

Detailed Schedule Shen-Hammer Pulse Diagnosis Foundations Class				<i>**Italics indicates practical component</i>
	Friday 15/9	Saturday 16/9	Sunday 17/9	Monday 18/9
<b>8.30 – 10.15</b>	<p><b>Introduction to SHPD</b></p> <p><b>Influence of Classics</b></p> <p><b>Inherited Roots</b></p> <ol style="list-style-type: none"> <li>Dings</li> <li>Dr Shen</li> <li>Dr Hammer</li> </ol> <p><b>Pulse Diagnosis – why we use it</b></p> <p><b>3 Main Pulse Depths</b></p> <ol style="list-style-type: none"> <li>Qi Depth</li> <li>Blood Depth</li> <li>Organ Depth</li> </ol> <p><i>Practical Palpation Calibration, Depths</i></p>	<p><b>Pulse Rate and Rhythm</b></p> <p><i>Palpation Calibrate; Rate and Rhythm</i></p> <p><b>Normal Pulse Characteristics</b></p> <p><b>Pulse Positions</b></p> <ol style="list-style-type: none"> <li>Six Principal Positions</li> <li>22 Complementary Positions</li> </ol> <p><b>Distal Positions – Accessing and interpretation of qualities</b></p> <ol style="list-style-type: none"> <li>LDP/Heart</li> <li>CP's – Mitral Valve, Large Vessel</li> <li>RDP/Lungs</li> <li>Special Lung</li> <li>Neuropsychological Position</li> </ol> <p><b>Diaphragm</b></p> <ol style="list-style-type: none"> <li>Heart Enlarged</li> <li>Pleura</li> </ol> <p><i>Palpation DP's, CP's; Diaphragm</i></p>	<p><b>Revision of all material covered</b></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><b>Pulse Stability</b></p> <ol style="list-style-type: none"> <li>Heart and Circulatory System</li> <li>Qi Stability</li> <li>Chaotic Qi – separation yin and yang</li> <li>Pulse signs of Qi Wild</li> <li>Treatment of Qi Wild</li> </ol> <p><i>Palpation Calibration, qualities, positions Questions</i></p>
<b>Break</b>				
<b>10.30 – 12.30</b>	<p><b>Wave forms</b></p> <ol style="list-style-type: none"> <li>Normal</li> <li>Hesitant</li> <li>HFO</li> <li>Flooding Excess</li> <li>Flooding Deficient</li> <li>Suppressed</li> </ol> <p><b>Pseudo Arrhythmias</b></p> <p><b>Palpation of the 6 principal positions</b></p> <p><i>Practical</i></p>	<p><b>Middle Positions – Accessing and interpretation of qualities</b></p> <ol style="list-style-type: none"> <li>LMP/Liver</li> <li>LMP CP's – Ulnar and Radial Liver Engorged</li> <li>RMP/Stomach – Spleen</li> </ol> <p><b>Diaphragm</b></p> <ol style="list-style-type: none"> <li>Distal Liver Engorged</li> <li>Esophagus</li> </ol> <p><i>Palpation MP's, CP's; Diaphragm</i></p>	<p><b>Commonly Confused Qualities</b></p> <ol style="list-style-type: none"> <li>Sensation Changing Amplitude and Changing to Absent Slippery and Separating Choppy, Rough Vibration and Slippery Robust Pounding and Slippery Thin and Tight</li> <li>Terminology Yielding HFO Absent and Empty</li> </ol>	<p><b>Preliminary Interpretation</b></p> <ol style="list-style-type: none"> <li>List pulse qualities according to condition – excess and deficiency Qi, yin, yang, blood, jing</li> <li>List pulse qualities according to activity Hot, cold</li> <li>List psychological signs on the pulse</li> </ol> <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><b>Classification Pulse Qualities</b></p> <p><b>Robust Volume</b></p> <ol style="list-style-type: none"> <li>HFO</li> <li>Flooding Excess</li> <li>Robust Pounding</li> <li>Inflated</li> </ol>		<p><i>Palpation</i> <i>Finding qualities checked by instructor</i></p>	
<b>Lunch</b>				
<b>1.30 – 3.30</b>	<p><b>Reduced Volume</b></p> <ol style="list-style-type: none"> <li>QD Yielding, Diminished, FA, A</li> <li>Spreading, BD Diminished</li> <li>Flooding Deficient</li> <li>Reduced Pounding</li> <li>Reduced Substance</li> <li>Deep, Deep Feeble/FA</li> <li>Absent</li> <li>Muffled</li> <li>Flat</li> </ol> <p><i>Palpation</i> <i>Robust and reduced volume qualities</i> <i>Calibration</i></p> <p><b>Depth</b></p> <ol style="list-style-type: none"> <li>Cotton</li> <li>Floating</li> <li>Empty Stages</li> <li>Hollow</li> <li>Submerged Firm Hidden</li> </ol> <p><i>Palpation</i> <i>Depth; Calibrate</i></p> <p><b>Width</b></p> <ol style="list-style-type: none"> <li>Blood Unclear, Heat, Thick</li> <li>Thin, Narrow</li> </ol>	<p><b>Proximal Positions – Accessing and interpretation of qualities</b></p> <p><b>PP's/Kidneys</b></p> <ol style="list-style-type: none"> <li>KI yin left</li> <li>KI yang right; Clinically KI yin and Yang represented in both</li> <li>LPP CP's Large Intestine, Pelvic Lower Body</li> <li>RPP CP'S Small Intestine, Bladder, Pelvic Lower Body</li> </ol> <p><i>Palpation</i> <i>PP's, CP's</i></p> <p><b>Pulse examination methodology</b></p> <ol style="list-style-type: none"> <li>Patient and practitioner position</li> <li>Large Segment Rate – Beginning, Final, Exertion FI, Sides, Waveform, Depths</li> <li>Small Segment Individual positions – PP and CP</li> </ol>	<p><b>Retained Syndromes</b></p> <ol style="list-style-type: none"> <li>Retained Pathogens</li> <li>Retained Toxicity</li> </ol> <p><b>Treatment</b></p> <ol style="list-style-type: none"> <li>Retained Toxicity</li> <li>Stagnation Blood Vessels</li> </ol> <p><i>Palpation</i> <i>Toxicity, Retained Pathogens</i> <i>Calibrate</i> <i>Find pulse qualities checked by instructor</i></p>	<p><b>Interpretation</b></p> <p>Broad Focus – Large Segment</p> <ol style="list-style-type: none"> <li>Age and gender</li> <li>Rhythm and rate</li> <li>Uniform qualities First Impressions, above qi, qi, blood, and organ depths</li> <li>Unusual waveforms</li> <li>Areas – Neuro-psychological Diaphragm; Pelvis/lower body; 3 Burners</li> <li>Sides</li> <li>Stability</li> <li>Dr Shen's Systems</li> </ol> <p><b>Close Focus – Small Segment</b></p> <ol style="list-style-type: none"> <li>Substances – Qi, Yin, Yang, Blood, Dampness, Wind, Food, Essence, Parenchyma</li> <li>Activity Heat and cold</li> <li>Organs – Individual Positions</li> </ol> <p><b>Interpretation</b></p> <ol style="list-style-type: none"> <li>Psychology – mind, emotion, and spirit</li> <li>Diagnostic Impressions Broad focus Close focus</li> </ol>

	<p><i>Palpation</i> <i>Width; Calibrate</i></p>			<p>3. Integrate with other diagnostic information – history, tongue, palpation, eyes, complexion 4. Formulate treatment</p> <p><i>Palpation</i> <i>Work in partners attempting an entire pulse exam – ½ class</i></p>
<b>Break</b>				
<b>3.45 – 5.30</b>	<p><b>Length</b> 1. Long 2. Short</p> <p><b>Shape</b> <b>Shape Fluid</b> 1. Slippery <b>Shape Non-Fluid Even</b> 1. Taut; Tense; Tight; Wiry 2. Ropy 3. Leather Hard <b>Shape Non-Fluid Uneven</b> 1. Smooth and Rough Vibration 2. Choppy</p> <p><i>Palpation</i> <i>Calibrate; Length, Shape</i></p> <p><b>Miscellaneous Shape Qualities</b> 1. SLP – Narrow Restricted 2. NPP – Doughy, Electrical</p> <p><b>Qualifying Qualities</b> 1. Separating 2. Biting 3. San Yin, Fan Quan, Amorphous 4. Split 5. Ganglion, Physical Anomalies</p> <p><i>Palpation</i> <i>Calibrate; find Qualities</i></p>	<p><b>Trauma and Shock</b> 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> <p><i>Palpation</i> <i>Rate and Rhythm</i> <i>Calibrate</i></p>	<p><b>Dr Shen's Heart Patterns</b> 1. Heart Agitation 2. Heart Tight 3. Heart Nervous 4. HT Closed 5. HT Full 6. HT Small 7. HT Weak 8. HT Large Heart Disease</p> <p><i>Palpation</i> <i>Dr Shen's Heart Patterns</i> <i>Rate and Rhythm</i> <i>Vibrations</i> <i>Change Amplitude</i> <i>Calibrate</i></p>	<p>Treatment Priorities 1. Immediate Issues. 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 a. Organs that have been affected early in life. b. Heart, Kidney, (Could also be Lung, Liver or Spleen) 3. Secondary Issues a. Organs that are affected by life stress b. Liver, Spleen, Lung, Intestines 4. Derivative Issues a. Retained pathogens b. Blood stagnation c. Nervous System Tense Weak</p> <p><b>Case Discussion</b></p>