**Training Course on Traditional Chinese Medicine for Belt and Road Countries**

**Project Description**

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| Project Name  | Training Course on Traditional Chinese Medicine for Belt and Road Countries |
| Organizer | Xiyuan Hospital, CACMS |
| Date | August 5 - 25, 2021 | Project Language | English |
| Countries Invited | BRI countries. | Planned Number of Participants | 25 |
| Training Objectives | To further understand the current status of the health service and traditional medicine in the countries along the Belt and Road and spread Chinese traditional culture, Traditional Chinese Medicine (TCM) healthcare concepts, and TCM technologies. To share the participants the TCM concepts and characteristic diagnosis and treatment, TCM nursing and drug development adopted by China in fighting against the COVID-19 epidemic and reach a worldwide consensus on construction of evidence-based traditional medicine and standards for natural drugs. |
| Student Requirements | Professional Background | - Field or specialty: Ministry of Health, medical institutions, government sectors- Job: Medical stuff, health officials in charge of epidemic prevention and control, and administrative staff of medical institutions- Requirements for level, educational background or other related qualification: Section-level |
| Age | Not exceeding the statutory retirement age specified in the recipient country |
| Health Condition | Attend the online training on time |
| Language Requirement | Be able to listen, speak, read, and write English |
| Other Requirements | Be able to download and use the online conference platforms such as ZOOM and attend the training class according to the schedule. |
| Training Description | 1. Main training courses and contentsChina’s National Conditions and Culture: To introduce the political, social and historical development in China.Complementary and Alternative Medicine and TCM: To introduce theoretical knowledge about complementary and alternative medicine and TCM.Overview of Etiology and Pathogenesis in TCM: To introduce the knowledge about etiology and pathogenesis in TCM to enable the participants to have certain understanding of etiology, pathogenesis and features of the diseases discussed in TCM.1. Calligraphy and seal cutting and health preservation of traditional Chinese Medicine: To introduce art composition and nature of calligraphy, brief history of China's calligraphic art and synopsis of basic calligraphy techniques and basic system of the ancient calligraphy and expound on brief history of China's seal carving art and basic techniques for seal carving.

Origin and Development of TCM Massage: To introduce syndromes and acupoints in TCM and how to use the massage technique to treat diseases.Application of TCM Paste in Some Common Diseases - Medicated Diet and Healthcare: To introduce the knowledge about dietary therapy and explain the theory about homology of medicine and food.Interpretation and Treatment of TCM Cardiovascular Diseases: To introduce classification of the “heart diseases” in TCM and how to use the TCM techniques to treat diseases.Current Development Situation of TCM Healthcare Products: To introduce mainstream trend of the TCM healthcare products available in the Chinese market.The “Homology of Medicine and Food” Culture in TCM and its Application in Healthcare: To introduce the ties of homology of medicine and food with TCM and its application in contemporary TCM healthcare.Application of TCM Ear-therapy: To introduce the brief history of development, basic tasks and category, characteristics and principles of TCM Ear-therapy.Thoughts of TCM in the Diagnosis and Treatment of Digestive System Diseases: To introduce the thoughts of TCM in the diagnosis and treatment of digestive system diseases and show the TCM-characteristic prevention and treatment measures for the digestive system diseases.Embodiment of TCM and Chinese Philosophy in Acupuncture: To introduce the embodiment of TCM and Chinese philosophy in acupuncture and show the acupuncture theory rich in Chinese Philosophy.Nursing Discipline Construction and Development in Xiyuan Hospital: To introduce the research level of clinical nursing, the standardization degree of clinical teaching, and the characteristics of nursing discipline.Overview of Viral Respiratory Infectious Diseases: To give an overview of the respiratory viruses, to understand the coronavirus and COVID-19, and epidemiological characteristics of COVID-19.Western Medicine Treatment Methods for Critical COVID-19 Patients: To introduce the general methods of treating the infectious diseases in western medicine, including oxygen therapy, antiviral treatment, and antibiotic treatment, share TCM treatment plans, and introduce prevention and treatment formulas.Basic Theories of TCM: To introduce basic theories of TCM, Yin-Yang & -Five element, and Theory of Qi and Blood.Integrated Traditional Chinese and Western Medicine Nursing Techniques for the COVID-19 Patients: To introduce the nursing and emergency techniques for the COVID-19 epidemic.2. Description of symposiumThe symposium will be hosted by 3 experts who ever worked at the front line of fighting against the COVID-19 epidemic. They will answer the key questions related to COVID-19 and provide assistance to countries in epidemic prevention and control. The experts will share the latest clinical application guidelines for COVID-19 in China, deeply analyze the treatment plans, and provide intuitive and effective experience for the front line treatment.3. Overview of the lecturers1. Zhang Yunling: Secretary of the Party Committee and Executive Vice President of Xiyuan Hospital, CACMS, engaged in the hospital management and the research on nervous system diseases.
2. Xu Hao: Vice President of Xiyuan Hospital, CACMS, engaged in the hospital management and the research on cardiovascular diseases.
3. Miao Qing: Director of Respiratory Department of Xiyuan Hospital, CACMS, engaged in the research on respiratory diseases.
4. Yang Zhixu: Director of Emergency Department of Xiyuan Hospital, CACMS, engaged in the research on critical care medicine.
5. Li Qi: Director of Clinical Laboratory of Xiyuan Hospital, CACMS, engaged in the research on clinical data test.
6. Fan Maorong: Respiratory Physician from Xiyuan Hospital, CACMS, engaged in the research on respiratory diseases.
7. Dong Guoju: Cardiovascular Physician from Xiyuan Hospital, CACMS, engaged in the research on cardiovascular diseases.
8. Xiao Jing: Director of Physiotherapy Department of Xiyuan Hospital, CACMS, engaged in the physical therapy and rehabilitation research.
9. Li Jing: Director of Nursing Department of Xiyuan Hospital, CACMS, engaged in the hospital's nursing affairs.
10. Zhong Jingbai: Director of the Discipline Office of Xiyuan Hospital, CACMS, engaged in the clinical discipline management.
11. Zi Mingjie: Physician of the GCP Center of Xiyuan Hospital, CACMS, engaged in the research on clinical pharmacology and acupuncture & moxibustion.
12. Zhou Peiyun: Physician of the Healthcare Center of Xiyuan Hospital, CACMS, engaged in the the research on healthcare products.
13. Zhang Jin: Director of Physical Examination Department of Xiyuan Hospital, CACMS, engaged in the research on healthcare and physical examination.
14. Hu Xiaomei: Senior cardiovascular nurse from Xiyuan Hospital, CACMS, engaged in the research on cardiovascular diseases.
15. Wang Ping: Physician of the Digestive Department of Xiyuan Hospital, CACMS, engaged in the research on Chinese digestive diseases.
16. Ren Junguo: Director of the Basic Laboratory of Xiyuan Hospital, CACMS, engaged in the research on clinical drugs.
17. Zhang Lu: Acupuncturist of Xiyuan Hospital, CACMS, engaged in the research on acupuncture and moxibustion.

4. Materials to be preparedTo facilitate the communication with Chinese experts, please prepare the materials related to the symposium topics, for example: ①Self-introduction including your specialty and organization; ②Foundation and prospect for cooperation with China; ③Suggestions and questions on COVID-19 epidemic prevention and control.5. AssessmentThe assessment forms will be distributed to and then collected from the students to assess the training class as a whole and its lecturing. |
| Place | Beijing | Cities to be (online) Visited or Investigated | None |
| Remarks | 1. Abide by the regulations of the training class and fulfill the corresponding obligations2. Ensure the stability of the network during the training and strictly abide by the training schedule. |
| Brief Introduction to the Organizer | Hospital profile: Xiyuan Hospital, CACMS is the first large TCM Hospital established after the foundation of the People’s Republic of China. It is a modern grade A Level 3 TCM hospital integrating medical treatment, scientific research, education and healthcare and ranked top three in Asclepius China's Hospital Competitiveness (TCM hospitals) for three consecutive years. The hospital has complete medical, surgical, gynecological and pediatric departments, with 8 of its 35 clinical departments being national key specialties. The hospital enjoys strong research ability by virtue of its clinical scientific research platforms such as National TCM Clinical Research Center for Cardiovascular Diseases and National Engineering Laboratory for Efficacy and Safety Evaluation of TCM. As the education base of Clinical School of TCM, Peking University, the Clinical School, Beijing University of Chinese Medicine, and the "Western Physicians Learning TCM" class of the National Health Commission, Xiyuan Hospital has long engaged in the education and teaching of TCM talents.Experience in fighting against the COVID-19 epidemic: After the outbreak of the COVID-19 epidemic, our hospital organized an 18-expert team to help the most difficult front line hospitals to fight the epidemic. In total 104 cured patients, 88 cases were treated with pure Chinese medicine based on TCM syndrome differentiation For management, the hospital has rich experience in epidemiological survey and screening.Experience in international cooperation for fighting against the COVID-19 epidemic: The hospital sent 6 experts to UAE to provide guidance for epidemic prevention and control. All of the 332 COVID-19 patients were cured within 30 days. The hospital also held online meetings with the medical and teaching institutions in Egypt, Nepal and Ukraine for fighting against the COVID-19 epidemic, with more than 300 foreign participants attended. |
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