



PATIENT INFORMED CONSENT FOR ACUPUNCTURE TREATMENT

Treatment: Your treatment may include the following techniques.

- Acupuncture—The insertion of special sterilized, disposable needles through the skin into the underlying tissues at specific points on the surface of the body.
- Moxibustion –The burning of prepared herbs on or near the body to warm, strengthen and relieve symptoms. Moxa comes in several forms such as stick, string, ball, cone or rice grain.
- Cupping—A technique used to relieve symptoms by applying cups made of glass or plastic to the skin with a vacuum created by heat or suction.
- Electro Acupuncture—the use of very low electrical current applied to specific acupuncture points.
- Acupressure—A technique of Chinese medical pressure based on acupuncture theory, used for a variety of common disorders.
- Gua Sha—Rubbing on an area of the body with a blunt, round instrument.
- Plum Blossom or Seven Star Hammer—A light tapping of an area of the body with a small sterile, disposable hammer which has seven points.
- Dietary Advice—Food and herbal advice guided by traditional Chinese theory including the recommendation and sale of herbs, vitamins, minerals, and nutritional supplements.
- Breathing, relaxation and East Asian exercise techniques, including Qi Gong.
- East Asian massage and Tui na, which is an East Asian form of bodywork, characterized by kneading, pressing, rolling, shaking, and stretching and does not include spinal manipulation.
- Infrared Lamp—The use of heat to warm the body and increase circulation to an area.
- Press Seeds/Tacks/Magnets—A self-adhesive seed, tack or magnet applied to specific acupuncture points on the body or ears for stimulation.
- Superficial application of heat and cold therapies.

Purpose of Treatment: The purpose of your treatment is to resolve your complaint, i.e., the reason you are seeking treatment. Acupuncture is a comprehensive health care system that is based on East Asian medicine theory and practices. Diagnosis and treatment based on these theories and practices are used to promote your health and treat both organic and/or functional disorders.

Potential Benefits: Potential benefits from the above procedures can lead to relief of presenting symptoms, and the rebalancing of internal systems so as to lead to the elimination and/or prevention of the main complaint, reduction of stress, and an awareness of dietary and life-style changes in order to maximize health and well-being. Many conditions may be alleviated very rapidly; others, especially those which have existed for many years, may be relieved only through slow and steady treatment.

Risks of Treatment: Acupuncture has been shown to be relatively safe. However, there are some uncommon but potential risks, including

- Needle “sickness” (dizziness, fainting, after insertion of needles)

- Localized, minor bruising or swelling
- Minor burns with the use of moxa
- Broken needle
- Infection

Some acupuncture points are contra-indicated during pregnancy. Please inform your practitioner if you are, or might be, pregnant. In addition, patients with severe bleeding disorders or pacemakers should inform the practitioner prior to treatment.

Use of disposable needles: To reduce the possibility of infection, all needles used are pre-sterilized, one-time-use needles made of surgical stainless steel. After each use, needles are disposed of as medical waste. Needles are never re-used.

Confidentiality of Medical Records: All medical records will be kept confidential as provided by law. Your medical records will not be released to anyone without your written consent. Your privacy is paramount and protected.

Requirement of Washington State Law: Washington State Law does not permit acupuncturists to treat certain disorders without the consultation of a medical doctor, including

- Cardiac conditions including uncontrolled hypertension
- Acute abdominal symptoms
- Acute undiagnosed neurological changes
- Unexplained weight loss in excess of 15% of body weight within a 3 month period
- Suspected bone fracture or dislocation
- Suspected systemic infection
- Any serious undiagnosed hemorrhagic disorder
- Acute respiratory distress without previous history or diagnosis

Patient Consent

With this knowledge, I voluntarily consent to the above treatment procedures, realizing that no guarantees have been given me regarding the resolution or improvement of my condition. I understand I am free to withdraw my consent and I may stop treatment or any procedure at any time. My signature on this form indicates that I have read and understand the preceding information. If I have any questions about this information or about my treatment, I will ask my practitioner. I hereby release the above named practitioner and Confluence Healing Arts from any and all liability that may occur in connection with the above-mentioned procedures, except for failure to perform the procedures with appropriate medical care. I understand the services and techniques the East Asian Medicine Practitioner is authorized to provide will not resolve my underlying potentially serious disorders.

Date

Patient Name

Patient Signature _____