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Certificate Programme in Acupuncture for Integrative Cancer Care (United Kingdom)

## Introduction To Integrative Cancer Care

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**Acupuncture** – A core modality in integrative cancer care involving the insertion of fine needles at specific points to modulate physiological pathways. Related terms: meridian, needling technique, de-qi. Practical application includes managing chemotherapy-induced nausea, where a protocol of body points (e.g., PC6, LI4) is combined with patient-specific adjustments. Challenges involve ensuring sterile technique in immunocompromised patients and navigating variable insurance reimbursement policies.

**Adjuvant Therapy** – Treatment given after primary surgery or radiation to reduce the risk of cancer recurrence. Related terms: neoadjuvant, systemic therapy, maintenance. In an integrative context, acupuncture may be offered alongside adjuvant chemotherapy to alleviate peripheral neuropathy. The main challenge is coordinating schedules between oncology and complementary practitioners to avoid treatment delays.

**Allied Health Professionals (AHPs)** – Non-medical clinicians such as physiotherapists, dietitians, and occupational therapists who contribute to holistic cancer care. Related terms: multidisciplinary team, referral pathways. AHPs often collaborate with acupuncturists to address cancer-related fatigue, using combined exercise-acupuncture protocols. Barriers include differing professional cultures and limited shared electronic records.

**Anti-Emetic** – Medication used to prevent or treat nausea and vomiting associated with chemotherapy. Related terms: serotonin antagonist, NK-1 receptor antagonist, supportive care. Acupuncture can reduce the required dose of anti-emetics, but clinicians must monitor for drug-acupuncture interactions, especially when using herbal adjuncts.

**Ayurvedic Medicine** – Traditional Indian system of health that emphasizes balance of doshas, diet, and lifestyle. Related terms: rasayana, panchakarma, herbal formulation. While not a primary focus of UK acupuncture programmes, awareness of Ayurvedic concepts helps practitioners respect cultural preferences of patients seeking complementary approaches. Integration challenges include regulatory differences and limited evidence for specific Ayurvedic protocols in oncology.

**Biopsychosocial Model** – Framework that views disease as an interaction of biological, psychological, and social factors. Related terms: holistic care, patient-centred care, health determinants. Acupuncture fits within this model by addressing physiological symptoms (pain, nausea) and psychological aspects (anxiety, stress). Practitioners must document psychosocial outcomes to demonstrate comprehensive benefit.

**Bone Marrow Suppression** – Decrease in the production of blood cells due to chemotherapy or radiation, leading to anemia, neutropenia, or thrombocytopenia. Related terms: myelosuppression, hematopoiesis, growth factor support. Acupuncture may stimulate endogenous erythropoietin, but safety precautions are essential when patients have low platelet counts; needling depth and site selection must be adjusted accordingly.

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**Cachexia** – Complex metabolic syndrome characterized by severe weight loss, muscle wasting, and anorexia in advanced cancer. Related terms: sarcopenia, nutritional support, metabolic dysregulation. Integrative strategies combine appetite-stimulating acupuncture points (e.g., ST36, CV12) with dietitian-led high-calorie plans. Evidence is emerging, and clinicians must monitor for contraindications such as gastrointestinal obstruction.

**Complementary Medicine** – Therapies used alongside conventional treatment that are not part of mainstream medical practice. Related terms: CAM, integrative oncology, non-pharmacological intervention. Acupuncture is classified as a complementary modality but, when evidence-based, is incorporated as an integral part of cancer care pathways. The main challenge lies in maintaining rigorous documentation to satisfy clinical governance requirements.

**Concomitant Therapy** – Two or more treatments administered at the same time. Related terms: combination therapy, synergistic effect, drug-herb interaction. For example, acupuncture delivered concurrently with radiotherapy may reduce skin toxicity, yet timing must be coordinated to avoid overstimulation of the inflammatory response.

**Consensus Guidelines** – Expert-derived recommendations that standardise clinical practice. Related terms: NICE, ASCO, evidence-based protocol. In the UK, the National Institute for Health and Care Excellence (NICE) provides guidance on the use of acupuncture for cancer-related symptoms, informing curriculum development for the certificate programme. Practitioners must stay current with updates to maintain accreditation.

**Contraindications** – Specific conditions or factors that increase the risk of adverse outcomes when a therapy is applied. Related terms: absolute contraindication, relative contraindication, risk assessment. For acupuncture, contraindications include severe coagulopathy, local infection, and compromised skin integrity. A thorough assessment checklist is required before each session to mitigate risk.

**Core Needle** – A type of needle used in certain acupuncture techniques to achieve deeper tissue stimulation. Related terms: filiform needle, intradermal needle, needle gauge. Core needles may be employed in myofascial trigger point release for cancer-related musculoskeletal pain. Practitioners must be trained in depth control to avoid organ injury, especially in patients with altered anatomy post-surgery.

**Culture-Sensitive Care** – Delivery of health services that respect patients' cultural beliefs, values, and practices. Related terms: health literacy, patient autonomy, cross-cultural competence. When offering acupuncture, clinicians should discuss any traditional beliefs about energy flow or spiritual implications, adapting explanations to align with the patient's worldview. Miscommunication can lead to non-adherence or reduced therapeutic trust.

**De-Qi Sensation** – The characteristic feeling of heaviness, tingling, or soreness that indicates effective needle manipulation. Related terms: needle sensation, therapeutic response, manipulation technique. Educating patients about de-qi helps them engage in the treatment process and reduces anxiety. However, some patients may misinterpret the sensation as pain, requiring careful communication.

**Dermatomal Mapping** – Identification of skin areas supplied by specific spinal nerves, used to select

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acupuncture points for targeted symptom relief. Related terms: segmental analgesia, referred pain, neurological distribution. For neuropathic pain following breast cancer surgery, points along the T2–T4 dermatomes are chosen. Accurate mapping is essential to avoid stimulating unrelated pathways that could exacerbate symptoms.

Dosage (Acupuncture) – The quantifiable aspects of a treatment session, including number of needles, depth of insertion, duration of retention, and frequency of visits. Related terms: treatment protocol, session intensity, therapeutic window. Standardised dosage guidelines improve reproducibility across clinics. Challenges arise when individual patient tolerance varies, necessitating flexible adjustments while maintaining documentation integrity.

Evidence-Based Practice (EBP) – Integration of the best available research evidence with clinical expertise and patient values. Related terms: systematic review, clinical trial, outcome measurement. The certificate programme emphasises EBP by requiring learners to critique randomized controlled trials on acupuncture for chemotherapy-induced peripheral neuropathy. Obstacles include limited high-quality studies in certain cancer subtypes.

Fatigue Assessment Scale (FAS) – A validated questionnaire measuring cancer-related fatigue severity. Related terms: patient-reported outcome, PROM, psychometric tool. Acupuncturists use the FAS before and after a series of sessions to quantify treatment impact. Consistent scoring allows comparison across multidisciplinary teams. Interpretation can be confounded by comorbid depression, requiring parallel assessment.

Fascia Release – Technique that targets connective tissue layers to improve mobility and reduce pain. Related terms: myofascial trigger point, tissue manipulation, structural integration. Combined with acupuncture, fascia release may enhance the flow of qi and improve symptom resolution in post-mastectomy shoulder stiffness. Training must include anatomy review to avoid inadvertent injury to underlying neurovascular structures.

Gastro-intestinal (GI) Toxicity – Adverse effects on the digestive tract caused by chemotherapy or radiation, including mucositis, diarrhea, and constipation. Related terms: mucosal barrier injury, enteritis, supportive care. Acupuncture points such as ST36 and CV6 are employed to promote motility and protect mucosal integrity. Monitoring is required to ensure that stimulation does not exacerbate ulcerated lesions.

Guideline Adherence – The degree to which clinicians follow established protocols. Related terms: audit, quality assurance, compliance. In the UK, audit cycles for acupuncture services track adherence to NICE recommendations, focusing on outcome documentation and safety incident reporting. Non-adherence may result in funding withdrawal or professional censure.

Hematopoietic Growth Factors – Agents that stimulate the production of blood cells, such as G-CSF for neutrophils. Related terms: filgrastim, pegfilgrastim, erythropoietin. Acupuncture may reduce the need for high doses of these agents by mitigating treatment-related fatigue, but clinicians must coordinate timing to avoid overlapping side-effects like bone pain.

Herbal Interactions – Potential pharmacokinetic or pharmacodynamic effects when herbal supplements are

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taken alongside conventional medications. Related terms: cytochrome P450, St. John's Wort, contraindication checklist. While acupuncture itself is non-pharmacological, many practitioners also advise on herbs; thorough assessment prevents unintended reduction of chemotherapy efficacy.

Immunotherapy – Treatment that harnesses the patient's immune system to target cancer cells, including checkpoint inhibitors and CAR-T therapy. Related terms: PD-1, CTLA-4, cytokine release syndrome. Acupuncture may ameliorate immune-related adverse events such as arthralgia, but practitioners must be vigilant for signs of hyper-activation, as needle-induced cytokine release could theoretically interact with immune pathways.

Immune-Modulating Effects of Acupuncture – Research suggests acupuncture can influence cytokine profiles, natural killer cell activity, and stress hormones. Related terms: HPA axis, IL-10, cortisol. These effects are hypothesised to support patients undergoing immunotherapy, yet clinical evidence remains preliminary. Practitioners should document any observed changes in immune markers when part of research protocols.

Informed Consent – Process whereby a patient receives comprehensive information about a proposed treatment, understands the risks and benefits, and voluntarily agrees to proceed. Related terms: capacity assessment, patient autonomy, legal documentation. For acupuncture in cancer care, consent forms must outline needle-related risks, possible symptom changes, and the integrative nature of the service. Language barriers may require interpreter services.

Integrative Oncology – Discipline that combines conventional cancer treatment with evidence-based complementary therapies to optimise outcomes. Related terms: supportive care, survivorship, multidisciplinary team. The certificate programme is situated within this field, training acupuncturists to collaborate with oncologists, nurses, and palliative care specialists. Major challenges include aligning differing outcome metrics and reconciling funding streams.

Intrathecal Chemotherapy – Delivery of chemotherapy directly into the cerebrospinal fluid to treat central nervous system involvement. Related terms: lumbar puncture, CSF flow, neurotoxicity. Acupuncture may be used to manage associated neuropathic pain, but needle placement must avoid areas of recent puncture to reduce infection risk.

Laser Acupuncture – Non-invasive technique using low-level laser beams to stimulate acupuncture points. Related terms: photobiomodulation, infrared stimulation, dose parameters. Useful for patients with severe needle phobia or compromised skin integrity. Evidence suggests comparable analgesic effects for certain symptoms, though standardised protocols are still evolving.

Localised Inflammation – Acute inflammatory response at a specific tissue site, often seen after surgery or radiation. Related terms: cytokine cascade, edema, pain sensitisation. Acupuncture can modulate local inflammation through neuroimmune pathways, reducing swelling and discomfort. Practitioner must assess for infection before needling inflamed areas.

Medical Oncology – Specialty focused on the pharmacologic treatment of cancer, including chemotherapy, targeted therapy, and hormonal agents. Related terms: systemic therapy, clinical trial, oncology nurse. Collaboration with acupuncturists is facilitated through tumour-board referrals, where symptom-focused

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integrative options are discussed. Communication barriers may arise from differing terminologies; joint education sessions help bridge gaps.

**Mind-Body Techniques** – Interventions that integrate mental processes with physiological function, such as meditation, guided imagery, and biofeedback. Related terms: relaxation response, stress reduction, psychoneuroimmunology. Acupuncture sessions often incorporate brief mindfulness practices to enhance patient relaxation, thereby potentiating therapeutic effects. Practitioners need training in basic mind-body facilitation to maintain consistency.

**Multimodal Pain Management** – Approach that combines pharmacologic, physical, and complementary therapies to control cancer pain. Related terms: opioid stewardship, analgesic ladder, adjunctive therapy. Acupuncture serves as an adjunct, particularly for neuropathic or breakthrough pain, allowing dose reduction of opioids. Coordination with pain specialists ensures safe tapering protocols.

**Neurotoxicity** – Damage to the nervous system caused by chemotherapy agents such as platinum compounds or taxanes. Related terms: peripheral neuropathy, sensory loss, electrophysiology. Acupuncture protocols target distal points (e.g., GB34, SP6) and may improve nerve conduction velocity. Monitoring requires baseline nerve assessments and regular follow-up to gauge progression.

**Oncological Rehabilitation** – Structured program aimed at restoring function, independence, and quality of life after cancer treatment. Related terms: physiotherapy, occupational therapy, survivorship care plan. Acupuncture is incorporated to address pain, fatigue, and lymphedema, complementing exercise regimens. Funding limitations and service capacity can restrict patient access.

**Oncogenic Mutation** – Genetic alteration that drives malignant transformation, such as KRAS, EGFR, or BRAF mutations. Related terms: targeted therapy, molecular profiling, precision medicine. While acupuncture does not alter genetic pathways, understanding mutation status assists clinicians in anticipating specific side-effects that may benefit from complementary interventions.

**Outcome Measures** – Quantitative tools used to evaluate the effectiveness of an intervention. Related terms: validated scales, quality-adjusted life year (QALY), patient-reported outcome measures (PROMs). For acupuncture, common outcomes include the Visual Analogue Scale for pain, the Functional Assessment of Cancer Therapy (FACT-G), and the Hospital Anxiety and Depression Scale (HADS). Robust data collection supports service commissioning.

**Parenteral Nutrition** – Delivery of nutrients directly into the bloodstream, often required when gastrointestinal function is compromised. Related terms: total parenteral nutrition (TPN), central line, metabolic monitoring. Acupuncture may stimulate appetite and improve gastrointestinal motility, potentially reducing reliance on TPN. However, needle placement must avoid central line sites to prevent infection.

**Patient-Centred Care** – Model that places the individual's preferences, needs, and values at the forefront of clinical decision-making. Related terms: shared decision making, empowerment, holistic assessment. In the integrative cancer setting, practitioners discuss acupuncture options alongside conventional treatments, respecting the patient's cultural and personal beliefs. Time constraints and resource allocation can limit

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depth of discussion.

Pharmacovigilance – Systematic monitoring of adverse drug reactions and interactions. Related terms: safety reporting, post-marketing surveillance, risk management. When acupuncture is combined with chemotherapy, any unexpected side-effects are recorded within the institution's pharmacovigilance framework to identify potential synergistic risks.

Platelet Count Threshold – Minimum safe level of circulating platelets required before performing invasive procedures. Related terms: thrombocytopenia, coagulation profile, bleeding risk. Many UK protocols set a threshold of  $50 \times 10^9/L$  for acupuncture; lower counts necessitate modified techniques such as shallow needling or use of non-penetrating needles. Regular blood work is therefore essential prior to each session.

Practice Standardisation – Development of uniform procedures and documentation across clinics to ensure consistency. Related terms: clinical pathway, SOP, accreditation. The certificate programme provides a template for session notes, risk assessment forms, and outcome tracking, facilitating audit and inter-site comparison. Resistance may arise from clinicians accustomed to individualized styles.

Psychoneuroimmunology (PNI) – Study of the interaction between psychological processes, the nervous system, and immune function. Related terms: stress response, cytokine network, mind-body axis. Acupuncture's influence on PNI pathways is a growing research area, with potential implications for tumour immunity and treatment tolerance. Translating laboratory findings into clinical practice requires interdisciplinary collaboration.

Radiation-Induced Dermatitis – Skin inflammation caused by exposure to therapeutic radiation, ranging from erythema to ulceration. Related terms: acute skin toxicity, dose fractionation, wound care. Gentle acupuncture techniques, such as auricular points, may reduce inflammation and improve healing, provided needles are not placed within the irradiated field. Patient education on skin care remains paramount.

Referral Criteria – Specific clinical indications that justify sending a patient to an acupuncture service. Related terms: triage, eligibility checklist, pathway algorithm. Typical criteria include refractory nausea, chemotherapy-induced peripheral neuropathy grade  $\geq 2$ , and persistent cancer-related pain unresponsive to opioids. Clear criteria reduce inappropriate referrals and optimise resource utilisation.

Research Ethics Committee (REC) – Body that reviews and approves research involving human participants to ensure ethical standards. Related terms: informed consent, data protection, governance. Studies evaluating acupuncture outcomes in cancer care must obtain REC approval, detailing risk mitigation strategies, especially for vulnerable immunocompromised participants.

Risk Management – Systematic process of identifying, evaluating, and mitigating potential hazards associated with a clinical service. Related terms: incident reporting, safety culture, mitigation plan. For acupuncture, risk management includes needle-stick injury protocols, infection control measures, and emergency response plans for rare events such as syncope.

Safety Profile – Summary of known adverse events and their frequencies for a given therapy. Related terms: incidence, severity grading, post-marketing data. Acupuncture's safety profile is favourable, with minor

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bruising and transient soreness being most common. Nonetheless, practitioners must remain vigilant for rare complications like pneumothorax when needling thoracic points.

Scar Tissue Management – Strategies to address adhesions and restricted mobility following surgery or radiation. Related terms: myofascial release, scar massage, collagen remodeling. Acupuncture points placed adjacent to scar tissue can improve local circulation and reduce tension, enhancing range of motion. Integration with physiotherapy maximises functional recovery.

Self-Management Plans – Structured guides that empower patients to monitor and manage symptoms between clinical visits. Related terms: symptom diary, action plan, patient education. Acupuncturists often provide patients with home-based relaxation techniques and trigger point self-pressing instructions to sustain benefits. Ensuring patient competence and confidence is a key challenge.

Serious Adverse Event (SAE) – Any untoward medical occurrence that results in death, is life-threatening, requires hospitalization, or causes persistent disability. Related terms: adverse drug reaction, clinical incident, reporting timeline. Although SAEs are exceedingly rare with acupuncture, any suspected event must be reported to the institutional safety board and, if related, to the national reporting system.

Sleep Disturbance – Disruption of normal sleep patterns, frequently reported by cancer patients due to pain, anxiety, or medication side-effects. Related terms: insomnia, circadian rhythm, sleep hygiene. Acupuncture protocols targeting points such as HT7 and SP6 have demonstrated improvements in sleep quality. Integration with cognitive-behavioural strategies enhances overall efficacy.

Standard Operating Procedure (SOP) – Documented set of step-by-step instructions to carry out a routine activity safely and efficiently. Related terms: protocol, compliance, training manual. SOPs for acupuncture include sterilisation steps, needle disposal, and emergency response. Regular review ensures alignment with evolving best practice and regulatory changes.

Stem Cell Transplantation – Procedure that replaces diseased bone marrow with healthy hematopoietic stem cells, often following high-dose chemotherapy. Related terms: autologous, allogeneic, graft-versus-host disease (GVHD). Acupuncture may alleviate mucositis and GVHD-related skin symptoms, yet timing must respect immunosuppressive phases to avoid infection.

Symptom Cluster – Group of inter-related symptoms that occur simultaneously, such as pain, fatigue, and depression. Related terms: multidimensional assessment, cluster analysis, holistic intervention. Acupuncture can target multiple elements within a cluster, offering a more efficient approach than treating each symptom in isolation. Assessment tools must capture the interplay to demonstrate comprehensive benefit.

Targeted Therapy – Drugs designed to interfere with specific molecular pathways driving tumour growth, such as tyrosine kinase inhibitors. Related terms: EGFR inhibitor, HER2 antagonist, resistance mechanisms. Side-effects like hand-foot syndrome may be mitigated with acupuncture-derived cooling techniques and point stimulation. Coordination with oncology pharmacists ensures no inadvertent drug-herb interactions.

Therapeutic Alliance – Collaborative partnership between practitioner and patient based on trust, empathy, and shared goals. Related terms: rapport, communication skills, patient engagement. A strong therapeutic

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alliance enhances acupuncture outcomes, particularly for subjective symptoms like pain and anxiety. Training in active listening and cultural competence strengthens this bond.

Thrombo-embolic Prophylaxis – Measures taken to prevent blood clot formation in cancer patients, who are at increased risk. Related terms: low molecular weight heparin, compression stockings, risk stratification. Needle insertion in the lower limbs must be performed with caution in patients on anticoagulants; superficial needling and careful site selection reduce bleeding risk.

Traditional Chinese Medicine (TCM) – System of health that includes acupuncture, herbal medicine, dietary therapy, and qi-gong. Related terms: yin-yang, five elements, meridian theory. The UK certificate programme grounds its acupuncture teaching in TCM theory while integrating Western biomedical evidence, creating a dual-framework approach. Balancing philosophical depth with clinical practicality can be demanding for learners.

Translational Research – Process of moving basic scientific discoveries into clinical applications. Related terms: bench-to-bedside, clinical trial phases, implementation science. Ongoing translational projects examine how acupuncture-induced cytokine changes affect tumour micro-environment, aiming to develop protocol refinements for immunotherapy patients.

Trigger Point – Hyperirritable spot within a taut band of skeletal muscle that elicits local and referred pain. Related terms: myofascial pain, dry needling, referred pattern. Acupuncturists may use needle insertion directly into trigger points to release tension and improve circulation, especially for musculoskeletal pain after breast cancer surgery. Accurate palpation skills are essential to avoid inadvertent nerve injury.

Ultrasound-Guided Needling – Technique that uses real-time imaging to direct needle placement, enhancing safety in deep or high-risk areas. Related terms: sonography, Doppler flow, image-guided intervention. This method is valuable when treating abdominal tumors or lymph node regions where blind needling could compromise vascular structures. Training requires proficiency in both ultrasound operation and acupuncture point localisation.

Vagus Nerve Stimulation (VNS) – Modulation of the vagus nerve to influence autonomic and inflammatory pathways; can be achieved via acupuncture at ear points (auricular VNS). Related terms: parasympathetic activation, anti-inflammatory reflex, heart rate variability. VNS via acupuncture may reduce chemotherapy-induced nausea and improve mood, but patient tolerance to ear stimulation varies.

Weight Loss Management – Interventions aimed at preventing or reversing unintended loss of body mass in cancer patients. Related terms: nutrition support, metabolic rate, appetite stimulant. Acupuncture points associated with gastric motility and appetite (e.g., ST36, CV12) are incorporated into multidisciplinary weight-preservation programs. Monitoring for underlying disease progression is critical to differentiate cachexia from reversible malnutrition.

Wellness Programme – Structured set of activities promoting physical, emotional, and spiritual health for cancer survivors. Related terms: survivorship clinic, lifestyle modification, health promotion. Acupuncture sessions are often scheduled as part of wellness weeks, offering stress reduction and symptom control. Securing funding for non-clinical wellness services remains a systemic challenge.

Whole-Body Acupuncture – Approach that selects a series of points across multiple meridians to address systemic imbalance rather than isolated symptoms. Related terms: systemic protocol, energetics, comprehensive treatment. This method may be used for patients with diffuse fatigue and generalized pain, providing a broader therapeutic impact. Critics argue that specificity may be diluted, necessitating careful outcome measurement.