



CUPPING THERAPY CERTIFICATION TRAINING PROGRAM

STANDARDS FOR CUPPING THERAPY CERTIFICATION TRAINING PROGRAM

1. NAME OF TRAINING

Cupping Therapy Certification Training Program

2. AIM OF TRAINING

The aim of this training program is to gain the dentists in their own fields and physicians who will practice cupping the qualifications that will allow them to efficiently practice cupping.

3. LEGAL BASIS FOR TRAINING

The following legislation is taken as a basis for the implementation of this training program.

1. Decree Law No. 663,
2. "Regulation on Certification Training of the Ministry of Health" published in the Official Gazette dated February 4, 2014 and numbered 28903.
3. "Regulation on Traditional and Complementary Medicine Practices" published in the Official Gazette dated October 27, 2014 and numbered 29158.

4. DEFINITIONS

Cupping Therapy: It is the wet cupping therapy practice in which the blood is taken by creating superficial skin cuts together with a local vacuum in certain areas of the body as well as the dry cupping therapy practice which is based on applying local vacuum to increase blood circulation.

Practice Center: It is a center which is established within the body of health

application and research center of the faculties of dentistry or the faculties of medicine and training and research hospitals to perform the practices specified in the relevant Regulation under the responsibility of a physician or a dentist who holds a certificate on the relevant field and which can provide training if authorized by the Ministry.

Distance Learning: It is a way of learning in which students are separated by time and physical location from instructors and both the transfer of course contents and the interaction are ensured using information and communication technologies.

Asynchronous Learning: It is a way of learning-training which occurs asynchronously at different times and locations.

Synchronous Learning: It is a way of learning-training which occurs synchronously.

5. PROCEDURES AND PRINCIPLES TO IMPLEMENT THIS TRAINING PROGRAM

The training program shall be implemented based on the procedures and principles listed below:

1. The training program shall be carried out both in theory and in practice. The theoretical part of the training may be taught in face-to-face classes and/or a maximum of 80% of the same theoretical part may be taught as distance learning courses.

2. It shall be ensured, in distance learning, that the participants have synchronous and asynchronous access to practices on-line through the infrastructure provided by the server.
3. The participants need to practice cupping at least 7 (seven) times during the training.
4. The contents of the courses shall be designated in the beginning of the training program; the participants shall be given references or provided with lecture notes.
5. Theoretical and practical courses shall last for 8 (eight) hours a day at most. The period of a course shall be 45 (forty five) minutes.
6. A maximum of 50 (fifty) participants for distance learning courses and a maximum of 25 (twenty five) participants for face-to-face classes can be accepted in one training period/term except for 2 (two) participants who will be assigned by the Ministry.
7. The participants to be assigned by the Ministry will be a Physician or a Dentist who does not have any Public Service Liability and whose training in this program is of importance for his/her services in the institution she/he works. These participants will not pay any training fee. The participants cannot be made work in any other field/unit/center or in any other job position during the training program.
8. Continuous attendance is essential for the training, and the practical training requires compulsory attendance. The participants who

cannot attend 10% (ten percent) of the practical training at most due to a legal excuse shall not be allowed to take the certification exam unless they complete the hours they miss. A maximum of 10% (ten percent) absence due to a legal excuse is acceptable for the theoretical training.

9. The following teaching and learning strategies, methods and techniques shall be applied in the training program:
 - Verbal lecture
 - Small group discussion
 - Demonstrative teaching
 - Engaged scientific activities
 - Question & Answer
 - Video-based teaching
 - Clinical practice (case studies)
10. The practical training includes bedside cupping practices performed individually or in small groups in practice centers or units, and it consists of “observing”, “doing under supervision” and “doing independently” stages respectively.

6. PARTICIPANTS AND THEIR QUALIFICATIONS

Physicians and dentists to practice in their own field can participate in this certification training program.

7. TRAINING CURRICULUM

7.1. Learning Objectives and Subjects in Training Courses

Tables 1 and 2 below show the learning objectives and subjects to be included in the training program as well as the duration of each subject.

TABLE 1: Subjects to be included in the Theoretical Training Program for Physicians and Dentists and Learning Objectives and Duration of Each Subject

SUBJECT	OBJECTIVES The participant who successfully completes this training:	DURATION (hours)
A. Introduction to Cupping Therapy		7
1. History and importance of cupping therapy	1. Briefly summarizes the history of cupping therapy. 2. Describes the importance of cupping therapy in traditional medicine.	1
2. Types of cupping therapy	Describes the characteristics of dry cupping.	1
Dry cupping therapy	Describes the characteristics of wet cupping.	
Wet cupping therapy		
Ethical and legal issues in cupping therapy	Explains the legislation on cupping therapy and the ethical rules.	1
Theories on mechanisms of action in cupping therapy and level of evidence	1. Describes the theories on mechanisms of action in cupping therapy. 2. Discusses the level of evidence in cupping therapy.	3
Cases in which cupping therapy cannot be practiced	1. Names the cases in which cupping therapy cannot be practiced.	1
B. Areas to Practice Cupping Therapy		19
Cupping therapy in musculoskeletal system disorders	Describes the appropriate cupping therapy in musculoskeletal system disorders.	4
Cupping therapy in cardiovascular system disorders	Describes the appropriate cupping therapy in cardiovascular system disorders.	1
Cupping therapy in neurological and psychiatric disorders	1. Describes the appropriate cupping therapy in neurological disorders. 2. Describes the appropriate cupping therapy in psychiatric disorders.	2
Cupping therapy in allergies and immunology	1. Describes the appropriate cupping therapy in allergies. 2. Describes the appropriate cupping therapy in immunology.	2
Cupping therapy in digestive system disorders	Describes the appropriate cupping therapy in digestive system disorders.	1

TABLE 1: Subjects to be included in the Theoretical Training Program for Physicians and Dentists and Learning Objectives and Duration of Each Subject

SUBJECT	OBJECTIVES The participant who successfully completes this training:	DURATION (hours)
Cupping therapy in dermatology	Describes the appropriate cupping therapy in dermatology.	1
Cupping therapy in respiratory system disorders	Describes the appropriate cupping therapy in respiratory system disorders.	1
Cupping therapy in pediatric age group.	Describes the appropriate cupping therapy in pediatric age group.	2
Cupping therapy in some eye and ear diseases	1. Describes the appropriate cupping therapy in some eye diseases 2. Describes the appropriate cupping therapy in some ear diseases	1
Cupping therapy as a complementary practice in oncology	Describes the appropriate cupping therapy as a complementary practice in oncology.	1
Cupping therapy in dentistry	Describes the correct cupping therapy practice in dentistry.	3
TOTAL		26

TABLE 2: Subjects to be included in the Practical Training Program for Physicians and Dentists and Learning Objectives and Duration of Each Subject

SUBJECT	OBJECTIVES The participant who successfully completes this training:	DURATION (hours)
Materials and practicing techniques used during cupping therapy	Shows the materials used during cupping. Practices cupping techniques.	1
Planning the medical history taking and practicing	Takes medical history according to the case. Plans the cupping therapy according to the disorders.	1
Cupping therapy in musculoskeletal system disorders	Shows the appropriate cupping points on persons or models in musculoskeletal system disorders.	2

TABLE 2: Subjects to be included in the Practical Training Program for Physicians and Dentists and Learning Objectives and Duration of Each Subject

SUBJECT	OBJECTIVES The participant who successfully completes this training:	DURATION (hours)
Cupping therapy in cardiovascular system disorders	Shows the appropriate cupping points on persons or models in cardiovascular system disorders.	1
Cupping therapy in neurological and psychiatric disorders	Shows the appropriate cupping points on persons or models in neurological disorders. Shows the appropriate cupping points on persons or models in psychological disorders.	1
Cupping therapy in allergies and immunology	Shows the appropriate cupping points on persons or models in allergic diseases. Shows the appropriate cupping points on persons or models in immunological disorders.	1
Cupping therapy in dermatology	Shows the appropriate cupping points on persons or models in dermatological disorders.	1
Cupping therapy in digestive system disorders	Shows the appropriate cupping points on persons or models in digestive system disorders.	1
Cupping therapy in respiratory system disorders	Shows the appropriate cupping points on persons or models in respiratory system disorders.	1
Cupping therapy as a complementary practice in oncology	Shows the complementary cupping points on persons or models in oncology.	1
Cupping therapy in some eye and ear diseases	1. Shows the appropriate cupping points on persons or models in some eye diseases. 2. Shows the appropriate cupping points on persons or models in some ear diseases.	1
Cupping therapy in dentistry	Shows the appropriate cupping points on persons or models in dentistry.	2
TOTAL HOURS OF TRAINING		14
GRAND TOTAL		40

7.2. Training Materials and Their Features

Materials to be used in the training are as follows:

1. Written training materials including subjects in the training content (books, slides, training guidelines, scientific journals etc.)
2. Audiovisual training materials (compact discs, video films, pictures, etc.)
3. Training contents, discussions (forums and virtual class sessions), presentations, case studies, videos, voice records, etc. developed in a context-specific perspective for training and transferred into digital environment.
4. All equipment that must be found in a traditional and complementary medicine practice center/unit for cupping therapy as per the relevant legislation,
5. All kinds of devices and materials at the place where the training will take place will be considered as training material.

7.3. Duration of Training

The duration of the Cupping Therapy Certification Training Program is given in the table

Table 3: The Duration of the Cupping Therapy Certification Training Program	
TYPE OF TRAINING	TOTAL DURATION (Hours)
Duration of Theoretical Training	26
Duration of Practical Training	14
GRAND TOTAL	40

7.4. Evaluation of Training (Exam Procedure, Achievement Criteria, Extra Exam Right, etc.)

The training will be evaluated according to the following procedures and principles.

1. Participants who do not fulfill the requirement of compulsory attendance shall not be allowed to participate in the exam.
2. Theoretical and practice exams shall be conducted at the end of the training program.
3. Participants are supposed to succeed both in theoretical and practice exam separately.
4. Exam questions shall be prepared by the exam committee, composed of minimum three trainers, under the chairmanship of the program officer in a way to cover all the subjects included in the training content.
5. The practice exams shall be conducted by using Cupping Therapy Practice Training Evaluation Form (Annex 1). Each subject included in the form will be rated as Highly Satisfactory (4), Satisfactory (3), Moderately Satisfactory (2), Unsatisfactory (1) or "Not Evaluated" (0). Points obtained from each subject will be totalized. This total will be divided by the number of subjects evaluated and the average is determined. The average will be multiplied by 25 (twenty five) and it will be calculated out of 100 (one hundred). Those who score 70 (seventy) points or more out of 100 (one hundred) in the practice exam shall be deemed successful.
6. Theoretical exam questions shall be prepared as multiple-choice questions.

7. Participants who score 70 (seventy) points or more out of 100 (one hundred) in the theoretical exam shall be deemed successful. Those who fail to score this minimum point in the theoretical exam shall be allowed to take the exam 2 (two) more times at maximum. Those who cannot pass the exam are supposed to apply to the cupping therapy certification training program again.
8. Participants who cannot pass the theoretical exam shall not be allowed to take the practical exam.
9. The practice exam shall be conducted by practicing on a patient and/or on a model.
10. In the practice exam;
 - a. Practice planning,
 - b. Cupping therapy,
 - c. Important Points before and after the practice shall be evaluated.
11. Participants who fail in the practice exam shall be allowed to take the exam 2 (two) more times at maximum. Those who cannot pass the exam are supposed to apply to the Cupping Therapy Certification Training Program again.
12. The objections of the participants who object to the results of their theoretical and practice exams conducted at the end of the cupping therapy certification training program shall be evaluated and concluded by the certification training providers in 5 (five) days at the latest.
13. For certification, the success point of a participant shall be determined by averaging the points obtained in the theoretical and practice exams.
14. Participants who pass the theoretical and practice exams shall be awarded their certificates.
15. The certificate shall be registered by the Ministry of Health.

8. PROGRAM OFFICER AND HER/HIS QUALIFICATIONS

Physicians or dentists or academicians holding an academic title in the relevant field are the program officers of the Cupping Therapy Certification Training Program.

9. TRAINERS AND THEIR QUALIFICATIONS

Those who have at least one of the following qualifications are assigned as trainers in this training program;

1. Physicians or Dentists who hold Cupping Therapy Practice Certification and who have actively worked in the relevant practice field for minimum 3 (three) years,
2. Specialist Physicians or Dentists who hold Cupping Therapy Practice Certification,
3. Physicians and Dentists who hold Cupping Therapy Certification and who have minimum two national/international scientific publications on cupping therapy,
4. Academicians or specialists in other fields than cupping therapy,
5. Those who are foreign national and document that they have actively practiced their profession and received cupping therapy practice training in an international platform and who are deemed to be qualified by the committee established by the relevant unit,

NOTE: The Practice Centers are obliged to notify the Ministry of Health about the qualifications and names of the trainers.

10. PROPERTIES OF THE TRAINING PLACE

The institutions/organizations which have a “Practice Center” can organize the Cupping Therapy Certification Training Program. The place where the training will be provided shall:

For distance learning;

1. have a Learning Management System (LMS) software compliant with international learning content standards (Scorm, AICC, etc.)
2. have a Learning Management System (LMS) Management panel,
3. have a server and infrastructure architecture in parallel with the capacity of the trainees,
4. ensure that video conferencing software and infrastructures are integrated into the system so as to provide simultaneous trainings.

The Place where the Theoretical and Practical Training will be provided shall:

1. have a server and infrastructure architecture in parallel with the capacity of the trainees,
2. have adequate number of chairs and desks for participants,
3. be a Center for Traditional and Complementary Medicine Practices approved by the Ministry,
4. have computer, practice models, a blackboard which will allow for carrying out the training using appropriate technology; a printer, xerox machine and paper support systems etc. ensuring that participants are

provided with training objectives, subjects and contents/presentations.

11. VALIDITY PERIOD OF THE CERTIFICATE

The validity period of the certificate is 7 years.

12. CERTIFICATE RENEWAL CRITERIA

The renewal of the certificate shall be carried out in line with the criteria below:

1. At the end of the validity period of the certificates, among the certificate-holders;
 - a. The certificates of those who document that they attended national/international trainings or scientific meetings on cupping therapy at least 1 (one) time within the validity period of the certificate after receiving that certificate or those who published an article on cupping therapy in 1 (one) national/international peer-reviewed journal or those who document that they worked actively on this field for 6 (six) months shall be renewed. The certificate-holders shall submit their documentation related to these criteria during the renewal application to the certification training providers that awarded the certificate to them.
 - b. Those who do not fulfil any criteria in subparagraph (a) of the first paragraph need to take the certificate renewal exam.
2. The renewal exam shall be conducted as a theoretical exam consisting of multiple-choice questions prepared in line with the recent devel-

opments in the field and the subjects in the cupping therapy training program by the implementers of cupping therapy certification training program under the coordination of the relevant unit of the Ministry.

3. Participants who score 70 (seventy) or more points in the renewal exam shall be deemed successful and the duration of their certificates shall be extended for another 5 (five) years.
4. The certificates of the certificate-holders shall be valid until the certificate renewal exam process is completed.
5. The certificates of those who fail to attend the certificate renewal exam twice in a row shall be deemed invalid, except in cases of legally acceptable excuses. Following the end of the legally acceptable excuse, they shall be tested as soon as possible.
6. In cases when the training activities of the entity with the authorization to provide certification training program are stopped or its certification training provision authorization documents are cancelled for any reason or in cases of shut-down and transfer, the certificate renewal exams shall be conducted by the relevant unit of the Ministry.
7. The objections of the certificate-holders, who fail in the certificate renewal exam to the renewal exam results, shall be evaluated and concluded in maximum 5 (five) working days by the certificate renewal exam committee.

13. EQUIVALENCE APPLICATION AND PROCEDURES AND PRINCIPLES OF EQUIVALENCE PROCESSES

Equivalence shall be requested by using the equivalence application form

prepared by the Ministry in line with the provisions of the Regulation on Certification Training of the Ministry of Health.

It is mandatory to submit all the documents specified in this form.

Each section specified in this form shall be filled in detail, the notarized copies of the below-listed documents approved by the institution/organization which provides the training and the translation of the documents into Turkish by a certified translator if the training is received abroad shall be submitted as attachment to the form.

Documents to be attached to the Application Form:

1. Notarized copy of the certificate
2. Notarized copy of the Faculty of Medicine/Faculty of Dentistry diploma
3. Notarized copy of postgraduate education certificate, if available
4. A copy of Turkish Identification Card/certified copy of Foreign Identification Card and 2 (two) photographs
5. All information and documentation related to the Training Curriculum specified in the 4th paragraph of the Application Form (the original of the document in the language of the training and the document and its translation into Turkish)
6. Document proving that s/he received at least 40 hours of theoretical and practical training, and the Training Curriculum
7. The applicant will be requested to submit a document which is received from the official health authority of the country of training or the head of mission of Turkey and shows that the Institution/Organization

tion/Private Law Legal Entity/Natural Person who/which provided the training and who/which is included in the 3rd paragraph of the Application Form is authorized to provide training

8. The applicant will be requested to document that s/he resided in the country in which s/he received training for as long as the training duration with his/her passport or other official documents and the formally-commissioned officials will be requested to provide documentation proving that they were off duty in the said period.

How to carry out the Equivalence Procedures;

1. The application files of those who apply for certificate equivalence shall be examined in line with the Cupping Therapy Certification Training Program Standards by a cupping therapy certification training science committee to be set up by the relevant unit.
2. Applicants whose files are deemed suitable and sufficient shall be tested with theoretical and practice exam.
3. Applicants who score 70 (seventy) points or more out of 100 (one hundred) in the theoretical exam shall be deemed successful. Those who fail to score this minimum point in the theoretical exam shall be allowed to take the exam 2 (two) more times at maximum; those who cannot pass the exam are supposed to apply to the Cupping Therapy Certification Training Program.
4. The participants who cannot pass the theoretical exam shall not be allowed to take the practice exam.

5. The practice exam shall be conducted by practicing on a patient and/or on a model.
6. In the practice exam;
 - a. Practice planning,
 - b. Cupping therapy,
 - c. Important Points before and after the practice, shall be evaluated.
7. Participants who score 70 (seventy) points or more out of 100 (one hundred) in the practice exam shall be deemed successful. Those who fail to score this minimum point in the practice exam shall be allowed to take the exam 2 (two) more times at maximum; those who cannot pass the exam are supposed to apply to the Cupping Therapy Certification Training Program.
8. Certificate Equivalency Document shall be drawn up for the applicants who pass the theoretical and practice exams.
9. Certificate Equivalency Document shall be registered by the Ministry of Health.

14. PROVISIONAL CLAUSE

Physicians or dentists who meet the criteria below and who apply to the Ministry within 6 (six) months after the publication of this standard and who are deemed suitable by the committee to be established by the relevant unit of the Ministry are awarded a Osteopathy Certification equivalence without being tested for one time only.

1. Having 2 (two) national/international scientific publications accepted and/or published on the subject,
2. Having conducted a postgraduate thesis study on the subject,
3. Having worked as a postgraduate thesis supervisor on the subject.