

## Kristin A. Dudley L.Ac

### Consent to Treatment

Oriental medicine is an ancient form of healing that began in China over 3,000 years ago and is now utilized throughout the world. Diagnosis and treatment are based on the premise that we are made up of bio-electrical energy, called "Chi" or "Qi" that runs through our systems in organized energy flows, called meridians. This energy can be affected by both internal and external factors, such as seasonal and environmental changes, trauma, and extreme emotions, which can create imbalances in the system and can lead to physical and psychological manifestations. Oriental Medicine takes into account that marvelous complexity of each individual's body, mind, and spirit. The goal of treatment is to balance the energetic system, thus leading to improved or optimum functioning on all levels.

The primary modality used in an Oriental medical treatment is acupuncture, the insertion of thin, sterilized, disposal needles into the body, but can also include moxibustion (a form of heat therapy involving herbs), cupping (the utilization of small suction cups on the skin), TDP lamp (heat therapy), Gua Sha (a bushing or combing techniques used on the skin), electric acupuncture (like a TENS system except the hooks are placed on inserted needles), and Plum blossom needle (a system of five needles on one head) and Chinese Herbal Medicine. In addition, recommendations may be given for the inclusion of specific herbal formulas or dietary changes to provide further benefit to the patient. You, the patient, have the **choice** at any time to accept or reject any proposed diagnostic or treatment procedures being offered.

During the administration of treatment, varying sensations may be experienced and are individually based. In general, with acupuncture, patients often report feelings of fullness, or distended feeling around the needle when inserted; other common sensations including itching, tingling, the feeling of energy moving, or a quick electrical feeling that usually disappears once the needle has been inserted. If at any time, you experience sensations that are too uncomfortable please inform me and I can adjust the needle for you.

Once the needles are in place, you will be given a period to rest, the length being relative to the condition being treated and individual sensitivities. During this time, most patients report combined feelings of floating and heaviness; this is typically a very comfortable sensation and many people actually fall asleep. With the conclusion of treatment, patients often report such feelings as extreme relaxation, increased energy, peacefulness or increased clarity of thought and/or vision. One may also experience an immediate decrease in symptom, although in some cases, stiffness or soreness may result; these later two sensations may be due to being in one position for an extended period, however as the needles increase blood flow and, therefore with increased circulation, the muscles have actually been exercised. In addition, with the removal of the needles, there may be an occasional instance of bruising. Bruising can also occur with cupping and Gua Sha. Unusual side effects would be spontaneous miscarriage, nerve sensitivity, organ puncture, pneumothorax and infection. However, this clinic uses sterile disposable needles and maintains a clean and safe environment. In all cases, it is advisable after treatment to avoid, for several hours at least, heavy exercise, excessive sweating (hot tub's, saunas), and alcohol, as these will effect the treatment. If possible, plan your activities so that after treatment you can rest and thus allow your body to gain the maximum benefit.

It is important that you be aware of any type of change that may occur during and after treatment. Oriental Medicine, in its goal of re-establishing a balanced and harmonious energy flow, is both a process of unpacking and unfolding. Therefore, it is possible to experience an intense awareness of old memories, unfamiliar bursts of anger, weepiness, or other emotions, a short period of intensification of a particular symptom, a change in bowel or urinary patterns, appetite, sleep energy levels, and so forth. These changes are usually temporary and are often an important part of the healing process; with each session, you will be asked to report any changes in physical or emotional patterns that may have occurred between treatments, as such detail is valuable in planning the course of treatment.

I understand that while this document describes the major risks of treatment, other side effects and risks may occur. The herbal supplements (which are from plant, animal, and mineral sources) that have been recommended are traditionally considered safe in the practice of Chinese Medicine, although some may be

toxic in large doses. I understand that some herbs may be inappropriate during pregnancy. Some possible side effects of taking herbs are nausea, gas, stomachache, vomiting, headache, diarrhea, rashes, hives, and tingling of the tongue. I will notify a clinical staff member who is caring for me if I am or become pregnant.

I do not expect the clinical staff to be able to anticipate and explain all possible risks and complications of treatment, and I wish to rely on the clinical staff to exercise judgment during the course of treatment, which the clinical staff thinks at the time, based upon the facts then known, is in my best interest. I understand that results are not guaranteed.

I understand the clinical and administrative staff may review my patient records and lab reports, but all my records will be kept confidential and will not be released without my written consent.

By voluntarily signing below, I show that I have read, or have had read to me, the above consent to treatment, have been told about the risks and benefits of acupuncture and other procedures, and have had an opportunity to ask questions. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Oriental medicine is a safe, effective form of treatment and works well in conjunction with Western medicine, chiropractic, osteopathy, and other healing modalities. It is used in cooperation with other care you are receiving, and any prescription medication should be continued as prescribed by your personal physician. I encourage you to discuss the care you are receiving from other physicians, as well as informing your other health care providers of our work together. It is important that you see this form of treatment as part of your care team, so that we can all work together with you.

**My following signature signifies that I have read and understand the above, and that I release any liability from Acupuncture Works Center LLC and Kristin Dudley L.Ac. for any adverse reactions/side effects and give my consent to treatment.**

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Patient's Signature

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Date

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Patient's Printed Name

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Patient's Guardian's Signature