>Robust Volume</p> <ol style="list-style-type: none"> 1. HFO 2. Flooding Excess 3. Robust Pounding 4. Inflated 		<p><i>Palpation</i> <i>Finding qualities checked by instructor</i></p>	
Lunch				
1.30 – 3.30	<p>Reduced Volume</p> <ol style="list-style-type: none"> 1. QD Yielding, Diminished, FA, A 2. Spreading, BD Diminished 3. Flooding Deficient 4. Reduced Pounding 5. Reduced Substance 6. Deep, Deep Feeble/FA 7. Absent 8. Muffled 9. Flat <p><i>Palpation</i> <i>Robust and reduced volume qualities</i> <i>Calibration</i></p> <p>Depth</p> <ol style="list-style-type: none"> 1. Cotton 2. Floating 3. Empty Stages 4. Hollow 5. Submerged Firm Hidden <p><i>Palpation</i> <i>Depth; Calibrate</i></p> <p>Width</p> <ol style="list-style-type: none"> 1. Blood Unclear, Heat, Thick 2. Thin, Narrow 	<p>Proximal Positions – Accessing and interpretation of qualities</p> <p>PP's/Kidneys</p> <ol style="list-style-type: none"> 1. KI yin left 2. KI yang right; Clinically Ki yin and Yang represented in both 3. LPP CP's Large Intestine, Pelvic Lower Body 4. RPP CP'S Small Intestine, Bladder, Pelvic Lower Body <p><i>Palpation</i> <i>PP's, CP's</i></p> <p>Pulse examination methodology</p> <ol style="list-style-type: none"> 1. Patient and practitioner position 2. Large Segment Rate – Beginning, Final, Exertion FI, Sides, Waveform, Depths 3. Small Segment Individual positions – PP and CP 	<p>Retained Syndromes</p> <ol style="list-style-type: none"> 1. Retained Pathogens 2. Retained Toxicity <p>Treatment</p> <ol style="list-style-type: none"> 1. Retained Toxicity 2. Stagnation Blood Vessels <p><i>Palpation</i> <i>Toxicity, Retained Pathogens</i> <i>Calibrate</i> <i>Find pulse qualities checked by instructor</i></p>	<p>Interpretation</p> <p>Broad Focus – Large Segment</p> <ol style="list-style-type: none"> 1. Age and gender 2. Rhythm and rate 3. Uniform qualities First Impressions, above qi, qi, blood, and organ depths 4. Unusual waveforms 5. Areas – Neuro-psychological Diaphragm; Pelvis/lower body; 3 Burners 6. Sides 7. Stability 8. Dr Shen's Systems <p>Close Focus – Small Segment</p> <ol style="list-style-type: none"> 1. Substances – Qi, Yin, Yang, Blood, Dampness, Wind, Food, Essence, Parenchyma 2. Activity Heat and cold 3. Organs – Individual Positions <p>Interpretation</p> <ol style="list-style-type: none"> 1. Psychology – mind, emotion, and spirit 2. Diagnostic Impressions Broad focus Close focus

	<p><i>Palpation</i> <i>Width; Calibrate</i></p>			<p>3. Integrate with other diagnostic information – history, tongue, palpation, eyes, complexion</p> <p>4. Formulate treatment</p> <p><i>Palpation</i> <i>Work in partners attempting an entire pulse exam – ½ class</i></p>
Break				
3.45 – 5.30	<p>Length</p> <ol style="list-style-type: none"> 1. Long 2. Short <p>Shape</p> <p>Shape Fluid</p> <ol style="list-style-type: none"> 1. Slippery <p>Shape Non-Fluid Even</p> <ol style="list-style-type: none"> 1. Taut; Tense; Tight; Wiry 2. Ropy 3. Leather Hard <p>Shape Non-Fluid Uneven</p> <ol style="list-style-type: none"> 1. Smooth and Rough Vibration 2. Choppy <p><i>Palpation</i> <i>Calibrate; Length, Shape</i></p> <p>Miscellaneous Shape Qualities</p> <ol style="list-style-type: none"> 1. SLP – Narrow Restricted 2. NPP – Doughy, Electrical <p>Qualifying Qualities</p> <ol style="list-style-type: none"> 1. Separating 2. Biting 3. San Yin, Fan Quan, Amorphous 4. Split 5. Ganglion, Physical Anomalies <p><i>Palpation</i> <i>Calibrate; find Qualities</i></p>	<p>Trauma and Shock</p> <ol style="list-style-type: none"> 1. Signs of Emotional Shock/Trauma 2. Signs of Physical Trauma 3. Pulse Resting Rate, Age-Appropriate Resting Rates 4. Rhythm of the Pulse 5. Arrhythmia Considerations Rate Measurable, Rate Not Measurable 6. Pseudo Arrhythmias – Hesitant Wave, Changing Amplitude <p><i>Palpation</i> <i>Rate and Rhythm</i> <i>Calibrate</i></p>	<p>Dr Shen's Systems Approach and its 6 Conformations relationship</p> <ol style="list-style-type: none"> 1. Nervous System 2. Circulatory System 3. Digestive System 4. Organ System <p><i>Palpation</i> <i>Sides R) versus L)</i> <i>Rate and Rhythm</i> <i>Vibrations</i> <i>Change Amplitude</i> <i>Calibrate</i></p>	<p>Treatment Priorities</p> <ol style="list-style-type: none"> 1. Immediate Issues. <ol style="list-style-type: none"> a. External pathogenic invasion, structure, acute pain. b. Instability, Qi Wild. c. Heart shock. d. Digestive system disorders that are crucial for healing – treat the Earth or middle first. 2. Root Issues <ol style="list-style-type: none"> a. Organs that have been affected early in life. b. Heart, Kidney, (Could also be Lung, Liver or Spleen) 3. Secondary Issues <ol style="list-style-type: none"> a. Organs that are affected by life stress b. Liver, Spleen, Lung, Intestines 4. Derivative Issues <ol style="list-style-type: none"> a. Retained pathogens b. Blood stagnation c. Nervous System Tense Weak <p>Case Discussion</p>