



2 Mt. Auburn Street
Watertown, MA 02472
617-923-3911

INFORMED CONCENT for ACUPUNCTURE TREATMENT

By **initializing** below and **signing** the second page, I hereby give my informed consent to receive complimentary and integrative medical treatments from practitioners at Mind-Body Wellness which may include Chinese and / or Japanese styles of acupuncture and any of the adjunctive techniques described as follows:

Acupuncture: Insertion of hair-thin, sterilized, disposable needles into the skin. Insertions may produce sensations ranging from no sensation whatsoever to that similar to a mosquito bite. After insertion, the sensation may range from tingling, numbness, warmth, heaviness or a mild throbbing. Although rare, occasionally bruising may occur at the insertion point and usually resolves within a few days. Acupuncture most often induces a feeling of deep relaxation, however, in rare cases, light-headedness or even fainting has been known to occur in which case the needles are removed and the patient is revived. Patients are advised to not receive acupuncture treatments on either a completely empty or a completely full stomach.

Electro-acupuncture: The use of a small, battery-powered stimulator with leads that are attached to the handles of selected needles for the purpose of producing a mild electrical, vibratory sensation to enhance the treatment's effectiveness.

Moxabustion: The burning of a wool-like herbal material, *Artemisia vulgaris*, on top of a thin layer of protective cream applied directly to the skin or alternatively attached to the handle of a needle. Although rare, with the application of heat in this manner, the potential for a slight burn, blister or even a small scar does exist. Heat may also be applied to a broader area with an **infra-red lamp**.

Press Balls & Magnets: The application of small metal balls or magnets applied directly to acupuncture points with a piece of hypoallergenic tape to provide continual stimulus to enhance the treatment. These are typically left in place 1-3 days in the summer and 5-7 days in the winter. If the patient experiences any irritation, itching or significant redness with this application, the press balls should be removed immediately to prevent the possibility of infection.

Blood-letting: A sterile lancet may be inserted into the skin in order to discharge a few drops of blood in areas where the practitioner has diagnosed a local stagnation of qi and blood. Although rare, the potential does exist for a slight bruising to occur which resolves within a few days.

Gwa Sha: This technique consists of the scraping of the surface of the skin with the side of a porcelain spoon or similar device in order to stimulate circulation of both qi and blood. This may leave redness, mild bruising and some tenderness to the area for 1 to 7 days. The patient is advised to stay warm and avoid chills for 48 hours after this treatment.

Cupping involves the application of glass cups directly to the skin in a stationary manner with suction applied to reduce the stagnation of qi and blood in a local area. **Sliding Cups** are an alternative approach in which a lubricating oil is applied to the skin before attaching the cups with mild suction. The cups are then slid over the skin along a meridian and / or a larger area of the body. This is a very invigorating treatment that is comparable to deep tissue massage. It greatly stimulates the movement of qi and blood and flushes out the lymphatic system of toxic waste chemicals. As with qwa sha, cupping techniques may also leave redness, mild bruising and tenderness to the area for 1-7 days. The patient is advised to stay warm and avoid chills for 48 hours after treatment.

Herbal Medicinals: All Chinese herbs are gathered from substances found in nature (plant roots, barks, flowers, etc) that have been determined over thousands of years to be safe for consumption with very few side effects. Although rare, the possibility does exist for an allergic response in some individuals as well as changes in some bodily functions such as the development of diarrhea. Patients are advised that, if they begin to experience any unusual symptoms whatsoever, they should immediately cease taking the herbs and contact their practitioner for a consultation.

Tuina: The application of massage with manual pressure and tapping of various areas of the body in order to stimulate the flow of qi and blood along acupuncture meridians to further enhance the treatment effect.

Needle Safety: During my acupuncture treatment, I agree to remain lying down and still during my entire treatment and I will not make attempts to remove or manipulate the acupuncture needles for any reason whatsoever.

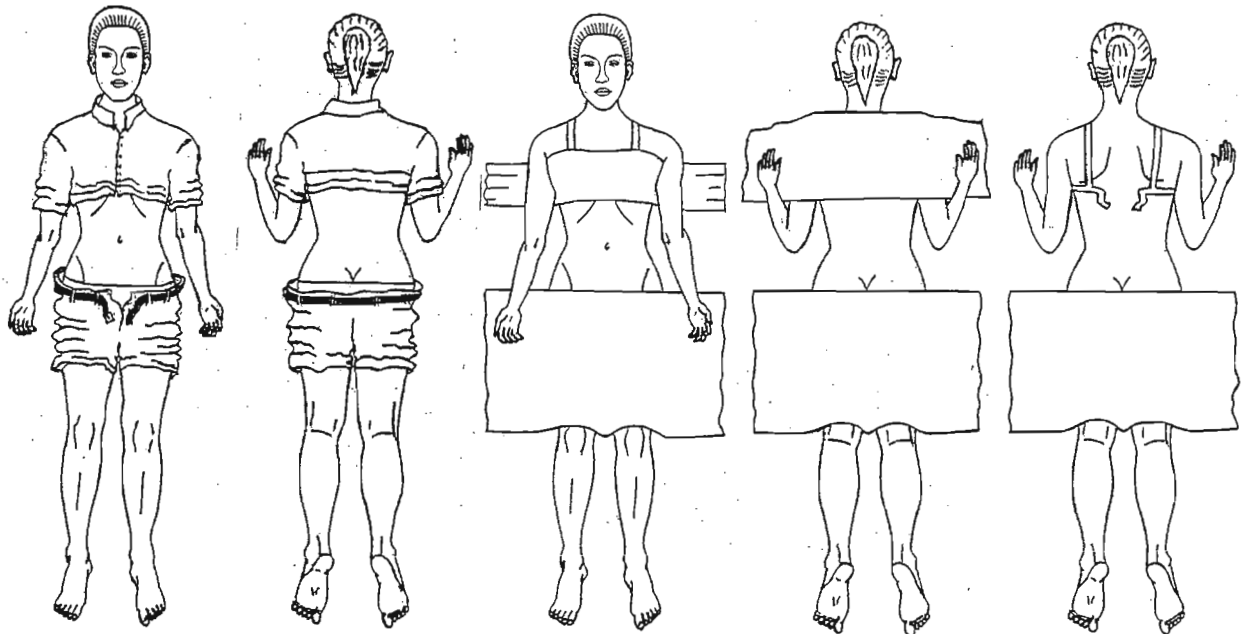
Please **Initial** and continue on to page 2 _____ Date: _____ / _____ / _____ (page 1 of 2)

Bathroom Use: I understand that it is important for me not to drink too much liquid (especially caffeinated beverages) prior to my treatment and that I must accept responsibility for evaluating my need to use the restroom immediately prior to receiving a treatment. Since the treatment time may extend to one hour or more, if I feel I must use a restroom during a treatment, I understand that my practitioner will be forced to remove the needles and, consequently, my treatment time may be shortened accordingly.

Etiquette: For the comfort of all patients, I agree not to come to the clinic under the influence of alcohol or any other recreational drug. Since quietness is essential to every patient's treatment, **cell phone conversations are prohibited** and patients are asked to engage in a minimum of conversation while in the facility. I understand that, if my behavior does not comply with these policies, I may be refused treatment and asked to leave the facility.

Draping: Failure to provide proper draping is the leading cause of needles being inadvertently covered by clothing and accidentally left in a patient upon completion of a treatment which could potentially lead to mild injury. Although exposure of both the arms and the legs to above the elbows and knees as well as complete exposure of the entire Hara (abdomen) and / or back while the patient is fully clothed may be all that is required for many treatments, it is not always adequate. Consequently, the practitioner may request that the patient disrobe in private down to his/her underwear and to cover him/herself with a Johnny, linen or disposable sheet while lying on the treatment table. Females must always be clothed in a bra (preferably one that unhooks in the back) and underwear with the latter area always being properly draped. Patients are, therefore, advised to come to every treatment dressed in loose-fitting clothing. Full length dresses are not recommended because the abdomen and back cannot be exposed. **Please view the following figures which demonstrate a variety of draping from loose-fitting clothing to linens or disposable sheets.** The patient must also understand that, although every effort will be made to insure that their modesty is always respected and preserved by the use of maximum, proper draping, it is also the responsibility of the patient to immediately voice any concerns whenever s/ he experiences discomfort with any aspect of the treatment.

The patient may refrain from signing his/her signature below until s/he has had an opportunity to ask any questions and address any concerns s/he may have with any aspect of this consent form with the practitioner. The practitioner reserves the right to terminate treatment at any time if a patient decides not to cooperate with any aspect of the treatment or draping procedures.



Signature: _____ Date: ____/____/____