



AIAM HOLISTIC PULSE



October 2022

FALL QUARTER CALENDAR

Quarter Begins.....Oct. 3rd

Add/Drop Deadline.....Oct. 9th

Faculty Development
Day*....October 25th

Thanksgiving Day**...Nov. 24th

Christmas**...Dec. 26th

New Year Eve**...Dec. 31st

Quarter Ends...Dec. 29th

*AIAM closed to students

**AIAM closed for holiday
observation

CELEBRATING

October is a busy month for AIAM programs. National Medical Assistants Week is October 18-22; National Massage Therapists Week October 23-29; National Acupuncture Day is October 24th! It's funny how they all fall around the same time in October.

AIAM began as a school for massage therapy and has grown to include our other wonderful programs. We are so proud of everyone who wants to go into the health care field to help others, and we are happy to provide multiple educational options for our students! Each career choice is a valuable resource to healthcare, and you are amazing for learning the field that's right for you.

It's also the start of a new quarter, so welcome back to all our returning students, and welcome to everyone joining us!



"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."

~ Malcolm X ~

MEDICAL ASSISTING

Encouraging words from AIAM Medical Assistant instructor and Career Services Manager, Kay Odom:

“Becoming a Medical Assistant is one of the best decisions that I made back in 2005. I started out as a CNA and moved up to being a MA within 4 years of being out of high school. I had three girls while going to school and the tuition at the time was only 10k, while now the tuition is a bit higher the reward is even greater! I am a National Registered Certified Medical Assistant with my degree in Health Care Administration. I have worked as an Office Manager, Career Services Director, and Medical Assisting Instructor. You can do the same thing!

As a Medical Assistant you can have that Mon-Fri work schedule, no weekends. You can become an Office Manager, depending on how well you do within that office or the company. It also helps a lot for someone who is wanting to become a Nurse (LPN/RN). Why? Because it helps you to understand the work so much better, nothing will be foreign to you going in. Let Medical Assisting be your steppingstone to a brighter future and Nursing Career.”

Medical Assistant Nutrition Facts

Serving Size 1 Amazing Medical Assistant

Amount Per Serving

Awesomeness **200%**

% Daily Value*

Dedication **100%**

Work funnyclan **80%**

Play **20%**

Critical Thinking **100%**

Problem Solving **100%**

Focus **100%**

Wrong Answer **0%**

Caffeine **100%**

*Percent Daily Values are based on 1 amazingly great Medical Assistant. Your Daily Values may be higher or lower depending on how good of a Medical Assistant you are.

25 REASONS TO GET A MASSAGE

- 1 Relieve stress
- 2 Relieve postoperative pain
- 3 Reduce anxiety
- 4 Manage low-back pain
- 5 Help fibromyalgia pain
- 6 Reduce muscle tension
- 7 Enhance exercise performance
- 8 Relieve tension headaches
- 9 Sleep better
- 10 Ease symptoms of depression
- 11 Improve cardiovascular health
- 12 Reduce pain of osteoarthritis
- 13 Decrease stress in cancer patients
- 14 Improve balance in older adults
- 15 Decrease rheumatoid arthritis pain
- 16 Temper effects of dementia
- 17 Promote relaxation
- 18 Lower blood pressure
- 19 Decrease symptoms of Carpal Tunnel Syndrome
- 20 Help chronic neck pain
- 21 Lower joint replacement pain
- 22 Increase range of motion
- 23 Decrease migraine frequency
- 24 Improve quality of life in hospice care
- 25 Reduce chemotherapy-related nausea

Massage is good medicine.
Find the right massage therapist for
you at FindAMassageTherapist.org



MEDICAL MASSAGE THERAPY

It's the American Massage Therapy Association's (AMTA) 26th Annual National Massage Therapy Awareness Week (NMTAW)!

<https://www.amtamassage.org/resources/sharing-benefits-of-massage/national-massage-therapy-awareness-week/>

The AMTA talks about 3 ways to celebrate NMTAW:

1. **Educate the public.** This will be a great week to raise awareness on the health benefits of massage therapy. The AMTA link above has a link for some free massage education materials that you can access so you don't have to recreate the wheel or if you're just not sure what all to say.
2. **Leverage your digital presence.** This is a great way to boost your digital presence with clients and community. Update or create a website, post facts and articles on your social media. The AMTA has helpful social media tips, again using that link above.

3. **Update your profile on AMTA's Find a Massage Therapist® Locator Service.** If you haven't already created a profile on their page, now is a great time to do so. If you already have one, make sure your information is up-to-date.

Their website also includes resources, research, and continuing education.

ACUPUNCTURE

Acupuncture Chair, Hong Chen, contributed this article and some funny comics for some great information on acupuncture and TCM.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3796320/> Below are highlights from the article:

In the United States, there is significantly increased familiarity with acupuncture and U.S. patients have sought acupuncture treatment to relieve stress-related syndromes, to enhance the immune system, to reduce insomnia, to improve athletic performance, and to address Alzheimer's disease, as well as for cardiac and poststroke therapy.



Acupuncture can be combined with conventional Western medicine for pain management in patient with cancer to reduce dosages of narcotic medications, side-effects, adverse reactions, and the possibility of narcotic addiction. Because of acupuncture's increased popularity, acupuncture training schools have been set up in the United States, and some insurance companies cover acupuncture therapy.

Interest in acupuncture in the United States was aroused relatively late, compared to Europe. Through the eighteenth, nineteenth, and twentieth centuries, interest in acupuncture within the medical establishment fluctuated.

Acupuncture remained relatively unknown to the U.S. public until former President Nixon's trip to China in 1972, where acupuncture as a potentially useful medical modality was noticed by the visiting people from the United States. Upon his return, Major General Walter R. Tkach, of the U.S. Air Force and physician to Nixon, wrote an article in the July 1972 issue of *Readers Digest*, entitled, "I Watched Acupuncture Work,"¹⁸ which helped to popularize acupuncture in the United States.

In 1997, the National Institutes of Health (NIH), after mounting evidence from clinical trials, formally acknowledged acupuncture for its value in relieving pain, nausea after surgery or chemotherapy, and morning sickness; and effectiveness in treating conditions, such as headaches, asthma, stroke rehabilitation, and fibromyalgia. The NIH also recommended that acupuncture be taught in medical schools.

In late 1998, the *Journal of the American Medical Association (JAMA)*, published a study examining how the herb mugwort, when allowed to smolder (and removed before it became too hot) on the little toes of pregnant women, affected fetuses in the dangerous breech position.²⁴

The impact of acupuncture in the United States has been marked by vicissitudes throughout the foregoing years. There have been various degrees of acceptance and influences on society in general, and the health care system in particular. In the United States, acupuncture anesthesia for surgery is currently rarely done because it is more time consuming and does not achieve the total muscle relaxation that general anesthesia does. Nevertheless, acupuncture has been more widely used since the NIH acknowledged this modality's usefulness.¹ There

are many hospitals with acupuncturists on staff. It has been estimated that nearly 20 million Americans have tried acupuncture for various ailments and the number of acupuncture procedures almost tripled between 2000 and 2010.²⁶ According to Yemen M. Chen, OMD, PhD, the president of the New York College of Traditional Chinese Medicine, there are currently 16,000 acupuncturists in the United States (personal communication). Throughout professional sports—from football to baseball to tennis and track and field—a growing number of athletes are seeking acupuncture to treat injuries, musculoskeletal tenderness, inflammation, and pain. Many patients in the United States routinely rely on acupuncture to alleviate non-sports-related health problems—including allergies, asthma, flu, stress, depression, insomnia, irritable bowel syndrome, sciatic pain, carpal tunnel syndrome, and discomforts from postcancer therapy.^{26,27}

Presently, almost every state in the United States has laws regulating acupuncture practice. There are 55 acupuncture schools in the United States, and many practitioners in this country have received their certificates. Many licensed physicians and dentists acquired their acupuncture licenses through continuing education, and several universities offer acupuncture courses to both post and predoctoral students of health science. In addition, an increasing number of insurance companies cover acupuncture costs for patients.

Now there is a campaign on the Acupuncture for Our Seniors Act (H.R. 4803) that U.S. Representative Judy Chu (D-California) introduced on July 29, 2021. Medicare recognition would enable qualified acupuncturists to provide covered services to Medicare beneficiaries—over 60-million Americans.



MESSAGE FROM THE DEAN



The faculty and staff at AIAM love learning and we love to help people learn what they need for their dream careers. We see our adult learners in all your challenges and all your excitement for your future. We are here to help you on this educational journey.

As the Academic Dean, I am responsible for students and faculty in our programs. I have expertise/credibility and I care about you and your success; both of these are equally important, and together these are why you can trust me. There will be times what I say and do may confuse you or even seem unfair or wrong. I am always here to talk to you about things so that you understand. Policies govern what we do and what decisions are made, and just as students must follow policies and rules, so must we. Our accrediting and approving agencies require us to adhere to our policies.

Your faculty care about your success. Like most teachers, they put in a lot of time not only in preparing materials, grading, and teaching, they put in a lot of time thinking about ways to improve their teaching methods, the course materials, ideas to help students learn more effectively and test more successfully.

We will help you but sometimes we'll need help *from* you, as well. We cannot let you be passive. At times, we will push you to greater goals and expectations; we will not give up on you.

You are the reason we are here. You have a potentially different future from what you can accomplish here as you graduate, pass your Board exam, and head into your healthcare career. This means your best days are ahead of you, even though sometimes the challenges along the way can feel daunting. Hold onto your vision in those moments.

You have an active and constant role in your learning. It may not always seem like it, but you're in control of your own failure or success. You are not a letter grade, grade point average, test score, diploma, or degree in this school's success. We see **you**; we see your goals; we see your challenges.

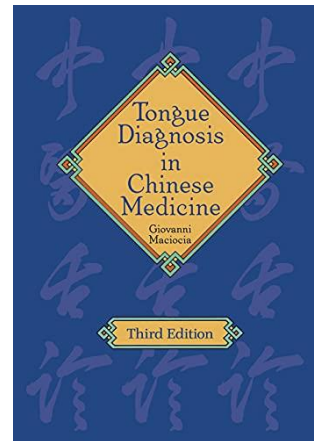
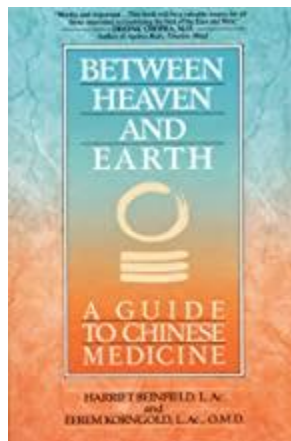
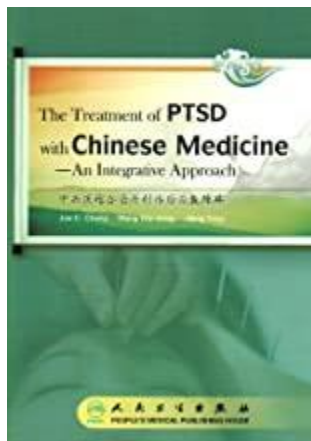
Your success is our success, for without your success, our work has no meaning. You inspire us. Keep on keeping on.

Summer Quarter 2022 Dean's List (3.7 Term GPA and above)

Jodi	Ault	Aimee	Adams
Augustina	Brobbey	Candace	Flores
Mackenzie	Brown	Adesua	Okonofua
Kierea	Defoor	Gladys	Thomas
Priscilla	Doh	Stephanie	Charache
Noella	Fornkeh	Eveline	Njenwie
Jen	Fox	Emily	Devereaux
Shane	Hughes	Bineno	Mwansa
Rebecca	Manga	Emmanuel	Tabi
Eric	Namaky	Morgan	Argabrite
Elizabeth	Ogundeinde	Patience	Muankang
Chukwudi	Okoye	Sandra	Blebo
Cosmos	Oppong	Christiana	Emessong
Florence	Seisay	Lisa	Hopps
David	Hud'Homme	Esinam	Odoi
Veronica	Johnson	Jordan	Elliott
Jasmine	Littlejohn	Adele	Atehnchong
Nicholas	Devol	Dorothy	Addison
Roy	Oldfield	Connor	Gessells
Daniel	Togba	Phibian	Dukuray
Allison	Sargent	Christina	Hayford
Sherri	Fisher	Tutue	Kpoto
Mariama	Kamara	Dialle	Motale Pauline
Gifty	Atubga	Rosebeline	Ngemasong
Alicia	Brime		



Library Spotlight: Acupuncture



The Complete Book of Chinese Health & Healing, by Daniel Reid

The Treatment of PTSD with Chinese Medicine: An Integrative Approach, by Joe Chang, Wang Weidong, & Jiang Yong

Between Heaven and Earth: A Guide to Chinese Medicine, by Harriet Beinfield and Efrem Korngold

Tongue Diagnosis in Chinese Medicine, by Giovanni Maciocia

You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords. You will be notified when the book is available for pickup from the lobby area. Databases, journals, nursing ebooks, and more are available at

<https://aiam.populiweb.com/router/library/links/index>

Is there a book you would like to recommend for the AIAM Library? Email recommendations to Melissa Fischer at mfischer@aiam.edu

Questions about library resources? Email Ms. Fischer at mfischer@aiam.edu

AIAM IMPORTANT DATES AND OTHER INFO



FALL 2022 TEST-TAKING STRATEGIES SCHEDULE

**Just click to attend, no email or registration necessary.
Must have Zoom setup with first and last name as in Populi for admittance.
No late admittance and classroom rules apply.**

Tuesdays at 3:00pm, October 11-November 29 (no session on Tuesday October 25)
<https://us02web.zoom.us/j/85292022340?pwd=MTBNYUgwRDBPak9LTfo2Q1RDT1ZPZz09>
Meeting ID: 852 9202 2340
Passcode: 632695

Wednesdays at 12:00pm, October 12-November 30
<https://us02web.zoom.us/j/84731616364?pwd=dm5FNVd1OXFpbWpESFJVbzFLK2Rldz09>
Meeting ID: 847 3161 6364
Passcode: 755557

*** AIAM IMPORTANT REMINDERS ***

- Masks are no longer required in administrative areas and classrooms; however, they are strongly recommended. Please be respectful of each other. If someone is masked, please ask if they would feel more comfortable with you being masked also.
- In the Clinic, it is up to the client and the clinician if they are masked. Mindbody indicated if a clinician (Massage, Acupuncture, and Reflexology) requires masks or not in their treatment room and all of their clients will be required to wear a mask. If one wants to be masked and wants the other to be masked, they will both be masked. It will be up to the masked person if they are both masked or not.
- Check your AIAM email regularly for important communications from faculty and administration.
- When coming on campus, DO NOT park in front of any space with a sign. You will be towed.
- Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.

#AIAMSTRONG

No appointment needed

FREE FLU & COVID-19 VACCINE



Columbus Public Health offers free flu and COVID-19 vaccines on-site and at community clinics. The primary COVID-19 vaccine series is available for ages 6 months and older, and bivalent boosters are available for ages 12 years and older. (You are eligible for a booster two months after a COVID-19 vaccine.) The seasonal flu shot is available for ages 6 months and older.

1. COLUMBUS PUBLIC HEALTH

240 Parsons Ave.

Mondays, Wednesdays, Thursdays & Fridays

9 a.m.-4 p.m.

Tuesdays • 11 a.m.-6 p.m.

2. COLUMBUS FIRE STATION 18

1630 Cleveland Ave.

Wednesdays (Oct. 5-Nov. 16) • 10 a.m.-6 p.m.

3. COLUMBUS FIRE STATION 10

1096 W. Broad St.

Wednesdays (Oct. 5-Nov. 16) • 10 a.m.-6 p.m.

4. COLUMBUS FIRE TRAINING ACADEMY

3639 Parsons Ave.

Saturday, Oct. 15 • 10 a.m.-2 p.m.

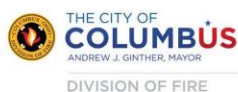
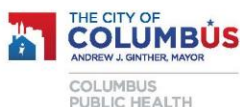
Saturday, Oct. 29 • 10 a.m.-2 p.m.



HOME VISITS

Columbus Public Health offers free COVID-19 and flu vaccines to homebound Franklin County residents. To request a home visit:

- Call **614-645-1519**
- Fill out an online form at columbus.gov/c19vax



Learn more at columbus.gov/c19vax or call 614-645-1519.