

criteria for AMT recognition of dry needling training and workshops

1. Participants in post-graduate workshops must hold a nationally recognised Diploma or Advanced Diploma (AQTF standard).
 2. The workshop must include at least 60 hours of face-to-face training.
 3. The workshop must include at least 15 hours of supervised clinical practice in simulated conditions with members of the general public. Students must submit at least 5 client files which clearly meet recognised standards of documentation for skin penetration procedures.
 4. Presenters must be able to guarantee that the training complies with the requirements of AMT's policy on Dry Needling.
 5. The workshop must include the following required knowledge:
 - Regulatory requirements as set out in the AMT Dry Needling Policy including:
 - State based legislation
 - Knowledge of registration of premises requirements
 - Infection Control
 - Handling and disposal of sharps
 - Informed consent
 - Record keeping
 - The difference between Myofascial Dry Needling (MDN) and Acupuncture and why you cannot claim that you do acupuncture
 - Why and how MDN works physiologically
 - What the patient/client can expect during and after MDN
- Standard procedure for keeping track of needles as they go into the body and as they come out
 - Guide tube versus no guide tube
 - How long to leave them in and why
 - Age appropriateness of MDN
 - Deep versus shallow needling techniques and their appropriate use
 - How far to insert a needle depending on its length
 - Housekeeping/hygiene issues
 - checking each needle as you use it for damage (rust, badly fitting handles etc)
 - checking the packaging of the needles for breaches
 - checking the use by date
 - Forbidden points with pictorial explanation. This must cover anatomical danger zones and TCM points like pregnancy, diabetic danger zone, psychosis points, emotional trigger zones etc
 - Contraindications including medications, health conditions, daily living patterns (dehydration/hunger/drug or alcohol consumption) and client movement while needles are in.
 - First Aid for needle injuries – excess bleeding, pneumothorax, if the patient goes into shock, starts convulsing or passes out
 - How to remove a needle that is stuck in
 - What to do if the needle handle breaks off and the needle is sucked into the body
 - Where, how deep, what angle and what arrangement to place the needles for each muscle/muscle group.