

TRADITIONAL CHINESE MEDICINE IS A SYSTEM OF PRIMARY HEALTH CARE THAT TYPICALLY INVOLVES ACUPUNCTURE AND CHINESE HERBAL MEDICINE. DESPITE BEING AN EFFECTIVE AND SAFE HEALTH CARE SYSTEM, IN SOME CASES SOME PATIENTS COULD EXPERIENCE RARE AND / OR MILD SIDE EFFECTS. AS WITH ANY HEALTH CARE TREATMENT, IT IS VERY IMPORTANT THAT YOU READ AND UNDERSTAND ANY RISKS INVOLVED WITH TRADITIONAL CHINESE MEDICINE SO THAT YOU CAN PROPERLY CONSIDER THE RISKS AND BENEFITS THAT MAY APPLY TO YOU.

INFORMED CONSENT

Herbal medicine is considered safe in traditional Chinese medicine. From time to time, however, side effects could be experienced by some patients. Interactions between herbal medicine and traditional Western medication could occur and your practitioner will discuss this with you based on the information you have provided regarding your medical history.

Acupuncture treatment involves the insertion of fine, single-use sterile needles into specific points on the body to relieve pain and/or to help stimulate the proper flow of the body's normal regulation.

During your acupuncture treatment, you might experience mild sensations including: pricking on needle insertion; tingling; aching; soreness; numbness; fullness; dissension; pressure; heaviness; warmth. These sensations are a normal part of acupuncture treatment. The quality and strength of sensation varies, depending on the individual, the condition and its severity. If at any point you do experience feelings of discomfort or sharp pain that does not subside, please tell your practitioner immediately so that they can ensure you are comfortable. This likely involves adjusting or reinsertion of the needle, or omitting the point.

In very rare cases acupuncture has been reported as being associated with bodily infections or collapse of lung. Allergic skin reactions to massage oils, acupuncture needles or topical applications are a possibility.

In some cases it may be necessary to lance a point for therapeutic value. This will be discussed prior to administering. Lancing involves breaking the skin with a sterile needle and squeezing 1-2 drops of blood from a particular acupuncture point. Some unintentional bleeding from points may occur from time to time, which is harmless and often of diagnostic value to practitioners. Mild bruising may occur on one or more points and will usually fade within a few days. In the rare instance you experience dizziness, faintness, light headed, mild nausea, chills, sweating or anxiety please notify your practitioner who will attend to you accordingly. These symptoms relate to a phenomenon called "needle shock" and is considered a harmless transient reaction to acupuncture usually in the presence of low blood sugar, exhaustion or anxiety.

Cupping is a form of treatment where suction is created on target areas of the skin with a specialized glass cup and lit ethanol soaked cotton ball. Cupping usually occurs on the back at key areas relating to internal organs. Cupping can also occur on areas of physical pain. Cupping can either be stationary, sliding along skin, or "flashing" – a quick succession of suction and removal along affected areas. Cupping separates soft tissue and breaks up painful adhesions promotes blood and qi flow, stimulates lymphatic circulation, has a therapeutic effect on internal organs, and expels cold and flu symptoms.

During cupping you may experience tenderness in certain areas, itching and a mild to moderate suction sensation. Pain may be experienced as target areas are released. You should be aware that cupping often results in painless circular marks that differ from bruising, and typically fade within a few days.

Gua Sha involves scraping a ceramic soup spoon along certain areas of the skin to bring up "sha" to promote healing and alleviate pain. You should be aware that Gua Sha typically is accompanied with tenderness and pain that is normal and necessary to achieve therapeutic effect. Please alert your practitioner if at any time you feel major discomfort. Gua Sha results in mild pink to deep purple marks that differ from bruising and typically fade within a few days.

Moxibustion is the technique of burning dried mugwort stick/s over certain acupuncture points or areas of pain. The benefits of moxibustion are to alleviate pain, and to warm acupuncture points and internal organs. moxibustion can also be used to turn a breech baby. While every effort is made to ensure patient comfort and safety, you should be aware that mild burning may occur if ash drops. The skin where moxibustion is applied may turn pink. Please alert your practitioner if you feel burning of the skin, the heat becomes unbearable, or you develop a headache while moxibustion is being applied.



Qi Gong is an ancient exercises system that integrates physical postures, breathing techniques and focused intention. Qi Gong exercises are commonly prescribed to treat a wide variety of conditions by stimulating the body's self healing mechanisms. Qi Gong can be practiced for recreation, exercise, relaxation, preventative medicine, meditation and training for martial arts. Qi Gong is considered safe however the same cautions apply as with any physical activity, including the risk of muscle strain or sprains. Your prescription may include lifestyle advice. Efficacy of Qi Gong and lifestyle advice depends on compliance, the individual, the condition and its severity.

Diet Therapy involves prescription of foods based on their energetic properties, thematic temperature, actions and indications to promote healing and restoration of balance in accordance with your Chinese medicine diagnosis. Eating behaviours form a large part of diet therapy and it is likely included with your prescription. As with Qi Gong and other lifestyle advice, efficacy depends on compliance with advice, the individual, the condition and its severity.

It is not always possible to predict an outcome of treatment as responses vary depending on the individual, the condition and its severity. If you feel you might be having a reaction or abnormal feelings please contact the clinic and discuss this with your practitioner who will advise you accordingly. In the unlikely event that you experience shortness of breath, sweating and chest pain after the treatment, then you should contact your general practitioner immediately.

After the treatment, you should feel improved physical and psychological wellbeing, a sense of an energy shift and in some instances tiredness. Pain relief can be expected immediately or in the ensuing days. In some instances symptoms may worsen and is a normal part of the healing process.

If you wish to discuss any information provided in this form prior to signing, please bring it with you to your first consultation and discuss it with your practitioner.

PAYMENT AND CANCELLATION TERMS

Please note that:

- All consultation and prescription costs are payable in full at the conclusion of your appointment; and
- Late Cancellation Policy: In order to serve the community, we require 24 hours notice if you need to cancel or reschedule. All changes made outside of this notice period will automatically attract a **cancellation fee of \$85** to cover the cost of the appointments kindly held in your name. Payment must be made before being able to schedule further appointments. We send an email upon book and SMS two days prior to help you keep track of your scheduled appointments.

Initial _____

PRIVACY POLICY

Indigo Chinese Medicine is committed to protecting the privacy of personal information of our clients. We are required to comply with the Australian Privacy Principles (APPs) under privacy law and we adhere to all relevant State and Commonwealth privacy law requirements. All of the personal and health information we gather from you will be securely stored in either encrypted electronic client management software, or hard copy in locked and secured filing cabinets within alarmed premises. We will not share, sell or rent Personal Information with anyone without your permission or unless ordered by a court of law.

For full detail on our privacy policy, please visit our website indigochinesemedicine.com.

Initial _____

OUR COMMITMENT TO YOU

Doctors of Chinese Medicine in Australia are required by law to be tertiary educated professionals, governed by AHPRA and the CMBA. In addition, practitioners are required by law to undertake approved continued professional education each year and to maintain a certain standard of practice.

Your Indigo Chinese Medicine practitioners strictly adhere to these government regulations, and endeavour to go above and beyond with our ongoing education and training for the benefit of our clients. We endeavour to practice to the best of our ability and at all times, and with integrity. While endangered animal species makes up for a very minute part of our Material Medica we do not use any of these products in our herbal medicines as a matter of moral principles and legal obligations.

INDIGINOUS RECOGNITION

We would like to acknowledge the Traditional Custodians and First Peoples of the land we work across; recognise their continuing connection to land, waters and culture; and pay my respects to their Elders past, present and emerging.

PERSONAL DETAILS



TITLE _____ FIRST NAME _____ SURNAME _____

D.O.B _____ GENDER Male Female Prefer not to say

ADDRESS _____ POSTCODE _____

TELEPHONE (M) _____ (OTHER) _____

EMAIL _____ Your email address is used to provide appointment communications and invoices.

EMERGENCY CONTACT _____ NUMBER _____

YOUR OCCUPATION _____

PRIVATE HEALTH INSURANCE (NAME FUND) _____

HEIGHT _____ WEIGHT _____ DO YOU SMOKE YES NO

HOW MUCH PER DAY / WEEK Coffee _____ Tea _____ Alcohol _____

HAVE YOU RECEIVED ACUPUNCTURE DRY NEEDLING CUPPING
 CHINESE HERBAL MEDICINE

DO YOU HAVE NEEDLE ANXIETY? YES NO

MEDICAL AND TREATMENT GOALS

List in order of significance your health goals or reason for your visit, any relevant medication, and what makes it better / worse if known.

REASON	DATE ONSET
1.	
2.	
3.	

SIGNIFICANT ILLNESS (past/present eg. heart disease, hepatitis, respiratory, herpes, epilepsy, chronic fatigue. Include approx. date/year)

SIGNIFICANT TRAUMA (eg. Road accident, fall, other...) _____

SURGERIES / HOSPITALISATIONS (include Cosmetic Procedures) _____



ALLERGIES + REACTIONS _____

MEDICATION	DOSE	HERBAL / SUPPLEMENTS	DOSE

HOW DID YOU HEAR ABOUT US?

- CLIENT RELATIVE / FRIEND WORD OF MOUTH INSTAGRAM FACEBOOK
 POSTCARD / FLYER INTERNET SEARCH OTHER _____

WOULD YOU LIKE TO BE ON OUR MAILING LIST YES NO

By signing below, I (insert full name) _____ hereby certify that:

- I have read this entire form and understood the risks and benefits associated with Chinese Medicine, and have had the opportunity to ask questions and that I voluntarily consent to proceeding with the treatment with the modalities described above. I intend this consent form to cover the entire course of the treatment to be performed for my present and future conditions for which treatment may be sought.
- The information I provided in this form is true and correct, and I understand that my practitioner will rely on the information I have provided in this form to be relevant and important to my treatment process.
- I understand that I should not make significant movements while the needles are being inserted, manipulated, retained or removed.
- I understand that Acupuncture and other Chinese Medicine procedures are not substitutes for treatment by my GP.
- I understand this is NOT a waiver form, it is part of our 'duty of care' to you that we inform you of any material (pertinent) risks associated with professional treatment techniques.
- I state that if I have the following conditions I have reported them on the above form and will discuss them with my practitioner: pregnancy; cancer; Hepatitis B or AIDS; fits, faints or funny turns; bleeding disorder; pacemaker; local infections; artificial implants such as joint replacement, metal plates, breast implants; botox; currently taking anticoagulants. I confirm I am NOT allergic to Metal. I confirm I will report to my practitioner if any of the above medical situations change at any point during my treatment with Indigo Chinese Medicine.
- I understand in the event of an emergency I may be required to evacuate the building and will follow instructions given to me by Indigo Chinese Medicine staff. In the event of requiring First Aid, I understand that all Indigo Chinese Medicine practitioners hold a current first aid certificate and will attempt to administer First Aid to the best of their abilities until medical assistance can be sought.
- **I understand and agree to the Payment and Cancellation terms and Privacy Policy detailed above.**
- If client is under age of 18, please have parent or guardian sign below.

SIGNATURE _____ DATE _____

PRINT NAME _____ Relationship to client
If under 18 years of age _____