

Patient Information and Informed Consent

Information About Chinese Medicine (CM) and Acupuncture

Please carefully read each section below, ask any questions, and initial each section to indicate your understanding of the information:

— **Acupuncture** is a healing art that involves the stimulation of specific points on the body. It has the intended effect of normalizing body functions, modifying the perception of pain, and treating certain diseases or dysfunctions of the body. The stimulation may be produced by needles, heat, digital pressure, electric currents, or other means, but most frequently by needling. Location and depth of needle insertion is determined by the nature of the problem. Acupuncture is considered a safe method of treatment, but occasionally there may be some bruising or tingling near the needling sites that lasts a few days.

— Insertion of acupuncture needles may be accompanied by a brief painful sensation, and there is a slight possibility of minor swelling, bleeding, discoloration of the skin, hematoma (bruise) at the site of needling, or fainting. Momentary euphoria or lightheadedness may occur after treatment. Some very rare risks of acupuncture include fainting, spontaneous abortion, pneumothorax (a partially or fully-collapsed lung due to air in the chest cavity), and infection.

— Some health conditions are contraindications to acupuncture treatment, or they require special precautions to be taken during treatment. These conditions include, but are not limited to: a history of a bleeding disorder, current anticoagulation therapy, diabetes, an implanted pacemaker or prosthetic heart valve, certain medications, and/or pregnancy. It is important that you notify your acupuncturist if any of these might apply to you, so that you can discuss any risks and ensure safe and effective acupuncture treatment.

— **Moxibustion** is heat supplied, either directly or indirectly, by burning the herb *Folium Artemesiae Vulgaris* over a single acupuncture point or group of points. The area being treated may remain red and warm for several hours after treatment. In rare instances, a minor burn may occur at the site of moxibustion.

— **Cupping** is the application of round vacuum cups over a large muscular area, such as the back, to enhance blood circulation to the designated area. Cupping may produce a deep redness, discoloration, and on rare occasions, a minor blister which may persist for up to a week. These marks are not indications of complications or injury.

— **Acupressure/Tui Na Massage** is used to modify or prevent the perception of pain and to normalize the body's physiologic functions. Possible side effects of this treatment include, but are not limited to, bruising, muscle soreness, and the possible aggravation of symptoms existing prior to treatment.

— **Herbs and/or Nutritional Supplements** from the Oriental Materia Medica may be recommended to me to treat bodily dysfunction, to modify or prevent pain perception, and/or to normalize the body's physiologic functions. Herbs are used to facilitate the body's own restorative process. The herbs are typically taken by mouth in a tea, pill, or powder; topically by rubbing into the skin; or applied internally.

— Herbs are considered safe in the practice of CM, although some substances may be toxic in large doses. Some dietary supplements are inappropriate during pregnancy, may interact with medications or other supplements, may have side effects of their own, or may contain potentially harmful ingredients not listed on the label. Most supplements have not been tested in pregnant women, nursing mothers, or children. Potential risks include but are not limited to: allergic reactions, nausea, gas, stomachache, vomiting, headache, diarrhea, rash, hives, and tingling of the tongue. Some possible side effects of applying topical creams, liniments, ointments and plasters are rashes, hives and tingling of the skin. Due to possible interactions between herbs and Western medications, it is very important to report all prescribed and over-the-counter medications you are taking at the time of your visit.

Gua sha means “scraping sha-bruises” and involves using a scraping tool intended to result in minor skin bruising. Some patients experience temporary indentation of their skin after gua sha treatment, and in some instances minor bleeding can occur. If any bleeding occurs, there is an associated risk of infection.

Infrared and TDP (Teding Diancibo Pu) lamp therapy consists of warming the skin with a heat source mounted to an adjustable arm and positioned above the body. If the heat source comes into close proximity with or contacts the skin, there is the risk of a burn.

Consent for Chinese Medicine and Acupuncture Treatment

I understand the importance of communicating with all of my health care providers regarding my health status. I have provided my full medical history, current health status, all medications I am currently taking, and a description of my complaints. This information is complete and accurate, to the best of my knowledge.

Do you have an implanted pacemaker, defibrillator, or prosthetic heart valve? Yes No

Do you take steroid or anticoagulant medications? Yes No

Female patients: Are you pregnant? Yes No (If no, provide date of last menstrual period: _____)

The diagnosis given to me conforms to the principles of CM, and in no way purports to replace allopathic (Western) medical evaluation, diagnosis, or treatment.

No guarantees have been made concerning the use and effects of CM. I understand that, in some cases, symptoms may relapse or intensify temporarily during the course of treatment before relief is sustained.

I am not required to take recommended herbs or nutritional supplements, but if I do decide to take these substances, I must follow the directions for administration and dosage. I will immediately notify my practitioner of any unanticipated or unpleasant effects associated with herbs or nutritional supplements.

I understand that it is not possible to anticipate and explain all risks and complications. I understand and agree that practitioner will exercise judgment during the course of treatment which they feel at the time, based on the facts known to them, is in the best interest of me as a patient.

I hereby state that I have read and understand this form, that I have been given an opportunity to ask questions, and that all questions have been answered in a satisfactory manner. I wish to proceed with CM treatment. I understand that I am free to withdraw my consent to treatment, and/or stop treatment at any time.

Patient name (please print)

Signature of patient or person authorized to consent on behalf of the patient

Date