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OBJECTIVES

- Demonstrate that the acupuncture point VG-26 is effective in emergency situations:
 - Explain the steps to follow during cardiopulmonary resuscitation in conventional medicine
 - Present the location and path, indications of use and effect of VG-26 point and corroborate its efficacy

CARDIOPULMONARY RESUSCITATION

BASIC LIFE SUPPORT

(A) Airway

- Check that airways are open and the air flows easily
- Remove any secretions, blood, vomits or foreign manually or by suction
- Endotracheal intubation

(B) Breathing

- 100% oxygen for ventilation
- Two prolonged artificial ventilations (1,5-2s)
- Inspiratory time must be equal to expiratory time

(C) Circulation

- Objective: to ensure adequate blood flow to the heart and brain
- External cardiac compression and/or internal cardiac compression



Figure 1. External cardiac compressions during the (C) Circulation step.

ADVANCED LIFE SUPPORT

- Venous access; central or peripheral, intraosseous, intracardiac, intratracheal
- Vasopressor drugs and fluid therapy

GOVERNOR VESSEL 26

CLINICAL EFFECTS

- Restores consciousness
- Increases brain activity
- Stimulates respiration
- Increases heart and respiratory rates
- Increases endorphin release
- Supports the spine
- Analgesia

INDICATIONS

- | | |
|----------------------------------|--|
| • Cardiac and respiratory arrest | • Circulatory shock |
| • Coma | • Traumatic injury |
| • Stroke | • Epilepsy |
| • Cerebral infarction | • Anesthetic/post-anesthetic apnoea |
| • Fever | • Facial nerve paralysis |
| • Syncope | • Stimulation of breathing in neonates |



Figure 2. Meridian path from VG-2 to VG-26 through the dorsal midline



Figure 3. Stimulation of VG-26 in dog

CONCLUSIONS

- **Acupuncture** is effective in the treatment and prevention of a large number of human and animal pathologies
- **VG-26** is the most common acupuncture point used in human and animal medical emergencies due to its **sympathomimetic effects** on the cardiovascular and respiratory systems

- According to the consulted studies, VG-26 point is effective in the treatment of **cardiorespiratory arrest and apnoea**
- More specific studies are needed in order to obtain more reliable efficacy rates