

# AARE Examination FAQs



## PAN-CANADIAN EXAMINATIONS

### 1. How do I prepare for the online proctoring?

Please use the [Online Proctoring Candidate Checklist](#) from CARB-TCMPA.

### 2. Can I use the washroom during the Pan-Canadian online exam?

Yes. All candidates can take a 5-minute washroom break and their exam timer will not stop. The proctor will re-secure the room upon your return.

### 3. What size of whiteboard can I use?

Candidates can use a double-sided whiteboard that is approximately 8.5" x 11" (equivalent to a regular piece of paper).

### 4. Can I use scrap paper and pencil during the Pan-Canadian online exam?

No. Whiteboards will replace the use of scrap paper and pencils.

### 5. If I do not pass the Pan-Canadian Exams, can I retake the component I failed?

If a candidate does not pass the exam, they are required to retake the entire exam including the multiple-choice and clinical case components.

### 6. Will questions related to herbology be included in the Pan-Canadian Examinations for Acupuncturists?

No. Herbology is not tested in the Pan-Canadian Examinations for Acupuncturists. Great resources can be found on our website, [www.acupuncturealberta.ca](http://www.acupuncturealberta.ca), that will help assist you with preparing for the Pan-Canadian Examinations. A few examples include, but are not limited, to the following, [Pan-Canadian Examination Candidate Handbook](#) and [Competency Profile 2019](#).

### 7. When will I have access to the sample test?

You should have received access via email. If you do not receive an email, make sure to check your spam folder/junk mail. Please contact us at [info@acupuncturealberta.ca](mailto:info@acupuncturealberta.ca) if you do not receive access.

### 8. What extra points should I study for the Pan-Canadian Examinations?

You will be expected to know the extra points listed in the Pan-Canadian Exam Candidate Handbook on pages 68-69. Please note that the extra points you need to know for the CAA Acupuncture Points Exam are different.



# AARE Examination FAQs



## 9. What items are permissible for the Pan-Canadian Exam?

You are permitted to bring:

- a clear, label free water bottle
- a double-sided 8-1/2" x 11" dry-erase whiteboard
- a writing utensil

## 10. When will I receive my Pan-Canadian Exam result?

You will receive your Pan-Canadian Exam result 8-10 weeks from your exam day.

## AARE ADAPTATIONS IN RESPONSE TO COVID-19

### 1. Can I attend the exams if I have symptoms of COVID-19?

No, you are required to isolate if you have symptoms of COVID-19.

### 2. Do I need to be fully vaccinated or provide a negative test result of COVID-19?

At this time, there is no requirement for you to provide proof of vaccination or a negative test result.

### 3. Am I required to wear a mask?

Yes. You, and all exam personnel, are required to wear a procedure mask that covers the mouth, nose, and chin.

## CAA MODALITIES EXAM

### 1. How much time do I have to complete the CAA Modalities Exam?

You have 18 minutes to complete the Modalities Exam.

### 2. How do I extinguish the flame used for fire cupping?

A cup of water will be provided in the exam room. You should extinguish the flame by placing it into the water. **Do not remove your mask to blow out the flame.**

### 3. Can I move the high-density pad?

Yes. If you are demonstrating your technique on a high-density pad, you must move it to the general area of the acupuncture point.

### 4. Can I use two heat shields that overlap for the demonstration of moxa on a needle?



# AARE Examination FAQs



Yes, you may use two heat shields that overlap as long as the overall diameter is at least 3 inches in diameter and the diameter of the inner area that is not covered by the heat shields is smaller than 0.5 cm.

**5. Should I light the top or bottom of the moxa cone for the demonstration of moxa on a needle?**

Lighting the moxa cone from either the top and bottom is acceptable. Only verbalize this step and do *not* actually light the moxa cone.

**6. What kind of clean field should I use?**

You do not need to purchase a sterilized clean field. You may use a paper towel to represent a clean field and indicate to the examiner that it is a sterilized clean field. Pack your paper towel in a clean sealed bag as you need to demonstrate appropriate techniques to set up your clean field.

**7. If I have lesions, infection, cuts, rashes, blisters, etc. present on my hands, do I need to wear gloves?**

You must either use gloves (if you feel comfortable for exam-purposes), or CLEARLY STATE “I will use gloves”. Whether you use the former or latter method, you must state every instance of glove changing. You must still state your hand-washing as well.

**8. What is the layout of the exam room?**

An illustration of the exam room layout is provided below. Please note that each exam room will have a slightly different layout.



# AARE Examination FAQs



**9. Should I demonstrate fire cupping over a needle on the foam-mannequin or the high-density pad?**

You must demonstrate fire cupping over a needle on the high-density pad as your cup will not achieve suction on the foam-mannequin.

**10. If I make a mistake, can I verbalize to correct my mistake and get scores back?**

If you make a mistake, you are encouraged to correct your mistake by verbalization. You may receive some scores back depending on the mistake you made and the timepoint you verbalize to correct your mistake.

**11. Can I access my kit for more supplies (e.g., needles) after my clean field has been setup?**

Yes, you must follow appropriate clean needle and infection prevention and control techniques.

**12. If moxa cone falls on the heat shield, is it still considered a critical error?**

No. However, it is considered a critical error if moxa cone falls on the patient directly (i.e. foam mannequin or a high-density pad that is not covered by the heat shield).

**13. Can I use a cardboard wrapped with aluminum foil as a heat shield?**

Yes, you may use a cardboard wrapped with aluminum foil as a heat shield.

## CAA ACUPUNCTURE POINTS EXAM

**1. How much time do I have to complete the Acupuncture Points Exam?**

You have 16 minutes to complete the Acupuncture Points Exam.

**2. Will you provide measurement elastics and strings in the exam rooms?**

No, we will no longer provide measurement elastics and strings. You must bring your own measurement tools.

**3. Will I be provided with adhesive dots/stickers?**

Yes, adhesive dots/stickers will be provided and are available in the exam rooms.

**4. Can I use quick measurements such as handbreadth or fingerbreadth to locate a point?**

It is strongly recommended that you use proportional cun measurements as it is more accurate than quick measurements. However, you don't lose marks for the methods you choose to locate a point. As long as the adhesive dot overlaps with the answer key, you will receive full marks.



# AARE Examination FAQs



**5. Do I need to let the examiner know which acupuncture point I am locating and verbalize my locating procedures?**

It is strongly recommended that you let the examiner know which acupuncture point you are locating and verbalize your locating procedures.

**6. What acupuncture points are not tested due to COVID-19?**

You will *not* be asked to locate acupuncture points around the mouth, nose, eyes, genitals and anus, as the virus is found in saliva, fecal matter, and mucosa.

**7. What extraordinary points should I study for the CAA Acupuncture Points Exam?**

You are responsible to know the extra points listed on pages E-22 and E-23 of the AARE Candidate Handbook, except the extra points that *cannot* be found in *A Manual of Acupuncture* by Peter Deadman (i.e., you are not required to know the extra points that cannot be found in *A Manual of Acupuncture* by Peter Deadman.) Please note that the extra points you need to know for the Pan-Canadian Examinations are different.

**8. What is the size of the adhesive dot/sticker?**

The adhesive dot/sticker is ½” in diameter.

**9. How do I study for the Acupuncture Points Exam?**

It is strongly recommended that you use *A Manual of Acupuncture* by Peter Deadman and its videos to study for this exam. The videos demonstrate the best/essential body positions for needling and proper techniques on how to locate a specific acupuncture point, including the correct proportional cun measurement you should use.

**10. Can I use chest cun measurements for abdomen points?**

No, you cannot use chest cun measurements for abdomen points. For example, you must use the lateral border of the rectus abdominis as landmark to locate ST25.

**11. If I have lesions, infection, cuts, rashes, blisters, etc. present on my hands, do I need to wear gloves?**

Yes, according to the [Safety Handbook](#) (pg. 20), you should wear gloves if you have skin lesions on your hands.

**12. Will there be extra points that require more than one adhesive dot/sticker on the exam?**

Yes, you may need to locate extra points with more than one adhesive dot/sticker.

**13. Do I need to check off “Avoid Nerve/Artery/Vein” for a point?**



# AARE Examination

## FAQs



Yes, you must check off “Avoid Nerve/Artery/Vein” if it is a precaution/contraindication of the acupuncture point (e.g. LU9 [Taiyuan]). Failure to recognize potential injury to a nerve/artery/vein is *not* considered a critical error.

**14. How do I fill out the Candidate Worksheet if an acupuncture point has a precaution/contraindication of potential damage to an enlarged organ?**

You may check off “No Deep/Perpendicular Needling” or “Other” and write down “Avoid enlarged spleen/liver”. Failure to recognize potential injury to an enlarged spleen/liver is *not* considered a critical error.

**15. Do I need to check off “No Moxibustion” for points on the face?**

No, unless *A Manual of Acupuncture* by Peter Deadman specifically states contraindication to moxibustion.

**16. Do I need to check off “Contraindicated in Pregnancy” for points in the lower abdomen and sacral region?**

No, you don’t need to check off “Contraindicated in Pregnancy” for points in the lower abdomen (e.g. CV3-7) and sacral region (e.g. BL27-34).

**17. Can I ask a standardized patient to point out their pubic symphysis?**

It is *not* recommended to ask your standardized patient to point out their pubic symphysis.

**18. Do I need to know the name of the nerve/artery/vein that I am avoiding for the precautions and contraindications?**

No, you can simply check off “Avoid Nerve/Artery/Vein” for that acupuncture point.

**19. Do I need to locate the acupuncture points on both sides?**

No, you only need to locate the acupuncture points on one side.

**20. Should I use tenderness as an indication to find the acupuncture points?**

Some Extra Points, such as Ex-LE 7 (Lanwei) require verbal interaction with the patients to find the point of maximum tenderness. For the rest of the acupuncture points, you should locate them using appropriate anatomical landmarks and proportional cun measurements.



# AARE Examination FAQs



**21. Is it a critical error if I incorrectly mark an acupuncture point as “No Deep Needling” or “Avoid lungs”**

No. You lose marks for answering the precautions and contraindications incorrectly, but it is not considered a critical error.

**22. Am I evaluated for correct patient body positioning?**

For points that require an essential body position, you must locate the point using the essential body position (e.g., SI19). For points that do not have an essential body position, you should locate the point in a body position that allows full and easy access to the point that is safe and comfortable for your patient. It is recommended that you use *A Manual of Acupuncture* by Peter Deadman and its videos to study for appropriate body positioning.

**23. Can I locate lower abdomen points (e.g., CV4) on the outside of the clothing?**

No. You must locate lower abdomen points on the skin.

**24. Do I need to check off “No Moxibustion” on the Candidate Worksheet if *A Manual of Acupuncture* by Peter Deadman indicates “according to several classical texts, this point is contraindicated to moxibustion”?**

No, you do not need to check off “No Moxibustion” for these acupuncture points. (e.g. SP7 [Lougu]).

**25. Do I need to check off “No Needling” on the Candidate Worksheet if *A Manual of Acupuncture* by Peter Deadman indicates “according to several classical texts, this point is contraindicated to needling”?**

No, you do not need to check of “No Needling” for these acupuncture points (e.g. BL56 [CHENGJIN]).

