

CMA logbook of cases - example

Date at first presentation	Ref.	Age	Sex	Diagnosis or presenting complaint (PC)	Duration of PC (months)	No. of sessions	Response
04/01/2000	1	24	F	Whiplash injury with TrPs in trapezius bilaterally	0.75	2	excellent
05/01/2000	2	28	F	Occipital headaches	3	3	good
05/01/2000	3	70	M	OA knees	36	10+	good
06/01/2000	4	38	F	R Heel pain with TrP ipsilateral gastrocnemius	0.5	3	excellent
10/01/2000	5	67	M	Spinal stenosis	24	6	nil
12/01/2000	6	56	M	R Neck pain from TrP at GB20	0.25	1	excellent
14/01/2000	7	45	M	L Lateral epicondylalgia	1	2	excellent
14/01/2000	8	26	F	Dysmenorrhoea	120	6	good
19/01/2000	9	30	F	Tension headaches	6	1	nfu
19/01/2000	10	70	M	Post herpetic neuralgia	240	6	nil
21/01/2000	11	24	F	Migraines	24	8+	good
21/01/2000	12	46	M	R LBP	4	3	good
28/01/2000	13	39	M	L Sciatica [SLR 45L 80R; weak EHL L]	1	4	poor
28/01/2000	14	49	F	R Lateral epicondylalgia	24	5	poor
28/01/2000	15	68	M	Cervical spondylosis	12	4	good
04/02/2000	16	56	M	Trigeminal neuralgia	60	6	poor
04/02/2000	17	46	F	Chronic RIF pain	120	6	good
11/02/2000	18	16	M	Hayfever	24	3	excellent
18/02/2000	19	47	F	R Shoulder pain	0.75	2	excellent
25/02/2000	20	18	F	Bilateral anterior knee pain	6	6	good
25/02/2000	21	42	F	Pain medial to L scapula	2	2	excellent
03/03/2000	22	88	F	Chronic central dorsal back pain & osteoporosis	36	6	poor
10/03/2000	23	36	M	R Brachialgia following motorcycle accident	1	4	nil
10/03/2000	24	45	M	Acute lumbar spasm	0.03	1	excellent
10/03/2000	25	46	F	Aching all over, poor sleep	1	3	good
24/03/2000	26	36	F	Stress – neck muscle tension	2	2	good
31/03/2000	27	68	F	OA C-MC joints of both thumbs	36	6+	good
31/03/2000	28	52	F	Palpitations	0.75	0	referred
31/03/2000	29	46	F	Photodermatitis – ‘prickly heat’	60	2	excellent
31/03/2000	30	78	M	Calf cramps	36	4+	good

Overall success

Overall percentage success from acupuncture treatment was 72%, and average length of PC was 29.4 months.

(nfu included as failure of treatment; good and excellent results considered as successful outcomes)

Population

The cases in this logbook are from primary care and a private acupuncture practice.

Key

PC	presenting complaint
TrP	trigger point
OA	osteoarthritis
SLR	straight leg raising
EHL	extensor hallucis longus [refers to test of power for L5 myotome]
C-MC	carpometacarpal

Response

nfu	no follow-up [patient did not re-attend after initial treatment]
nil	no effect
poor	some effect but patient seeks other treatment
good	successful but non-curative treatment, or symptoms not completely resolved
excellent	cure, includes complete symptomatic resolution where pathological basis is likely to remain (e.g. pain from degenerative disease of the spine)