

## Test Paper on Appropriate Traditional Chinese Medicine (TCM) Nursing Techniques

### I. Single-Choice Questions (40 questions, 2 points each)

1. What is the collective term for the six exogenous pathogenic factors (Liu Yin)?
  - A. Wind, Cold, Dampness, Dryness, Heat, Summerheat
  - B. Wind, Cold, Summerheat, Dampness, Dryness, Fire
  - C. Wind, Cold, Summerheat, Dampness, Heat, Toxin
  - D. Wind, Cold, Dryness, Fire, Summerheat, Deficiency
2. When treating diseases caused by Dampness, the commonly selected medications usually have which of the following properties?
  - A. Warm-hot, yang-ascending, lung-ventilating
  - B. Cold-cool, astringent, descending
  - C. Warm-hot, descending, yin-nourishing
  - D. Cold-cool, dispersing, qi-moving
3. The Seven Emotions (Qi Qing) refer to the changes of which seven emotional states?
  - A. Joy, anger, worry, pensiveness, sadness, fear, fright
  - B. Joy, anger, sorrow, happiness, sadness, fear, fright
  - C. Joy, anger, worry, grief, sadness, fear, fright
  - D. Joy, anger, worry, pensiveness, dread, fear, fright
4. What is the treatment method for coughs caused by Wind-Cold invading the lungs?
  - A. Dispel wind and scatter cold, ventilate the lungs to relieve cough
  - B. Dispel wind and clear heat, ventilate the lungs to relieve cough
  - C. Dispel wind and clear the lungs, moisten dryness to relieve cough
  - D. Relieve the exterior syndrome with pungent-cool properties
5. When treating diseases, the principle of selecting medicines based on the climatic characteristics of different seasons is called?
  - A. Treatment according to seasonal conditions (Time)

- B. Treatment according to local conditions (Place)
  - C. Treatment according to individual conditions (Person)
  - D. Syndrome differentiation and treatment
6. Which exogenous pathogenic factor has the characteristics of water-dampness, such as heaviness and turbidity, viscosity, and a downward-moving tendency?
- A. Wind pathogen
  - B. Cold pathogen
  - C. Dampness pathogen
  - D. Summerheat pathogen
7. Which exogenous pathogenic factor is the fiery-heat pathogen in summer?
- A. Wind pathogen
  - B. Cold pathogen
  - C. Dampness pathogen
  - D. Summerheat pathogen
8. Which emotional change can cause the consumption and damage of Lung Qi, leading to symptoms like shortness of breath, fatigue, and coughing?
- A. Anger
  - B. Joy
  - C. Sadness (Grief)
  - D. Fear
9. Which of the following does NOT belong to the Twelve Primary Meridians?
- A. Lung Meridian of Hand-Taiyin
  - B. Heart Meridian of Hand-Shaoyin
  - C. Stomach Meridian of Foot-Yangming
  - D. Bladder Meridian of Foot-Taiyang
  - E. Du Meridian (Governor Vessel)
10. The acupoint located on the head, 5 cun directly above the midpoint of the anterior hairline is:

- A. Dazhui
- B. Weizhong
- C. Baihui
- D. Shenque
- E. Fengmen

11. The location of the Tianshu acupoint is:

- A. On the abdomen, level with the umbilicus, and horizontal beside the anterior midline.
- B. On the abdomen, level with the umbilicus, 1.5 cun lateral to the anterior midline.
- C. On the abdomen, level with the umbilicus, 2 cun lateral to the anterior midline.
- D. On the abdomen, level with the umbilicus, 2.5 cun lateral to the anterior midline.
- E. On the abdomen, level with the umbilicus, 3 cun lateral to the anterior midline.

12. Among the following meridians, which one runs from the head to the foot?

- A. Lung Meridian of Hand-Taiyin
- B. Large Intestine Meridian of Hand-Yangming
- C. Stomach Meridian of Foot-Yangming
- D. Kidney Meridian of Foot-Shaoyin
- E. Sanjiao (Triple Energizer) Meridian of Hand-Shaoyang

13. The ear acupoint located on the inner surface of the antitragus is:

- A. Endocrine
- B. Sympathetic
- C. Shenmen
- D. Stomach
- E. Subcortex

14. The running direction of the Three Yang Meridians of the Foot is:
- A. From viscera to hand
  - B. From hand to head
  - C. From head to foot
  - D. From head to hand
  - E. From foot to abdomen
15. The "Sea of Yang Meridians" is:
- A. Chong Meridian (Thoroughfare Vessel)
  - B. Ren Meridian (Conception Vessel)
  - C. Du Meridian (Governor Vessel)
  - D. Dai Meridian (Girdle Vessel)
  - E. Yin and Yang Wei Meridian
16. Which of the following is NOT included in the Four Diagnostic Methods of TCM?
- A. Inspection
  - B. Auscultation and Olfaction
  - C. Inquiry
  - D. Palpation diagnosis
17. What are the two main parts observed during tongue inspection?
- A. Tongue body (proper) and tongue coating
  - B. Tongue root and tongue tip
  - C. Tongue margins and tongue center
  - D. The entire tongue and sublingual area
18. Which zang-fu organ has the closest relationship with the tongue?
- A. Heart
  - B. Lung
  - C. Spleen
  - D. Kidney

19. The description of a normal tongue manifestation is:
- A. Pale red tongue, thin yellow coating
  - B. Pale white tongue, thick white coating
  - C. Deep red (crimson) tongue, no coating
  - D. Pale red tongue, thin white coating
20. A fissured tongue is mostly seen in which condition?
- A. Spleen Qi deficiency
  - B. Yin and Blood deficiency
  - C. Vigorous Stomach fire
  - D. Kidney Yang deficiency
21. What two methods does palpation (Qie Zhen) include?
- A. Inspection and Auscultation
  - B. Inquiry and Auscultation
  - C. Pulse feeling and pressing examination
  - D. Inspection and Pulse feeling
22. During pulse diagnosis, which finger does the doctor use to press the patient's "Cun" position?
- A. Middle finger
  - B. Index finger
  - C. Ring finger
  - D. Thumb
23. Which statement about pulse diagnosis is incorrect?
- A. Pressing lightly on the skin with the fingers is called floating or light pressure.
  - B. Using a moderate amount of force is called middle pressure.
  - C. Pressing heavily downwards towards the tendons and bones is called deep or heavy pressure.
  - D. The time for feeling the pulse only needs to be 30 seconds.

24. Regarding the Cold Syndrome in the Eight-Principle Syndrome Differentiation, which description is INCORRECT?
- A. Aversion to cold and preference for warmth
  - B. Thirst with a desire to drink
  - C. Clear and copious urine
  - D. Tight or slow pulse
  - E. Loose stools
25. Which of the following is an INCORRECT etiology for Heat Syndrome?
- A. Exogenous contraction of fiery-heat yang pathogens
  - B. Overconsumption of spicy and warm-hot foods
  - C. Exuberance of internal Yin-Cold, failing to warm Yang Qi
  - D. Over-extreme seven emotions transforming into fire
  - E. Internal injury or chronic disease consuming Yin
26. Regarding the Deficiency Syndrome in Eight-Principle Syndrome Differentiation, which statement is INCORRECT?
- A. Lack of spirit and vitality
  - B. Mental fatigue and physical weakness
  - C. Palpitations and weakness
  - D. Flushed red face
  - E. Dizziness and vertigo
27. A patient presents with a pale and dull complexion, shortness of breath, reluctance to speak, a low voice, spontaneous sweating. Observation reveals a pale white tongue coating and a weak pulse. To which syndrome type does this patient belong?
- A. Blood deficiency syndrome
  - B. Qi deficiency syndrome
  - C. Yin deficiency syndrome
  - D. Yang deficiency syndrome

28. What are the "Eight Principles" in Eight-Principle Syndrome Differentiation?
- A. Exterior, Interior, Cold, Heat, Deficiency, Excess, Yin, Yang
  - B. Wind, Cold, Summerheat, Dampness, Dryness, Fire, Epidemic, Toxin
  - C. Qi, Blood, Body Fluids, Zang, Fu, Meridians, Collaterals
  - D. Heart, Liver, Spleen, Lung, Kidney, Gallbladder, Stomach, Large Intestine
29. In the Eight-Principle Syndrome Differentiation, what aspects do Yin and Yang mainly summarize?
- A. The depth (superficial or deep) of the disease location
  - B. The nature (cold or heat) of the disease
  - C. The flourish or decline of the struggle between pathogenic factors and healthy Qi
  - D. The overall nature of the disease
30. What is the hallmark symptom of an Exterior Syndrome?
- A. Simultaneous aversion to cold and fever
  - B. Thirst with a preference for drinks
  - C. Pale complexion
  - D. Deep and fine pulse
31. Among the clinical manifestations of a Heat Syndrome, which of the following is wrong?
- A. Fever, aversion to heat, and preference for cold
  - B. Thirst with a desire to drink
  - C. Pale white complexion
  - D. Red tongue body, yellow and dry coating
32. The syndrome characteristics of Deficiency Syndrome do NOT include which of the following?
- A. Insufficiency
  - B. Hyperactivity (Excess/Exuberance)
  - C. Decline

D. Withered state

33. Common causes of Excess Syndrome do NOT include which of the following?

A. Exogenous contraction of the Six Excesses

B. Internal injury of Zang-fu organs

C. Congenital innate deficiency

D. Retention and accumulation of pathological products

34. Among the key points for identifying Deficiency Syndrome and Excess Syndrome, which of the following is incorrect?

A. Deficiency syndrome has a longer course, while excess syndrome has a shorter course.

B. Patients with deficiency syndrome have a weak constitution, while those with excess syndrome have a robust constitution.

C. Patients with deficiency syndrome are apathetic, while those with excess syndrome are hyperactive.

D. Deficiency syndrome has a thick and greasy tongue coating, while excess syndrome has a thin white coating.

35. Which of the following is NOT a key point for differentiating Cold Syndrome from Heat Syndrome?

A. Signs of cold or heat

B. Presence or absence of thirst

C. Pale or red complexion

D. Floating or deep pulse

36. Which of the following is NOT an indication for auricular acupressure?

A. Pain relief

B. Insomnia relief

C. Vertigo relief

D. Curing heart disease

37. Which of the following is a contraindication during auricular acupressure?



- A. Insomnia
  - B. Women in the first 3 months of pregnancy
  - C. Anxiety
  - D. Vertigo
38. What is the definition of Acupoint Sticking (Application) Therapy?
- A. A method of applying medication onto the patient's body surface acupoints.
  - B. A method of taking medication internally to prevent and treat diseases.
  - C. A method of absorbing medication topically through the skin to prevent diseases.
  - D. A method of intravenous injection of medication to treat diseases.
39. Which of the following is NOT a common area for acupoint application to treat constipation?
- A. Shenque (CV8)
  - B. Tianshu (ST25)
  - C. Zusanli (ST36)
  - D. Baihui (GV20)
40. Which of the following is NOT an item required to prepare before performing auricular acupressure?
- A. Vaccaria seeds (Wang Bu Liu Xing Zi)
  - B. 75% alcohol cotton pads
  - C. Auricular acupoint probe
  - D. Sphygmomanometer (Blood pressure gauge)

## **II. Multiple-Choice Questions (10 questions, 2 points each)**

1. When treating diseases, the "Three Treatments Based on Specific Conditions" (San Yin Zhi Yi) principle emphasized by TCM includes which of the following?
  - A. Treatment according to seasonal conditions (Time)
  - B. Treatment according to local conditions (Place)
  - C. Treatment according to individual conditions (Person)

- D. Treatment according to disease conditions
  - E. Treatment according to syndrome conditions
2. What are the characteristics of illnesses caused by internal injury of the Seven Emotions?
- A. Affects the Qi mechanism of Zang-fu organs
  - B. Often occurs as emotional diseases
  - C. Irrelevant to individual constitution
  - D. The changes in the disease condition are closely related to emotions
  - E. All emotional changes will inevitably lead to disease
3. The primary acupoints for habitual constipation include:
- A. Shenmen
  - B. Large Intestine
  - C. Rectum
  - D. Sanjiao (Triple Energizer)
  - E. Lung
4. Commonly used ear acupoints for Chronic Fatigue Syndrome are:
- A. Heart
  - B. Shenmen
  - C. Subcortex
  - D. Kidney
  - E. Liver
5. The characteristics of a normal tongue manifestation include which of the following?
- A. Tongue body is pale red, bright and moistened
  - B. Tongue coating is thin, white, and evenly distributed
  - C. Tongue body size is moderate (neither too fat nor too thin)
  - D. Tongue body is soft and agile

- E. Tongue coating has moderate moisture (dryness and wetness)
6. During tongue inspection, which Zang-fu organs' pathological changes can be reflected?
- A. The tongue tip mostly reflects Heart and Lung pathologies
  - B. The middle of the tongue mostly reflects Spleen and Stomach pathologies
  - C. The root of the tongue mostly reflects Kidney pathologies
  - D. The sides of the tongue mostly reflect Liver and Gallbladder pathologies
  - E. The whole tongue reflects Large Intestine pathologies
7. The clinical manifestations of the Exterior Syndrome include which of the following?
- A. Newly onset aversion to wind and cold
  - B. Head and body pain
  - C. Pale red tongue with a thin white coating
  - D. Deep and slow pulse
8. Common causes of Heat Syndrome include which of the following?
- A. Exogenous contraction of fiery-heat yang pathogens
  - B. Overconsumption of spicy and warm-hot foods
  - C. Over-extreme seven emotions transforming into fire
  - D. Internal injury or chronic disease consuming Yin
9. The key points for distinguishing between Deficiency Syndrome and Excess Syndrome include which of the following?
- A. The duration of the disease course
  - B. The strength of the body constitution
  - C. The patient's mental state
  - D. The thickness of the tongue coating
10. The pressing techniques of auricular acupressure include which of the following?
- A. Opposing-pressure technique (Dual pressure)
  - B. Direct-pressure technique

C. Point-pressure technique

D. Rotation technique