Dear Members

Message from our President – Derek Timmins

Welcome to the final newsletter from PAANZ for 2014. I would like to thank you all for your continued support of PAANZ which is evident by how well attended our courses have been this year. Our tutors have worked really hard to provide courses that you have asked for, and the course schedule for 2015 also reflects requests from PAANZ members. One highlight to mark on your calendar for next year is the PAANZ symposium in June. The Symposium is always a great day, and next years will also include two post symposium courses, so you can add an extra day to get more “bang for your buck”.

I would like to thank the other members of the Executive committee for the work you have put in this year. Many hands do make light work!

Finally I wish you all a happy Holiday Season and a prosperous and healthy New Year.

Warm regards
Derek Timmins - President
Message from the Administration Office – Angela Trotter

I can’t believe it’s nearly Christmas already, time sure does fly when you are having fun!

I have been kept busy with the planning of our calendar for 2015 and the day to day running of our membership. Our current membership totals 299, this is the highest number of members to date.

Very little advertising or promotion for our little SIG has been done previously, that is until now, I have had a new brochure designed and this is shown on the final page of this newsletter. As you will see, this highlights the many benefits of being a member.

Just a reminder to members regarding registration points for your attendance at the recent PNZ conference, please send me a copy of your attendance certificate so I can then add these points into our database. PNZ have not automatically supplied this information directly to me so I do need to see individual certificates please.

Courses for 2015
Below is a brief summary of our courses that will be held next year…..

21 & 22 February – Dry Needling – Foundation course
Presented by Trevor Montgomery
Venue: AUT, Auckland

11-14 March – Revisiting Acupuncture
Presented by Wendy Lockhart & Robyn Vintiner
Venue: Donald Beasley Institute, 44 Dundas Street, Dunedin

6 June – PAANZ Symposium & AGM
Various tutors
Venue: Wellington airport conference centre

7 June – Ear Acupuncture
Presented by Jillian McDowell & Karen Keith
Venue: Wellington airport conference centre

7 June – Tendinopathy
Presented by Hamish Ashton & Susan Kohut
Venue: Wellington airport conference centre

18 & 19 July – Dry Needling – Foundation course
Presented by Trevor Montgomery
Venue: AUT, Auckland

25 & 26 July – Shiatsu
Presented by Lester Wong
Venue: Palmerston North Campus, Palmerston North

8 & 9 August – Manaka
Presented by Guy Bailey & Anne Macann
Venue: Richmond Recreation centre, 9 Cambridge Street, Richmond, Nelson

19 & 20 September – Advance Dry Needling
Presented by Trevor Montgomery
Venue: AUT, Auckland
13, 14 & 15 November – Facial Acupuncture
Presented by Karen Keith & Robyn Vintiner
Venue: Otago University, Dunedin

I hope to have further information on our courses, as well as course registrations forms loaded on to the website by the beginning of December. Remember as a valued PAANZ member you can register your space now, simply email me (paanz@xtra.co.nz) with your details and which course you would like to attend.

PAANZ library
We have a fantastic library available for our members, this includes both books and DVD’s. Cost to a hire either a book or DVD is $20. This includes courier costs to your delivery address and return to the administration office. This is very rarely taken advantage of by our member’s. I plan to promote this more next year, a list of all the book titles and DVD’s can also be found on our website or please simply email me any of your requests. This is also a very easy way for our registered members to earn points.

Christmas hours
The administration office will be closed over the Christmas / New Year holiday period, last day will be Friday 19 December and the office will re-open again on Monday 5th January 2015.

If you have any queries please do not hesitate to contact me

Angela Trotter - Administrator

Message from our Education Officer – Susan Kohut

For readers of Research Reviews, the 89th issue of GP Research Review provided comments on a recently published systematic review and meta-analysis on acupuncture for OA of the knee (link below). After providing a commentary on the article Dr Chris Tofield wrote how a patient had that week come to him with arthritic pain in the hands having tried topical Zostrix, oral NSAIDs and fish oils. His message was, had he seen the article before her appointment he would have recommended that acupuncture was "probably worth a stab".

New Zealand GPs have recently had a direct recommendation to try acupuncture, so perhaps it is time to let them know again that such a service is provided by the local physio practice!


Susan Kohut - Education Officer
Message from our Registrar – Jane Scoular

Reminder….all members with registration ending on 31 December 2014 have now been contacted, to confirm whether or not you have earned enough points to continue on your registration for a further three years. All members who have sufficient points will receive an updated certificate in the post in early December. This is at no cost, and included as part of your membership.

There are heaps of ways you can get points which will cost you nothing apart from a bit of time, please see the below book review recently received from our member Jenny Murphy….

Giovanni, M
The Channels of Acupuncture. Clinical Use of the Secondary Channels and Eight Extraordinary Vessels
Churchill Livingstone. Elsevier Ltd. 2006
ISBN-10:0-443-07491-7
Hard cover
738 pages

This textbook is an outstanding reference book written by one of Europe's most prolific authors in Chinese medicine. The book is clear and concise, follows a logical sequence, and in my opinion covers much more than what the title suggests.

The text takes the reader through every aspect of the Main Channels, the eight Extraordinary Channels, the Connecting Channels, the Divergent Channels and the cutaneous regions. This includes a thorough coverage of each channel pathway and function, and discusses aetiology, pathology, signs and symptoms and treatment from a Traditional Chinese Medicine perspective. Each chapter provides a wealth of information with many references, but also draws on the author's wealth of knowledge and experience. There are “blue box” summaries throughout the chapters, to highlight the key points on each subject and the author provides examples of acupuncture point selection in each chapter.

The book has 37 chapters, and these are divided up into 8 different parts for ease of reference.

Part 1 (Chapters 1 to 4) is devoted to the concept of ‘Channel’ in Chinese Medicine and the morphology and flow of Qi within the channels. It ventures back in time to discuss early Chinese theory using references from early Chinese texts, one even featuring from c.100 BC! The various functions of the channels are discussed as well as their role in diagnosis.

Part 2 (Chapters 5-11) covers the 12 Main Channels and their deep and superficial pathways. There are clear diagrams and frequent “blue boxes” with a welcome summary of main points from the text. Symptoms for each channel are discussed, and treatment is outlined using distal and local acupuncture points. The categories of acupuncture points, the Five Transporting (Shu) points and the combination/balancing of acupuncture points are introduced.
Part 3 and 4 (Chapters 12-20) contain information regarding the Connecting (Luo Mai) and Muscle Channels, discussing their morphology, pathways, physiology and aetiology. Diagnosis, pathology and appropriate treatment is discussed.

Part 5 and 6 (Chapters 21-23) introduce the Divergent Channels (Jing Bie) and Cutaneous regions.

Part 7 (Chapters 24-36) thoroughly covers the eight Extraordinary Vessels. The clinical application, indications and point selection on each vessel are all discussed in detail. Case histories are used to highlight each vessels use, and needling techniques are described for different effects.

Part 8 (Chapter 37) discusses the integration of the Muscle and Connecting Channels in practise, and introduces Bi Syndrome and its treatment.

This book contains a wealth of information and is well laid out in sections. It is an excellent textbook, and could easily sit in the clinic as a day to day reference. I would highly recommend it to all practitioners who wish to further their knowledge of Traditional Chinese Medicine and the use of acupuncture in this setting.

If you have any queries regarding your registration or would like to apply to become a registered physiotherapy acupuncturist within PAANZ please contact paanz@xtra.co.nz or phone Angela (PAANZ administrator) on 04 894 1685 for more information.

Jane Scoular – Registrar

Found a way to help insert long needles – share it with us ......


The buckling of long needles during their insertion is not a new problem and a number of ideas to get around this have probably already been thought of. The idea mentioned in the article below is a sound one, but requires a total change in the way needles are packaged. To get professional change such that we all met the guidelines for clean and safe application, i.e. no touching of the needle shaft, a simple and effective way or ways need to be available.

One way used by a number of PAANZ tutors is to insert a smaller guide tube over the needle after it has been initially inserted. This will help control the buckling until the remaining needle shaft is at a length to control without support. One question I would have on this method is where do you get the small guide tube? If it is one that has been sitting around is it any cleaner to put around the shaft than a sterilised pair of fingers?

PAANZ Safety Guidelines state that any guide tube should be disposed of after use - hence it needs to be a brand new one just removed from the packet – so do you plan for where the shorter needle can be used? If we want to meet the safety guidelines we need to make sure we comply fully.

What are your methods for stopping needle buckling? Send your responses to Angela (paanz@xtra.co.nz) and she will publish the list in the next newsletter

Hamish Ashton, MHSc. Registered Physiotherapy Acupuncturist. PAANZ Tutor
Article of interest to members…….

The following article titled “Should acupuncture be regulated?” was recently published on stuff.co.nz….

http://www.stuff.co.nz/national/health/10696032/Should-acupuncture-be-regulated

It was interesting to note the below results from the poll which also featured beside the article.

Should acupuncture be regulated?

No, it’s a proven method of treating pain.
112 votes, 22.6%

Yes, the lack of regulation puts patients at risk.
298 votes, 60.2%

Acupuncture shouldn’t be allowed at all. It’s quackery.
85 votes, 17.2%

Total 495 votes

New PAANZ Members 2014

A warm welcome to Amy Wang our new PAANZ member since the last edition of our newsletter:

Published research by Jillian McDowell & Gillian Johnson

Title: Acupuncture Needling Styles and Reports of Associated Adverse Reactions to Acupuncture

Introduction: Physiotherapy acupuncturists in New Zealand are encouraged to voluntary report adverse reactions to acupuncture (ARA) in a scheme administered by their professional organisation and provide information regarding the style of acupuncture used in these events.

Method: This was a cross-sectional descriptive study.

Results: An analysis of 176 reports submitted from 1998 to 2013 showed that 81% of signs and symptoms reported as an ARA were minor in nature. Of these reports, sustained needling and dry needling styles were associated with 76% and 18% of major ARA, respectively. Proportionally, dry needling, however, had a 3% more major-to-minor reactions, compared to sustained needling.

Conclusions: On the basis of these findings, recommendation are made for future ARA reporting to include dry needling practitioner’s into ARA reporting systems. It is also recommended to incorporate details of acupuncture needling style in future reporting templates so as to under harm associated with these different approaches better.

Note: PAANZ has an electronic version of PNZ’s adverse reaction form available for download on our website (www.paanz.org.nz), located on our homepage, simply click on the link and download.

PAANZ Cupping & Qi Course ....

PAANZ’s recent Cupping and Qi Gong course presented by Guy Bailey & Gabrielle Friedrich was really well received by all attendees, below is some photos from the day……
**MASNZ Conference – Pain Management Solutions**

2 day conference presented by MASNZ, Marlborough Convention Centre, 42A Alfred Street, Blenheim

Saturday 18 April & Sunday 19 April 2015
Conference fee: Saturday & Sunday $300.00  
Saturday or Sunday $200.00 per day

Speakers include:

Dr Grant Johnson –  
“Effectiveness of auricular acupuncture in the management of chronic pain”

Andrew Stevens –  
“The bridge between Acute Pain and chronic pain – reducing the risk of developing chronic pain”.

Dr Gayle O’Duffy & Dr Sophie Febery –  
“The use of intradermal needles in acute and chronic pain management”.

Dr Tim Ewer –  
“Nutrition and Biofeedback in the treatment of pain”.

Dr Robin Kelly –  
“Treating chronic pain and post-traumatic stress – an integrated approach”. Work: Acupuncture, tapping and beyond”.

To register email admin@masnz.org.nz.

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**Pre-conference workshop in Acupuncture and Musculoskeletal Medicine**

Marlborough conventions centre  
42A Alfred Street, Blenheim

Thursday 16 April & Friday 17 April 2015  
Workshop fee: Thursday & Friday $450.00  
Tutors: Dr Gayle O’Duffy & Dr Grant Johnston

To register email admin@masnz.org.nz.

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**Call for papers – Pain management solutions**

2 day conference presented by MASNZ  
Marlborough Conventions Centre, 42 Alfred Street, Blenheim

Saturday 18 April & Sunday 19 April 2015
The Medical Acupuncture society of New Zealand (MASNZ) invites Treatment Providers with a perspective on Pain management to submit papers for the 2 day conference – pain Management Solutions. This is an opportunity to share your tips and tricks for pain management and enhance your own knowledge alongside Medical Acupuncture practitioner’s, Dr Grant Johnston, Dr Gayle O’Duffy, Dr Tim Ewer and Dr Robin Kelly and Andrea Steven, co-ordinator, Chronic Pain Treatment Group, Marlborough PHO.

Submission to be sent to Secretary, MASNZ, admin@masnz.org.nz, or PO Box 164, Lyttelton 8841.

**PAANZ Mentoring Programme**

These members have offered to be mentors and may be able to assist you with required course preparation.

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<tr>
<th>Mentors</th>
<th>Region</th>
<th>Contact details</th>
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<tbody>
<tr>
<td>Jillian McDowell</td>
<td>Invercargill</td>
<td><a href="mailto:jillianmmcdowell@gmail.com">jillianmmcdowell@gmail.com</a></td>
</tr>
<tr>
<td>Wendy Lockhart</td>
<td>Dunedin</td>
<td><a href="mailto:allanwendy@xtra.co.nz">allanwendy@xtra.co.nz</a></td>
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<tr>
<td>Karen Keith</td>
<td>Dunedin</td>
<td><a href="mailto:karen.keith@otago.ac.nz">karen.keith@otago.ac.nz</a></td>
</tr>
<tr>
<td>Robyn Vintiner</td>
<td>Dunedin</td>
<td><a href="mailto:buzbar@clear.net.nz">buzbar@clear.net.nz</a></td>
</tr>
<tr>
<td>Guy Bailey</td>
<td>Hamilton</td>
<td><a href="mailto:gdobailey@gmail.com">gdobailey@gmail.com</a></td>
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<tr>
<td>Kirsty Speedy</td>
<td>Auckland North</td>
<td><a href="mailto:kspeedy@vodafone.co.nz">kspeedy@vodafone.co.nz</a></td>
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<tr>
<td>Susan Kohut</td>
<td>Auckland North</td>
<td><a href="mailto:susan.kohut@aut.ac.nz">susan.kohut@aut.ac.nz</a></td>
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(Alignment and font adjustments for readability)

Complete details of the mentor programme can be found on our web site.
The PAANZ Executives are interested in your feedback on the mentoring programme. Please email paanz@xtra.co.nz with any feedback.

**PAANZ Library Administration Office**

To view list go to [paanz.org.nz](http://paanz.org.nz)

Email Angela at paanz@xtra.co.nz with your request. Please remember to include your full name & the physical address you would like your selection sent to.

Acupuncture books, videos & DVDs are available for all PAANZ members, and any completed reviews count towards your registration points.
WHY BELONG TO PAANZ?

Benefits of PAANZ membership include:

- Reduced rate to PAANZ and MASNZ courses, conference and seminars
- Group membership to the International Acupuncture Association of Physical Therapists (IAAPT)
- Access to the book, DVD and journal library
- Access to the members only section of the website for
  - Research references
  - All issues of newsletters
  - Current articles
  - Consent forms
  - Case studies
  - Safety guidelines
  - Book/DVD reviews
  - Patient information hand-out
- Regular e-newsletters and e-updates
- Peer review and practice sessions for acupuncture and dry needling with other local PAANZ members
- Updates and guidance on safe practice
- Public locality guide of Registered Physiotherapy Acupuncturists
- Complimentary practice advertising
- Mentoring in acupuncture practice

For further information visit our WEBSITE
www.paanz.org.nz or EMAIL paanz@xtra.co.nz

PLEASE NOTE: AUT and University Otago acupuncture graduates automatically qualify for Physiotherapy Acupuncture Registration
PAANZ Advertising.....

The Meridian Worldwide - latest edition
To view the IAAPT Newsletter go to the WCPT website under IAAPT in the Members only section.

Our Members are invited to send anything that is suitable for The Meridian to either Andrea Moses at andrea.moses3@gmail.com or direct to the Editor, Charles Liggins, email Charles.liggins5@gmail.com.

PAANZ advertising policy
PAANZ three monthly electronic newsletter
Sent by email and viewable on website:

Advertising charges:
Full page advertisements $100 plus GST
Half page advertisements $50 plus GST

Free listings
Members may advertise for free University of Otago and AUT may advertise courses.

To Study Acupuncture
PAANZ encourages physiotherapists to commence their acupuncture education in New Zealand by studying for a ‘Postgraduate Certificate in Acupuncture’ at Auckland University of Technology (AUT), or Otago University.

There are further acupuncture qualifications that can be attained at both Universities by following acupuncture pathways, such as Postgraduate Diploma, or Master of Health Science in Acupuncture.

For details please go to the PAANZ web site.

Practice for sale
Well established, certified sole practice in Kaikoura which is situated within the Integrated Health Facility alongside the Medical Centre and Hospital. It is currently in temporary rooms while a new complex is being built and due to be completed July 2015. Purpose built rooms will be available for lease from the CDHB in the new complex comprising of 2 treatment rooms and a rehabilitation gym. The reception area, office and waiting area will be shared with the Hospital and Medical Centre.

Current staffing levels are 1.5 FTE physiotherapists and an Office Manager working 32.5 hours per week. The physiotherapy hours are shared by the two directors. One of the director’s wishes to move away from Kaikoura to be closer to family and the other is wishing to focus on another unrelated venture. She is willing to work with the new owner to assist with transition and would be available to work over the winter months if required.

There are a total of 3 computers; server in the office and 1 workstation in each of the 2 treatment rooms. We are fully computerised using Peak software for notes, bookings, billing, cash book, payroll and GST.

The practice has a contract with the Canterbury District Health Board to provide inpatient and outpatient services for 20 hours per week and is on the EPN contract with ACC. Other contracts include Falls Prevention, Return to Work programmes, PGAP and FRP.

Few places in the world can boast of such natural wonders as those offered by land and sea in Kaikoura. The scenery is stunning with the snow-capped mountains coming right to the sea. The seaside settlement is the most northern district in the Canterbury region located on the east coast of the South Island. 2.5 hours’ drive from Christchurch, 1.5 hours from Blenheim, only 2 hours from Picton and has a population of 3,500 people. The region offers many activities including fishing, surfing, tramping, climbing, mountain biking, skiing and diving.

Visit our website www.kaikouraphysiotherapy.co.nz.

Please email kkphysio@xtra.co.nz for further details.