Clinic Prep Class #6 – Bloodletting

Assessment/Diagnosis

1) Appropriateness for bloodletting: excess/deficiency, patient constitution (strength/weakness), indicative signs

2) The earliest recording of bloodletting is from the Neijing: 《灵枢九针论》“锋针，刃三隅，以发痼疾。”

   Edged needles, have three edges, and disperse gu disease.

3) The earliest recording of bloodletting is from the Neijing: 《灵枢·官针》“病在经络痼痹者…病在五脏固居者，取以锋针。”

   When the disease is located along the channels and is characterized by chronic(gu) blockage...When the disease fixed at the location of the five zang organs, use a three-edged needle.

   《灵枢九针论》“令可以泻热出血，而痼病竭…主痈热出血。”

   Can clear heat and bleed, thereby exhausting the gu disease...should be applied for hot abscesses

3) Purpose / Diagnosis –
   a. Stagnation, evident by
      i. fixed pain in a small area, sharp pain, long duration
      ii. sublingual veins, pulse
      iii. visibly stagnant veins and luo divergent channels 络脉
   b. Heat, evident by
      i. redness, swelling, heat sensation, painful, exudate
      ii. facial redness, high blood pressure

4) Four Types of Bleeding
   a. Bleeding acupuncture points
   b. Bleeding luo divergent channels
   c. Dispersed bleeding
   d. Picking and lifting

5) Indications
   a. vericose veins – temporary
   b. blood pressure/fever
   c. inflammation of the vertebral processes
   d. food stagnation
   e. arthritis
   f. herpes zoster

Safety

Safety Guidelines for Acupuncture Bleeding Therapy

Critical
• Follow *Safety Guidelines for Hand Sanitation*.
• Follow *Safety Guidelines for Skin Preparation*.
• Practitioners must take a thorough history including bleeding disorders, medication, and supplement history before using bleeding techniques.
• Personal protective equipment (PPE) is required. Wear gloves at all times as blood and OPIM will be present.
• Inspect area to be treated for evidence of inflammation, lesion, infection, or a break in the skin barrier. Do not bleed in these areas.
• Lancing devices must be limited in use to a single patient.
• Lancets cannot be reused after a single insertion; not on another site.
• Lancets should be used only once and then discarded in a sharps container.

**Recommended**

• Utilize eye protection, such as goggles, when performing bleeding techniques.
• Utilize lancets engineered to retract after use to significantly reduce the risk of needlestick injuries.

**Technique**

1) Prepping the area:
   a. clean field, gloves, (eye protection optional)
   b. disinfect area
   c. pinching to increase blood flow

2) Cup bleeding –
   a. 委中 UB40
   b. 肺腧 UB13
   c. 背部啊是 Back a-shi points

3) Point bleeding –
   a. 耳尖 Ear Apex
   b. 棘突上 Vertebral Process
   c. 瘀点 Stagnation Point
   d. 少商 LU11
   e. 四封 Sifeng

4) Needle widening