

## Course Schedule and Hours Ledger

New Mexico Basic Injection Therapy Course · Beginner's Mind Medical Arts Institute, LLC  
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Answering 16.2.18.12(E) NMAC

### 1 — Introduction and Course Structure

The Beginner's Mind Medical Arts Institute Basic Injection Therapy course is a 72-hour program of instruction for New Mexico Doctors of Oriental Medicine seeking expanded practice certification in basic injection therapy under 16.2.19.11 NMAC. Every requirement of 16.2.18.11 and 16.2.18.14 NMAC is delivered.

The course is delivered over 3 weekends of 3 days each, for a total of nine instructional days, numbered 1 to 9 across the course. Each day consists of four two-hour sessions, giving eight instructional hours per day, 24 hours per weekend, and 72 hours in total. Sessions run on a fixed daily pattern:

Session One 8:00–10:00 · Session Two 10:15–12:15 · Session Three 2:00–4:00 · Session Four 4:15–6:15

The midday break is not counted toward instructional hours.

#### 1.1 Faculty attribution for pharmacology and pharmaceutical law

Subsection A of 16.2.18.13 NMAC requires 8 hours in pharmacology and biomedical differential diagnosis. Two separate provisions govern who may teach them, and they are satisfied by two different instructors. A third provision governs the pharmaceutical law hour.

16.2.18.8(C)(1) NMAC requires that education in the pharmacology of the authorized substances be taught by a licensed pharmacist, a Doctor of Pharmacy, or a holder of a Ph.D. in pharmacology. Two members of the faculty qualify under that provision. The 4 hours at Weekend 2, Day 4, Sessions 1 and 2 are delivered by one of them. No session other than those two is subject to 16.2.18.8(C)(1).

16.2.18.8(C)(2) NMAC provides that education in the clinical therapeutic use of the authorized substances may be taught by a licensed health care practitioner with appropriate training and at least 5 years of experience using those substances. Every session in the course other than the two pharmacology sessions taught by a qualified pharmacy professional under 16.2.18.8(C)(1), and other than the pharmaceutical law hour described below, is delivered by the Course Director on that basis.

16.2.18.13(F) NMAC separately requires 1 hour in pharmaceutical law as provided by the New Mexico Board of Pharmacy. It is delivered at Weekend 1, Day 1, Session 4 by a member of the Board of Pharmacy acting in that capacity. 16.2.18.8(C) NMAC requires a curriculum vitae for all teachers and proposed substitute teachers. Because this hour is an agency function rather than course instruction, no curriculum vitae is filed and no presenter is named; the Board of Pharmacy designates its own representative, and a change of representative is not a change of course faculty.

#### 1.2 How to read the session tables

Each session below shows the subsection of 16.2.18.13 NMAC to which its hours are credited. Every hour in the course is credited to exactly one rule category; no hour is counted twice. Where a single two-hour session delivers two different required subject areas, the session is shown with a one-hour split.

Sessions marked “Clinical” satisfy the clinical practice requirement that attaches to Subsections B, C, D, and E. Sessions marked “No rule category” contribute to the 72-hour total but are not counted toward any regulatory minimum.

## 2 — Course Schedule

### Weekend 1 — March 5–7, 2027

#### Weekend 1 · Day 1 (Friday, March 5) — Course Orientation, Clinical Readiness, Law and Scope

| Session           | Session title                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Format                    | Rule citation                   | Hours |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|---------------------------------|-------|
| 1                 | Course Orientation and the Beginner’s Mind Method: program scope and what basic injection therapy certification does and does not authorize; course policies and professional conduct; the Beginner’s Mind method as clinical framework; safety culture, stop-the-line language and non-punitive error reporting                                                                                                                                                                                          | Didactic /<br>Interactive | No rule<br>category             | 2.0   |
| 2                 | Safety-First Clinical Readiness Lab I: prebrief, room readiness, emergency equipment and medication orientation, stop-the-line language in practice, formative scenario                                                                                                                                                                                                                                                                                                                                   | Clinical                  | 16.2.18.13(H)                   | 2.0   |
| 3                 | Safety-First Clinical Readiness Lab II: vasovagal, allergic and anaphylactic differentiation; oral diphenhydramine, inhaled oxygen, inhaled and intramuscular epinephrine; EMS threshold; recognition of inadvertent pneumothorax in both immediate and delayed presentation, patient guidance on discharge and referral; closed-loop communication; debrief                                                                                                                                              | Clinical                  | 16.2.18.13(H);<br>16.2.18.11(E) | 2.0   |
| 4, first<br>hour  | New Mexico pharmaceutical law, delivered by a member of the New Mexico Board of Pharmacy                                                                                                                                                                                                                                                                                                                                                                                                                  | Didactic                  | 16.2.18.13(F)                   | 1.0   |
| 4, second<br>hour | Oriental medicine scope of practice: the authorized substances and techniques; the application of yin, yang, qi and xue to expanded practice certification; when it is appropriate to refer, and the referral options across the injection therapy, intravenous therapy and bioidentical hormone therapy categories, with their benefits and contraindications; and the practitioner’s responsibility to know the scope, regulatory and liability requirements of the jurisdiction in which they practice | Didactic                  | 16.2.18.13(G)                   | 1.0   |

**Weekend 1 · Day 2 (Saturday, March 6) — Authorized Substances, Aseptic Technique, USP 797, Orthopedic and Neurologic Screening**

| Session | Session title                                                                                                                                                                                                                                                      | Format   | Rule citation | Hours |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------|-------|
| 1       | The authorized formulary and its limits, procurement legality, and the practitioner's verification duty; patient screening, contraindications, and biomedical differential diagnosis for injection therapy                                                         | Didactic | 16.2.18.13(A) | 2.0   |
| 2       | USP 797 and FDA fundamentals as applied to basic injection therapy: multi-dose vial handling, compatibility, contamination prevention, labeling, storage and beyond-use, dilution and reconstitution, dispensing, and records                                      | Didactic | 16.2.18.13(B) | 2.0   |
| 3       | Aseptic and injection workflow laboratory (consolidated): hand hygiene, gloving, field setup, vial handling, aspiration, syringe preparation, labeling, storage, dispensing, correct disposal of used syringes and needles, documentation, and workflow correction | Clinical | 16.2.18.13(B) | 2.0   |
| 4       | Orthopedic and neurologic screening: framework, red flags, and referral logic                                                                                                                                                                                      | Didactic | 16.2.18.13(C) | 2.0   |

**Weekend 1 · Day 3 (Sunday, March 7) — Orthopedic and Neurologic Evaluation**

| Session | Session title                                                                                                                                                                                                                                                                                                                                | Format   | Rule citation | Hours |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------|-------|
| 1       | Orthopedic and neurologic evaluation I: regional anatomy, differential diagnosis framework, and imaging considerations                                                                                                                                                                                                                       | Didactic | 16.2.18.13(C) | 2.0   |
| 2       | Orthopedic and neurologic evaluation II: regional testing and clinical reasoning; treatment options for the common differentials, including injection therapy, spray and stretch, exercise, physical medicine, manipulation, manual medicine, acupuncture, moxibustion, herbal medicine, supplements, homeopathic medicines and diet therapy | Didactic | 16.2.18.13(C) | 2.0   |
| 3       | Evaluation skills laboratory I: observation, range of motion, palpation, and basic provocation testing                                                                                                                                                                                                                                       | Clinical | 16.2.18.13(C) | 2.0   |
| 4       | Evaluation skills laboratory II: integrated screening and documentation                                                                                                                                                                                                                                                                      | Clinical | 16.2.18.13(C) | 2.0   |

**Weekend 1 — Hours Summary**

| Required subject area                                         | Rule citation | Hours | Clinical |
|---------------------------------------------------------------|---------------|-------|----------|
| Emergency use of inhaled oxygen and intramuscular epinephrine | 16.2.18.13(H) | 4     | 4        |
| Orthopedic and neurologic evaluation                          | 16.2.18.13(C) | 10    | 4        |
| Pharmacology and biomedical differential diagnosis            | 16.2.18.13(A) | 2     | 0        |
| Drawing, compounding, USP 797, asepsis, and records           | 16.2.18.13(B) | 4     | 2        |

| Required subject area                            | Rule citation    | Hours     | Clinical  |
|--------------------------------------------------|------------------|-----------|-----------|
| Pharmaceutical law, New Mexico Board of Pharmacy | 16.2.18.13(F)    | 1         | 0         |
| Oriental medicine scope of practice              | 16.2.18.13(G)    | 1         | 0         |
| Course orientation and clinical safety culture   | No rule category | 2         | 0         |
| <b>Weekend 1 total</b>                           |                  | <b>24</b> | <b>10</b> |

## Weekend 2 — March 19–21, 2027

### Weekend 2 · Day 4 (Friday, March 19) — Pharmacology and Applied Evaluation

| Session | Session title                                                                                                                                                                                                                                                                                             | Format   | Rule citation                     | Hours |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----------------------------------|-------|
| 1       | Pharmacology of the authorized substances I — vitamins (B12, B-complex, ascorbate, vitamin D) and minerals (magnesium, calcium, zinc, selenium): identity and mechanism, clinical indications, absolute and relative contraindications, screening requirements, dosing and concentration, adverse effects | Didactic | 16.2.18.13(A);<br>16.2.18.8(C)(1) | 2.0   |
| 2       | Pharmacology of the authorized substances II — hyaluronic acid, dextrose, sarapin, enzymes other than urokinase, sodium chloride, sterile water, and authorized additives, preservatives and pH buffers; concentration, dilution and dose calculation; case studies and question and answer               | Didactic | 16.2.18.13(A);<br>16.2.18.8(C)(1) | 2.0   |
| 3       | Applied orthopedic and neurologic evaluation laboratory: regional examination and interpretation of findings                                                                                                                                                                                              | Clinical | 16.2.18.13(C)                     | 2.0   |
| 4       | Evaluation integration and documentation laboratory: charting findings, treatment planning, and referral decisions                                                                                                                                                                                        | Clinical | 16.2.18.13(C)                     | 2.0   |

### Weekend 2 · Day 5 (Saturday, March 20) — Trigger Point Therapy and Acupuncture Point Injection

| Session | Session title                                                                                                                                                                                                   | Format   | Rule citation | Hours |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------|-------|
| 1       | Trigger point and acupuncture point injection therapy: principles, indications, contraindications, referral patterns, and perpetuating factors                                                                  | Didactic | 16.2.18.13(E) | 2.0   |
| 2       | Treatment planning, regional anatomy, and risk review for trigger point and acupuncture point injection; explaining to the patient the purpose of the therapy, the expected outcome, and possible complications | Didactic | 16.2.18.13(E) | 2.0   |
| 3       | Skills laboratory I: palpation, marking, targeting, and safe trajectory                                                                                                                                         | Clinical | 16.2.18.13(E) | 2.0   |
| 4       | Skills laboratory II: supervised technique integration                                                                                                                                                          | Clinical | 16.2.18.13(E) | 2.0   |

## Weekend 2 · Day 6 (Sunday, March 21) — Vapocoolant, Therapeutic Injections, and Basic Mesotherapy

| Session        | Session title                                                                                                                                                                                                                                                                              | Format   | Rule citation | Hours |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------|-------|
| 1, first hour  | Vapocoolant spray and stretch: principles, indications, contraindications, authorized vapocoolants, and safety including frostbite, flammability and cold hypersensitivity — didactic and demonstration                                                                                    | Didactic | 16.2.18.13(D) | 1.0   |
| 1, second hour | Vapocoolant spray and stretch: supervised application and spray-and-stretch laboratory                                                                                                                                                                                                     | Clinical | 16.2.18.13(D) | 1.0   |
| 2, first hour  | Therapeutic injections and vitamins                                                                                                                                                                                                                                                        | Didactic | 16.2.18.13(E) | 1.0   |
| 2, second hour | Applied clinical use of the authorized substances — vitamins, minerals, hyaluronic acid, dextrose, sarapin, enzymes other than urokinase, sodium chloride, sterile water and homeopathic medicines: selection, indications, contraindications, handling and lawful procurement in practice | Didactic | 16.2.18.13(A) | 1.0   |
| 3, first hour  | Basic mesotherapy concepts: mechanism of action in pain, sports medicine and cosmetic application; indications, contraindications and scope boundaries; instructor mesotherapy-gun demonstration                                                                                           | Didactic | 16.2.18.13(E) | 1.0   |
| 3, second hour | Applied clinical use of the authorized substances used in mesotherapy: selection, dilution and concentration                                                                                                                                                                               | Didactic | 16.2.18.13(A) | 1.0   |
| 4              | Basic mesotherapy laboratory (hand technique): intradermal and subcutaneous administration — angle and depth control, wheal formation, papule spacing, site rotation, and patient comfort                                                                                                  | Clinical | 16.2.18.13(E) | 2.0   |

## Weekend 2 — Hours Summary

| Required subject area                                             | Rule citation | Hours     | Clinical  |
|-------------------------------------------------------------------|---------------|-----------|-----------|
| Pharmacology and biomedical differential diagnosis                | 16.2.18.13(A) | 6         | 0         |
| Orthopedic and neurologic evaluation                              | 16.2.18.13(C) | 4         | 4         |
| Vapocoolant spray and stretch                                     | 16.2.18.13(D) | 2         | 1         |
| Injection therapy — trigger point and acupuncture point injection | 16.2.18.13(E) | 8         | 4         |
| Injection therapy — basic mesotherapy                             | 16.2.18.13(E) | 3         | 2         |
| Injection therapy — therapeutic injections and vitamins           | 16.2.18.13(E) | 1         | 0         |
| <b>Weekend 2 total</b>                                            |               | <b>24</b> | <b>11</b> |

### Weekend 3 — April 2–4, 2027

#### Weekend 3 · Day 7 (Friday, April 2) — Neural Therapy and Regional Injection Laboratories

| Session | Session title                                                                                                                                                                                                                                                                                 | Format   | Rule citation | Hours |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------|-------|
| 1       | Basic neural therapy: interference fields, autonomic relationships, common injection sites, scars, and peripheral nerves                                                                                                                                                                      | Didactic | 16.2.18.13(E) | 2.0   |
| 2       | Neural therapy and therapeutic injection skills laboratory: intradermal and subcutaneous administration over scars and segmental sites — wheal formation, depth control, layered infiltration; supervised therapeutic injection at appropriate anatomical locations and depths; documentation | Clinical | 16.2.18.13(E) | 2.0   |
| 3       | Regional injection laboratory — knee                                                                                                                                                                                                                                                          | Clinical | 16.2.18.13(E) | 2.0   |
| 4       | Regional injection laboratory — low back                                                                                                                                                                                                                                                      | Clinical | 16.2.18.13(E) | 2.0   |

#### Weekend 3 · Day 8 (Saturday, April 3) — Regional Injection Laboratories and Consolidation

| Session | Session title                                                                                                                                                         | Format     | Rule citation | Hours |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|---------------|-------|
| 1       | Regional injection laboratory — shoulder                                                                                                                              | Clinical   | 16.2.18.13(E) | 2.0   |
| 2       | Regional injection laboratory — hip and pelvis                                                                                                                        | Clinical   | 16.2.18.13(E) | 2.0   |
| 3       | Regional injection laboratory — elbow                                                                                                                                 | Clinical   | 16.2.18.13(E) | 2.0   |
| 4       | Regional consolidation: applied anatomy, orthopedic and neurologic screening, danger zones, regional acupuncture and trigger point review, and documentation workflow | Integrated | 16.2.18.13(E) | 2.0   |

#### Weekend 3 · Day 9 (Sunday, April 4) — Summative Assessment

| Session | Session title                                                                                                                                  | Format      | Rule citation    | Hours |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------------------|-------|
| 1       | Proctored written examination, part one                                                                                                        | Examination | No rule category | 2.0   |
| 2       | Proctored written examination, part two                                                                                                        | Examination | No rule category | 2.0   |
| 3       | Practical examination circuit A: trigger point and acupuncture point injection stations                                                        | Clinical    | 16.2.18.13(E)    | 2.0   |
| 4       | Practical examination circuit B: trigger point and acupuncture point injection (1.0 hour); neural therapy and therapeutic injection (1.0 hour) | Clinical    | 16.2.18.13(E)    | 2.0   |

#### Weekend 3 — Hours Summary

| Required subject area                    | Rule citation | Hours | Clinical |
|------------------------------------------|---------------|-------|----------|
| Injection therapy — basic neural therapy | 16.2.18.13(E) | 5     | 3        |

| Required subject area                                                                     | Rule citation    | Hours     | Clinical  |
|-------------------------------------------------------------------------------------------|------------------|-----------|-----------|
| Injection therapy — regional laboratories (shoulder, hip and pelvis, knee, consolidation) | 16.2.18.13(E)    | 8         | 6         |
| Injection therapy — additional regional injection practice (low back, elbow)              | 16.2.18.13(E)    | 4         | 4         |
| Injection therapy — trigger point and acupuncture point injection                         | 16.2.18.13(E)    | 3         | 3         |
| Proctored written examination                                                             | No rule category | 4         | 0         |
| <b>Weekend 3 total</b>                                                                    |                  | <b>24</b> | <b>16</b> |

### Course Total

|                     | Hours     | Clinical  |
|---------------------|-----------|-----------|
| Weekend 1 total     | 24        | 10        |
| Weekend 2 total     | 24        | 11        |
| Weekend 3 total     | 24        | 16        |
| <b>Course total</b> | <b>72</b> | <b>37</b> |

### 3 — Hours Reconciliation

The table below reconciles all 72 course hours against the eight required subject areas of 16.2.18.13 NMAC. Clinical practice minimums shown are one half of the required hours, as provided in Subsections B, C, D, and E.

The 4 hours of practical examination at Day 9, Sessions 3 and 4 are supervised clinical performance in trigger point therapy, acupuncture point injection and therapeutic injection. They are credited to Subsection E rather than counted separately.

| Required subject area                                                          | Citation     | Total hours |           | Clinical practice |           | Status                                            |
|--------------------------------------------------------------------------------|--------------|-------------|-----------|-------------------|-----------|---------------------------------------------------|
|                                                                                |              | Required    | Delivered | Required          | Delivered |                                                   |
| Pharmacology and biomedical differential diagnosis                             | Subsection A | 8           | 8         | —                 | —         | Meets                                             |
| Drawing, compounding, USP 797, aseptic technique, records, storage, dispensing | Subsection B | 2           | 4         | 1                 | 2         | Exceeds                                           |
| Orthopedic and neurological evaluation                                         | Subsection C | 14          | 14        | 7                 | 8         | Meets                                             |
| Vapocoolant spray and stretch                                                  | Subsection D | 2           | 2         | 1                 | 1         | Meets                                             |
| Injection therapy, theory and practice — total                                 | Subsection E | 28          | 32        | 14                | 22        | Exceeds                                           |
| — trigger point therapy and injection of acupuncture points                    | Subsection E | 11          | 11        | —                 | 7         | Meets                                             |
| — basic mesotherapy                                                            | Subsection E | 11          | 11        | —                 | 8         | Hour allocation as filed with the approved course |
| — basic neural therapy and therapeutic injections                              | Subsection E | 6           | 6         | —                 | 3         | Meets                                             |
| — additional regional injection practice (low back, elbow)                     | Subsection E | —           | 4         | —                 | 4         | Additional practice                               |
| Pharmaceutical law, New Mexico Board of Pharmacy                               | Subsection F | 1           | 1         | —                 | —         | Meets                                             |
| Oriental medicine scope of practice                                            | Subsection G | 1           | 1         | —                 | —         | Meets                                             |
| Emergency use of inhaled oxygen and intramuscular epinephrine                  | Subsection H | 2           | 4         | —                 | 4         | Exceeds                                           |
| <b>Required-areas subtotal</b>                                                 |              | <b>58</b>   | <b>66</b> | <b>23</b>         | <b>37</b> |                                                   |
| Course orientation and clinical safety culture                                 | —            | —           | 2         | —                 | —         | No rule category                                  |
| Proctored written examination                                                  | —            | —           | 4         | —                 | —         | No rule category                                  |

| Required subject area | Citation | Total hours |           | Clinical practice |           | Status |
|-----------------------|----------|-------------|-----------|-------------------|-----------|--------|
|                       |          | Required    | Delivered | Required          | Delivered |        |
| Total course hours    |          | 58          | 72        | 23                | 37        |        |