J Acupunct Meridian Stud 2017;10(6):409—410

Available online at www.sciencedirect.com

Journal of Acupuncture and Meridian Studies

journal homepage: www.jams-kpi.com

Impact Shot

Simulation in Cupping Training: An Innovation Method

Tamer Aboushanab*, Saud M. AlSanad

National Center for Complementary and Alternative Medicine, Riyadh 11662, Saudi Arabia
Available online 6 November 2017

Received: Oct 11, 2017
Accepted: Oct 27, 2017

Cupping therapy is an ancient practice [1] Use of skin simulator in cupping training is an innovation method. Skin simulators were used to enhance the safety of the trainees and improve outcomes in surgical training [2] The following are the procedural cupping skills to acquire: making skin incisions, applying various suction power degrees, skin disinfection, and performing various types of cupping [3] This novel method was preliminary evaluated for its efficacy by medical students. It is a promising learning tool which may improve the procedural skills and confidence of cupping trainees in a safe environment [4], Fig. 1 demonstrated the use of skin simulator in cupping therapy training.

* Corresponding author.
E-mail: tamer.shaban@gmail.com (T. Aboushanab), s.alsanad@nccam.gov.sa (S.M. AlSanad).

pISSN 2005-2901 eISSN 2093-8152
https://doi.org/10.1016/j.jams.2017.10.003

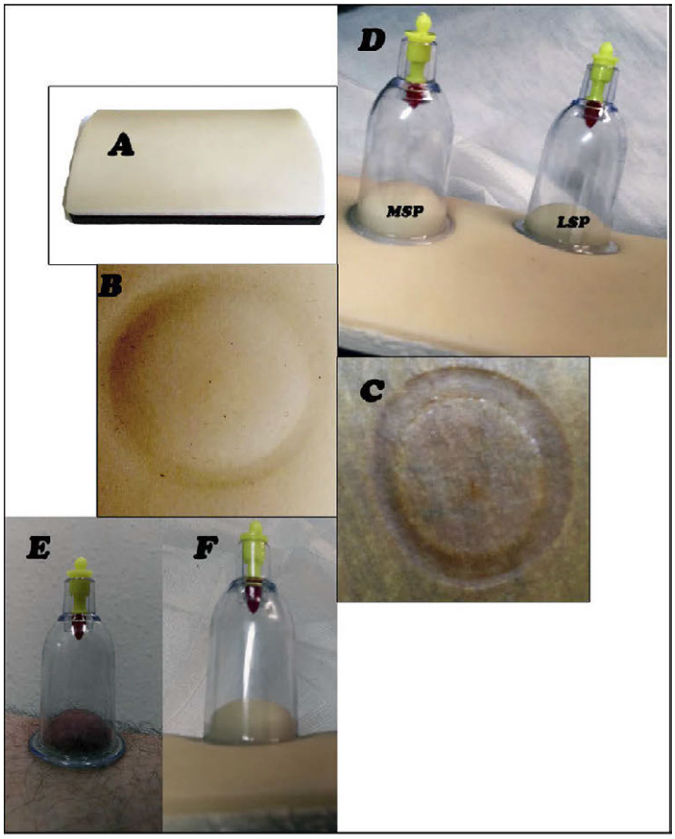

Figure 1 Cupping therapy simulation. (A) An artificial silicone skin was 180 × 100 × 25 mm in size, simulated skin, subcutaneous fat and muscles layers; (B) the cupping mark on the artificial skin; (C) the cupping mark on human skin; (D) comparison of power of suction on artificial skin simulator; (E) moderate suction on human skin; and (F) moderate suction on artificial skin simulator. LSP = light suction power; MSP = moderate suction power.

Disclosure statement

All authors affirm that there are no conflicts of interest and they have no financial interest related to the material of this manuscript.

References

[1] Cao H, Li X, Liu J. An updated review of the efficacy of cupping therapy. PLoS One 2012 Feb 28;7(2), e31793.

[2] Wang Xiaojie, Albahrani Yasser, Pan Michael, Levitt Jacob. Skin simulators for dermatological procedures. Dermatol Online J 2015;21(11).

[3] Al-Bedah AM, Aboushanab TS, Alqaed MS, Qureshi NA, Basahi JA, El-Olemy AT, et al. The use of medical simulation in cupping therapy training: a novel idea from the national center for complementary and alternative medicine. J Compl Alternative Med Res 2016;1(3):1—4.

[4] Al-Bedah AM, Aboushanab TS, Alqaed MS, Qureshi NA, Al-subai I, El-Olemy AT, et al. Assessing the effectiveness of using simulation in cupping therapy training course for undergraduate medical students: a study in Riyadh, KSA.