



Thoughts on the Reform of Ideological and Political Teaching of “Tuina Manipulation”

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ARTICLE INFO

Article history

Received: 30 September 2020

Revised: 6 October 2020

Accepted: 9 October 2020

Published Online: 16 October 2020

Keywords:

Tuina technique

Ideological and political teaching reform

“Integrated” teaching

ABSTRACT

Based on the current problems in the teaching of “Tuina Manipulation” course in our school, and the requirements of ideological and political teaching reform in the background of the new era, on the basis of consulting related literature and experience of actual teaching conditions, exploring the integration of ideological and political education elements into massage An effective way of teaching courses, put forward the ideas of Tuina ideological and political teaching reform. Ultimately, it will achieve the goal of “integrated” teaching of basic tuina courses, professional skills practice, moral quality improvement, comprehensive quality training, and training a group of high-quality and high-level Chinese medicine talents that meet the needs of social development.

1. Introduction

Tuina is a shining pearl in the long history of traditional Chinese medicine. Its appearance and application can be traced back to the “Internal Classics”. “Suwen·Blood Qi Xingzhi” mentioned that “the shape and number are frightened, the meridians are blocked, and the disease is born of inhumanity, the treatment is with massage mash.” It can be seen that Tuina was used in clinical practice under the name of “massage” at that time^[1]. And in the Qin and Han Dynasties, Wei

Jin Southern and Northern Dynasties, Sui and Tang Dynasties, Song Jin and Yuan Dynasties, they experienced germination, development, prosperity, further improvement and stagnation in the late Qing Dynasty^[2]. The development of TCM Tuina is the unity of advancement and tortuousness. Generally speaking, it tends to be perfect under the spiral development. Although Tuina therapy has a long history and has been verified and developed in countless practices, it has not been eliminated by the torrent of history. However, in the context of the current era, in the context of the deeper medical reform, the develop-

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Research direction: research and clinical application of the mechanism of acupuncture and massage.

Fund Project: Anhui University of Traditional Chinese Medicine Course Ideological and Political Teaching Reform Pilot Project (kcsz2019043).

ment of Tuina has been severely affected by the continuous impact of modern medicine. The test^[3]. As a clinical basis, the teaching of Tuina is also an important link that cannot be ignored. The reform and innovation of the ideological and political theory courses are proposed under the requirements of grasping the characteristics of the times. Curriculum ideological and political is an important measure for the reform of ideological and political teaching. The integration of ideological and political elements into the teaching of professional courses can achieve the unity of professionalism and ideological and political, and the coordination of moral education and intellectual education has important theoretical and practical significance^[4]. Corresponding research and exploration have been carried out on the ideological and political teaching reform of many professional courses such as computer network, engineering cost, financial management, and nursing, and certain practical results have been obtained^[5-8]. However, there are few reports on the ideological and political reform thinking and related measures of Tuina major courses. Therefore, this paper takes the teaching of Tuina Manipulation Course in our school as an example, and proposes ideas for the reform of Tuina ideological and political teaching on the basis of consulting related literature and experience of actual teaching conditions.

2. The Current Teaching Situation of “Tuina Manipulation”

2.1 The Textbook Selection

The textbook selection is edited by Wang Zhihong, “Tuina Manipulation”, People’s Medical Publishing House, 2016, third edition.

2.2 Classroom Situation

Mainly students majoring in Acupuncture and Tuina at the School of Acupuncture and Bone Trauma. Including the acupuncture college promotion class, the acupuncture undergraduate class, and the orthopedics class, each class has a total of 56 hours, including 48 hours for theory, 8 hours for experimental training, 2 hours for apprenticeship, and 8 hours for independent study. In actual teaching, according to the school’s teaching plan, teaching hours can be appropriately increased or decreased.

2.3 Classroom Teaching Format

Theoretical class hours are mainly based on the teaching syllabus by the course teacher, using various methods such as courseware, videos, slides, charts, etc., combined

teaching with oral teaching, blackboard writing, interactive discussion, etc.; the arrangement of experimental training and probation in designated classrooms or clinical departments of school affiliated hospitals, teachers with clinical experience and teaching experience teach professional massage skills; during self-study classes, students are arranged to study independently in self-study rooms or clinical departments according to their own needs and wishes.

2.4 Teaching Content

The introduction includes the formation and development of Tuina techniques, the characteristics of Tuina techniques, classification and main content of Tuina techniques, the theoretical basis of Tuina techniques, and the learning methods of Tuina techniques.

2.5 Teaching Goals

Master the basic theories and basic knowledge of massage techniques in accordance with the requirements of the syllabus, and learn the operating skills of various massage techniques. Students can use their own knowledge of Chinese medicine to deal with various common clinical diseases based on the principle of syndrome differentiation.

2.6 Assessment Situation

The examination method is divided into two parts: theoretical knowledge and practical training. The theoretical score accounts for 70%, and the practical operation ability accounts for 30%.

3. Problems in Current Teaching

3.1 The Lack of Integration of Ideological and Political Education Elements

The study of basic theories in massage teaching occupies a large proportion, but the classroom integration of ideological and political education is very weak. Teachers, as the leader, occupy a dominant position in teaching, but in reality, many teachers themselves are aware of ideological and political teaching concepts Relatively weak. The school requires teachers to master the syllabus and teaching materials proficiently, understand the content of related courses, and fail to make detailed requirements in terms of ideological and political teaching.

3.2 The Teaching Method Is Relatively Simple

In the actual teaching process of theoretical classes, the use of multimedia is often relatively simple. Teachers mainly use PPT made by teaching plans with interspersed

teaching videos for classroom teaching. The interactive discussion link with students is relatively weak and has not received the attention it deserves. It is still the traditional teaching mode of “Teacher as the main body”.

3.3 Theory and Practice Are Derailed

The content of Tuina teaching includes the basic theories of traditional Chinese medicine and related basic theories of western medicine. It mainly offers courses such as Tuina, Tuina Manipulation, Tuina Therapeutics, and Tuina Gong^[9]. Traditional teaching focuses on the theoretical study in the classroom, and lacks the emphasis on the teaching arrangement of the practical courses such as Tuina Manipulation and Tuina Gong. Even if the corresponding experimental training operations are arranged, it is often due to the lack of standardized teaching venues, effective teaching methods, and unified teaching procedures that produce twice the result with half the effort. At the same time, the initiative and enthusiasm of students in learning cannot be mobilized, and their feedback responses to teaching are not ideal.

4. Several Ideas for Reform

4.1 Pay Attention to the Ideological and Political Education Through Tuina Teaching

This course is based on the actual situation of students and gives full play to the characteristics of the professional courses. At the same time, it refines patriotism, legal awareness, social responsibility, cultural confidence, humanistic spirit and other elements, and transforms it into a concrete and vivid carrier of core values education. Special lectures are adopted, and relevant massage techniques are introduced with ideological and political stories and cases. Incorporate the core socialist values and the content of Chinese excellent traditional culture education into the teaching requirements. According to the stepped growth characteristics of students’ professional learning and the complexity of the social problems encountered by the students, the progressive teaching path of moral education is systematically designed and solidified in massage techniques. In the teaching syllabus, promote the full coverage of ideological and political education in the training of Tuina talents.

4.2 Pay Attention to the Construction of the Training Model of TCM Clinical Thinking Ability of Medical Students

Syndrome differentiation and treatment is the core of Chinese medicine and the basis of TCM clinical practice.

To master the techniques and methods of differentiation and treatment, the clinical thinking of TCM must be established. Over the years, we have actively explored the methods of training medical students’ TCM clinical thinking in the teaching process, and constructed a training model for medical students’ TCM clinical thinking ability from theoretical teaching, practical teaching, and ideological education. In terms of course assessment methods, the proportion of practical ability still needs to be increased, and the content of the assessment needs to be organically linked with the students’ future vocational skills requirements, and at the same time, the students’ application ability and self-comprehensive ability should be continuously strengthened.

4.3 Pay Attention to the Cultivation of Clinical Practice Ability of Medical Students

Practical teaching needs to run through the entire teaching process of the team, insist on cultivating the students’ clinical practice ability, and use the provincial demonstration experimental training center as a platform to carry out medical student massage skills training and assessment, so that medical students can fully adapt to the needs of medical and health institutions, To meet the needs of patients, meet the needs of society, and meet the needs of continuing medical education.

4.4 Pay Attention to the Use of Multiple Teaching Methods

- (1) The traditional oral teaching method is combined with the interactive discussion teaching method.
- (2) The organic combination of multimedia teaching and writing on the blackboard, with excellent illustrations and texts, outlines and guides.
- (3) Combination of theoretical teaching and practical skills training.
- (4) Open practice teaching encourages students to go to clinic early and apply what they have learned.

4.5 Pay Attention to the Standard Optimization of Teaching Management

4.5.1 Teaching Link Management

(1) Teaching plan management: Teaching plan is the main basis for achieving training goals and organizing teaching. The teaching plan implements the comprehensive development of morality, intelligence, physical education, and beauty, combining theory with practice, focusing on the coordinated development of knowledge and ability, teaching students in accordance with their aptitude

and the principles of overall optimization. And seriously implement and check the implementation of the teaching plan.

(2) Management of the teaching process: The teacher is required to not only write the theoretical content of the relevant courses in the teaching plan, but also intersperse the content of ideological and political teaching, pay attention to the coordination of intellectual and moral education, and the harmony and unity of medical skills and medical ethics. In classroom teaching, a reasonable proportion of heuristic teaching or case teaching is adopted. In teaching assessment, both theory and skill assessment are emphasized, and corresponding ideological and political teaching content is added to the test paper.

4.5.2 Teaching Quality Management

(1) Control the quality of each teaching link: According to the requirements of the teaching plan and the objective laws of teaching, strictly control the quality of each teaching link in the teaching process, and make overall arrangements for classroom lectures, skill training, examinations and other teaching Links in order to achieve the goal of comprehensively improving teaching quality.

(2) Strengthen teaching inspections: at the beginning of the semester, check the teaching documents, teaching plans, teaching plans, etc. to ensure the quality of teaching; at the end of the semester, mainly check the teaching plans, examination papers, etc., to ensure the rationality of teaching and student performance evaluation. Unscheduled inspections are mainly organized by the teaching management personnel for inspection listening classes. The teaching supervisors go deep into the classroom to listen to the lectures to understand the situation related to teaching, learning and teaching management in order to discover and solve problems in time.

5. Conclusion

In recent years, on the basis of a thorough understanding of the essence of the spirit of General Secretary Xi Jinping's speech, colleges and universities have put forward the teaching reform ideas of "curriculum ideological and political", which has been universally recognized. As an innovative concept of ideological and political work in colleges and universities, curriculum ideological and political work answers the fundamental question of "how to achieve morality and fostering people" in the new era, highlighting the ideological and political education functions of various courses, and helping to realize the whole staff and the whole process, All-round education, so as to better implement the fundamental tasks of higher

education in the new era^[10]. Acupuncture and Tuina is an important branch of traditional Chinese medicine and a major advantage. Its theoretical system is relatively independent and complete, its treatment methods are distinctive, and its clinical application is extremely wide. Formed a complete education system^[11]. With the transformation of people's health concepts, Tuina has huge market potential, broad development prospects, and great social needs in the treatment of sub-health state therapy and preventive health care^[12]. Tuina teaching has an important position in the school of Chinese Medicine Hospital. Tuina is the main method for treating diseases in Tuina medicine. The research of the method is the most basic aspect of Tuina research^[13]. However, there are many problems in the actual Tuina teaching process, such as the lack of integration of ideological and political education elements, the relatively single teaching method, and the derailment of theory and practice. Therefore, this paper takes the teaching of "Tuina Manipulation" in our school as the starting point, discusses the ideas of carrying out Tuina ideological and political teaching, and strives to promote the "integrated" teaching of Tuina basic courses, professional skills practice, moral quality improvement, and comprehensive quality training. The theoretical teaching system is integrated with the ideological and political teaching mode, and the professional course learning and practical skills operation are integrated, so that students are familiar with and understand the theoretical textbook knowledge, while their political and ideological awareness is effectively improved, and the professional skills operation is fully mastered and used, and finally Learning is accomplished and learning is useful, contributing to the teaching reform of "curriculum ideology and politics" and training a group of high-quality and high-level medical talents for the country and society.

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