

# 4th International Conference on Pediatrics and Neonatal Care

July 23-24, 2025 | Paris, France



Lan Xiaoxue<sup>1</sup>, Sun Yanan<sup>2</sup>, Weng Zhiwen<sup>3</sup>, Wang Yue<sup>4</sup>, Zhang Ying<sup>5</sup>, Liang Yuanwen<sup>1</sup>, G U Sirui<sup>6</sup>, Zhou Rong<sup>7</sup>, Chen Qianji<sup>8</sup>, Jia Baolin<sup>3</sup>, B O Han<sup>3</sup>, Wang Fangying<sup>9</sup>, H E Qiang<sup>10</sup>, Zhang Jie<sup>11</sup>, Tan Jiang<sup>12</sup>, Y E Xingzhu<sup>11</sup>, Wang Xiyu<sup>3</sup>, **Y U Changhe<sup>13</sup> (Presenting Author)**, Chen Hong<sup>13</sup>

<sup>1</sup>Department of Tuina and Pain Management, the First Clinical Department, Beijing University of Chinese Medicine, Beijing 100700, China.

<sup>2</sup>Department of Traditional Chinese Medicine, Xuanwu Hospital, Capital Medical University, Beijing 100053, China.

<sup>3</sup>Department of Tuina and Pain Management, Dongzhimen Hospital of Beijing University of Chinese Medicine, Beijing 100700, China.

<sup>4</sup>Department of Encephalopathy, Beijing Huairou Hospital of Traditional Chinese Medicine, Beijing 101400, China.

<sup>5</sup>Yungang Community Health Service Center, China Aerospace Science & Industry Corporation of 731 Hospital, Beijing 100074, China.

<sup>6</sup>Department of Pediatrics, China-Japan Friendship Clinical School, Beijing University of Chinese Medicine, Beijing 100029, China.

<sup>7</sup>Department of Pediatrics, the Second Clinical Medical College of Beijing University of Chinese Medicine, Beijing 100078, China.

<sup>8</sup>Shenzhen Luohu Hospital of Traditional Chinese Medicine, Shenzhen 518001, China.

<sup>9</sup>Department of Chinese Medicine, Raffles Medical Group, Singapore 188770, Singapore.

<sup>10</sup>Department of Traditional Chinese Medicine, Beijing Children's Hospital, Capital Medicine University, National Center for Children's Health, Beijing 100045, China.

<sup>11</sup>Anzhen Community Health Service Center, Beijing 100011, China.

<sup>12</sup>L. Ac. Ancient Healing Center Frederick, MD 21704, USA.

<sup>13</sup>Department of Tuina and Pain Management, Dongzhimen Hospital, Beijing University of Chinese Medicine, Beijing 100700, China.

**Development of international guidelines by Tuina practitioners for specific acupoints of paediatrics Tuina (2022 version)**

# 4th International Conference on Pediatrics and Neonatal Care

July 23-24, 2025 | Paris, France

## Objective

To establish a standardized framework encompassing the precise locations, manipulations, functions and indications of specific acupoints in the field of paediatric Tuina.

## Methods

The development of consensus involved three distinct stages. Initially, a list of paediatric Tuina specific acupoints was compiled based on an extensive literature review, which was subsequently supplemented through expert interviews. In the second stage, the Delphi method was employed to assess the significance of acupoint locations, manipulations, functions, and indications. In situations where the questionnaire survey failed to yield agreement or when the experts held reservations, the nominal group approach was utilized during the expert consensus meeting. The final version of the technical standardized material was ultimately determined during an expert consensus conference. After undergoing external peer review and evaluation, the completed draft was prepared for public dissemination.

## Results

The comprehensive list identified a total of 66 specific acupoints. The location and manipulation questionnaire consisted of 156 items based on the literature database, while the function and indication questionnaire contained 116 items. Two rounds of Delphi surveys were conducted for the location and manipulation category, and another two rounds of Delphi surveys were conducted for the function and indication category. During the experts consensus meeting The panel of experts conducted in-depth discussions on 61 questions, resulting in the formulation of technical guidelines for the locations, manipulations, functions, and indications of 64 paediatric Tuina acupoints. Subsequently, the research team compiled and edited the draft of the technical guidelines for acupoints of paediatric Tuina, which was finalized after external review and feedback.

## Conclusion

This study successfully established the recognized technical standards for practitioners of paediatric Tuina, thereby standardizing clinical practices and providing a foundation setting the framework for future research. The guidelines offer theoretical insights and recommendations for conducting clinical studies comparing different acupoint sites, as well as modifying or enhancing treatment regimens.

**Keywords:** Child; Delphi technique; Tuina; acupoint; guideline; international; paediatrics

## Biography

Dr. Changhe Yu is currently a doctor and researcher at Tuina and pain management department, Beijing University of Chinese medicine affiliated Dongzhimen Hospital, Beijing, China. He is chairman of China Chapter of international society of Complementary and alternative medicine research, and member of many branches of China Association of Traditional Chinese Medicine. His research interests include acupuncture and tuina for health, patient reported outcome, clinical trials, guideline development and methodology on qualitative and mixed methods. Over the past 5 years, Dr. Yu has authored more than 76 peer-reviewed publications, lead two National Natural Science Foundation of China projects. He has given more than 20 invited speeches as national or international conferences.