WITH TECHNOLOGY

Deb Davies, L.Ac.
Acupuncture Technology Symposium 2017

ABOUT DEB
• 1996 began in acupuncture field
• 1999 began massage
• Babies 2001 & 2002
• PCOM 2001-2008
• Doula 2007
• Child Birth Educator 2014

TEACHERS
• Bertram Furman-Dr Nitan Ni
• Robin Tiberi
• Giovanni Machiocia
• Debra Betts
• Jill Blandway
• Claudia Citkovitz
• Families who have shared their births
• My babies

OUTLINE
1. How I use AcuGraph in my clinic
2. Using lasers in the clinic
3. Case studies

HOW I USE ACUGRAPH IN MY CLINIC

*Play video: 1 min 44 seconds. Click landing page of website.
ACUPUNCTURE TECHNOLOGY SYMPOSIUM

TO USE ACUGRAPH OR NOT?

- Determining factors
  - Time
  - Chief complaint
  - Potential number of visits for condition
  - Insurance

PREGNANCY SPECIALIST

IMPORTANT INTAKE QUESTIONS

- Gravida/Para?
- Past pregnancies/complications?
- Estimated Due Date?
- Doctor or midwife?
- Where is she delivering?
- Complications?
- Doula? Education?

ACUPUNCTURE TECHNOLOGY SYMPOSIUM

ADDING LASERS TO YOUR PRACTICE

- Safety
- Though our QiPulse Red and QiCalm Blue lasers are considered “eye safe” and DO NOT require safety glasses, many users prefer to use laser safety glasses:
  - Added value-more options
  - Less invasive/pain

ACUPUNCTURE TECHNOLOGY SYMPOSIUM

LOAN OR RENT LASERS?

- Legal
- Contract
ACUPUNCTURE TECHNOLOGY SYMPOSIUM

TAKING LASERS HOME

- Safety
- Instructing patients on usage
- Marking the points
- Cost: Rental vs. Loan
- Contract

CASE STUDIES

CASE STUDY #1

1st time having acupuncture
35 year old female, 1st visit 37+3 weeks gestation, 1/0
CC of anxiety, swelling, nausea, reflux, insomnia, leg cramps, hip pain, pelvic pain, and malposition of baby-OP
Treated her 3x TCM no AIG

GRAPH #1
CASE STUDY #2

- 34 year old female, 5 visits
- CC: Back pain-near the crack of her butt-painful to sit and stand-lying down hurt
- 2nd CC: Neck and shoulder tension
- 3rd CC: NPL
- History of CC:
  - Gravida/Para?: 1/0
  - Past pregnancies/complications
  - 12 weeks? 38/39
  - EDD? 12/14-12/20...induction scheduled for 12/23
  - Doctor or midwife? MD
  - Where delivering? Balboa
  - Complications? No
  - Doula? Education? Makayla HB
Deb is nothing short of amazing! I had a wonderful acupuncture experience with Deb. She helped identify and alleviate severe aches and pains at the end of my pregnancy. I even had trouble sleeping and resting because I was in so much pain. Using a specialized computer system to pinpoint specific pain areas, her methods helped me relax and encourage my baby to be in the correct position. Throughout my pregnancy, my daughter was in constant motion and favored being “sunny side up” which caused me a tremendous amount of back and hip pain.
My daughter would be in the correct position one day and then she’d be “sunny side up” again the next day. When my due date passed, I was hesitant to schedule an induction… I wanted my daughter to arrive on her own time (without drugs), but I was also more than ready for her arrival. I saw Deb on Christmas Eve and in addition to using her routine acupuncture techniques, she also encouraged me to utilize a laser pointer on various pressure points all over my body throughout the day. Less than 12 hours later my water broke! Without a doubt, Deb helped facilitate my daughter’s arrival. I recommend Deb to all of my friends. There’s no other acupuncturist that I trust as much.
CASE STUDY #4

- 36 year old female, 2/1, 34 weeks, plan VBAC,
- CC: All over body pains 10/10
- 2nd CC: Red itchy rash
- Past history of PUPPS in last pregnancy. Had a c-section and healthy baby full term

PUPPS RASH:
(Pruritic Urticarial Papules and Plaques of Pregnancy)

2ND VISIT
- CC: Body pain
- 2nd CC: Breech baby
- 3rd: Rash
- 4th: Sinus congestion
- 5th: Stress

ACUGRAPH CHART #1
ACUGRAPH CHART #2

COMPARING CHARTS

ACUPUNCTURE TECHNOLOGY SYMPOSSUM

3RD VISIT
- Response from last treatment
  - Huge pain reduction
  - Baby turned back head down
  - Sinus congestion decreased
  - Rash went away
- CC: Back & pelvic pain 4/10, stress

CASE STUDY #5

DOCTOR VISIT
CASE STUDY #5

GRAPH DURING EARLY LABOR

FAVORITE LABOR POINT

ACTIVE LABOR BEGINS

A HEALTHY BABY IS BORN
"Deb was my Doula for my recent VBAC. She did an amazing job preparing me for birth, supporting me throughout my entire labor, and following up with me postpartum. Specifically, Deb used the AcuGraph technology during my pre-lab. She performed an acupuncture/laser treatment stimulating the points prescribed by the AcuGraph and successful started my active labor."

ACUPUNCTURE TECHNOLOGY SYMPOSIUM

CLINICAL GEM

- **SI 7-ashr**
- **Location:** On the line connecting SI 5 and SI 8, 5 cun superior to SI 5, in a groove between the ulna and flexor carpi ulnaris.
- **Attributes:** Luo point of the Small Intestine channel.
- **TCM Actions:** Clears the mind; resolves exterior heat; courses channel pathogens.
- **Indications:** Stiff neck; weakness of the elbow; pain in the fingers— nervousness, fright, fear, sorrow, anxiety; lumbar pain.
- **Needling Information:** Perpendicular or oblique insertion .5 - .8 cun. Moxibustion is applicable.

AURICULAR SI 7

- **Location:** 70 Hz.
- **Attributes:** This point is the auricular analogue to the Luo (connecting) point on the main meridian. It is indicated for treatment of split (left/right imbalances) meridians.

MOST COMMON EAR POINTS

FAVORITE AURICULAR POINT COMBO

Postpartum-Related Point Names & Descriptions

- **A. Shen Men:** Found in traditional Chinese medicine to link to the cerebral cortex, this point is believed to calm the mind and spirit, and to alleviate stress, anxiety and insomnia.
- **B. Point Zero:** Bringing energy and hormones into balance.
- **C. Uterus:** Bleeding/menstrual discomfort.
- **D. Kidney:** Used for increasing energy & nourishing the body.
- **E. Endocrine:** Hormone imbalances.
FAVORITE POINTS FOR L&D

- LI 4
- SP 6
- UB 32

WRAPPING UP

- Easy to add technology to private practice
- Patients love it
- Options for patient care

QUESTIONS?

THANK YOU!

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# Pregnancy & Birth Resource Page

## Websites by Topic:

<table>
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<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>Doulas</td>
<td>DONA.org</td>
</tr>
<tr>
<td>Midwives</td>
<td>Midwife.org</td>
</tr>
<tr>
<td>Acupressure During L&amp;D</td>
<td>Acupuncture.rhizome.net.nz</td>
</tr>
<tr>
<td>Research on Acupuncture During Labor &amp; Delivery</td>
<td>cochrane.org/CD009232/PREG_acupuncture-or-acupressure-for-relieving-pain-in-labour</td>
</tr>
<tr>
<td>Cesarean Rates at the Hospitals Near You</td>
<td><a href="http://www.CesareanRates.com">www.CesareanRates.com</a></td>
</tr>
<tr>
<td>Vaginal Birth After a Cesarean</td>
<td>VBACfacts.org</td>
</tr>
<tr>
<td>International Cesarean Awareness Network</td>
<td>ICAN-online.org</td>
</tr>
<tr>
<td>Breast Feeding Support</td>
<td>SDBFC.com</td>
</tr>
<tr>
<td></td>
<td>cdc.gov/breastfeeding/data/reportcard.htm</td>
</tr>
<tr>
<td>Hypno Birthing</td>
<td>US.HypnoBirthing.com</td>
</tr>
</tbody>
</table>

## Other Websites:

- ImprovingBirth.org
- BirthMonopoly.com
- EvidenceBasedBirth.com
- ChildbirthConnection.org
- MotherFriendly.org
- SpinningBabies.com
### Authors/Books:

<table>
<thead>
<tr>
<th>Book</th>
<th>Author</th>
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<tbody>
<tr>
<td>All Books</td>
<td>Ina May Gaskin</td>
</tr>
<tr>
<td>All Books</td>
<td>Penny Simpkin</td>
</tr>
<tr>
<td>The Essential Guide to Acupuncture in Pregnancy &amp; Childbirth</td>
<td>Debra Betts</td>
</tr>
<tr>
<td>Childbirth Without Fear: The Principles and Practice of Natural Childbirth</td>
<td>Grantly Dick-Read</td>
</tr>
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### Movies:

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<tr>
<td>The Business of Being Born</td>
<td><a href="http://www.youtube.com/watch?v=dCiQrcP0Qas">www.youtube.com/watch?v=dCiQrcP0Qas</a></td>
</tr>
</tbody>
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Deb Davies, L.Ac.  
www.PUSHSanDiego.com
Deb’s Doula Tips

- Differentiate if you are going to doula or be their acupuncturist
- Contract is a must!
- Hire a back up
- Never turn your phone off
- Work with the parents prenatally for best outcomes, at least twice
- Help them develop their birth plan
- Remain calm and confident no matter what! Fake it ‘til you make it!
- Dim the lights & create intimate environment
- Encourage mom to trust her body, her baby and her birth
- Follow mom’s lead on temperature of room
- Encourage partner involvement and oxytocin release
- Make sure she always has a drink in her hand. I prefer for her to have two different things she likes to drink.
- Encourage her to eat every few hours, or if later in labor a bite or two every so often.
- Insist mom have ipod with head phones and make birth play list in advance
- Change position every 20 minutes
- If mom looks scared or sad ask her what is going on in her head and talk
- Encourage movement for all long as possible
- Make sounds with her
- Talk in soft voices
- No outside talk/conversations (leave the room if you need to make a call)
- Don’t leave no matter what
- Time your bathroom breaks in between contractions
- Sleep when she sleeps
- Encourage her to get in the water-tub or shower is awesome!
- Tuck her in bed for a rest with her partner
- Let her emotions come out-cry or laugh with her
• If labor slows or stalls ask if they can have 1-2 hours before any induction

• Get a diffuser and some essential oils. Serenity or lavender, orange or lemon, clary sage are the minimal. Use them often!

• Invest in 40 blinks

• Bring massage lotion or oil

• Bring clothes-for hot or cold temperatures, bathing suit, tampons, pads

• Bring snacks, cash & coins for at the hospital. Phone charger.

• Make sure you know how to enter the hospital, birth center, home-parking

• Recite birth affirmations

• Use a birth ball or peanut ball if laying down

• Announce hallmark signs of progress

• Cover the clock and do not discuss time

• Encourage vaginal exams kept to a minimum

• Get a rebozo and check out the Spinning Babies website

• Bring your backup in if you have hit your limit

Deb Davies, L.Ac.
www.PUSHSanDiego.com
New Pregnancy Patient Intake

- CC:
- 2nd CC:
- 3rd CC:

History of CC (complete this section in AG):
- Gravida/Para?
- Past Pregnancies/Complications?
- #weeks?
- Estimated Due Date?
- Doctor or midwife?
- Date of last visit?
- Info from last doctor/midwife visit?
- Where delivering? Hospital? Birth Center? Home?
- Complications?
- Doula?
- Education?

Common Symptoms
- N/V:
- Fatigue:
- Pain:
- Anemia:
- HA:
- Swelling:
- Vericosities:
- Energy:
- Sleep:
- Temp:
- Appetite:
- Digestion:
- Elimination:
- HEENT:
- Emotion:
- Other:
- T:
- P:
- TCM Dx:
- Treatment:

- Referrals Made:

- Research to Do:

- Thoughts for Next Visit:
Follow Up Pregnancy Intake

Response to Last Treatment:

- Gravida/Para?
- #weeks?
- CC:
- 2nd:
- 3rd:

- History of New Symptoms?
- Last MD/midwife visit? Findings?
- Concerns?

Common Symptoms:

- N/V:
- Fatigue:
- Pain:
- Anemia:
- HA:
- Swelling:
- Placenta Previa:
- NPL:

- T:
- P:
- TCM Dx:
- Treatment:

- Referrals Made:

- Research to Do:

- Thoughts for Next Visit: