



Balance Point Therapy
Integrative Sports Acupuncture
2777 Bristol St., Ste. B
Costa Mesa, CA 92626
T: 949.293.3662 / f: 949.250.1401
www.BalancePointTherapy.com

ACUPUNCTURE & ORIENTAL MEDICINE INFORMED CONSENT/ SHARED DECISION MAKING

Please read this entire document prior to signing it. It's very important that you understand the information contained in this document. Please ask questions before you sign if there is anything that is unclear.

I agree to have a physical examination. I understand some testing may provoke existing symptoms but that these tests are necessary to achieve an accurate diagnosis, prognosis & plan of care.

Patient Signature/ (Guardian if Minor)

Date

The nature of acupuncture & Oriental Medicine (AOM) treatment: Your acupuncturist or intern may insert sterile, single-use needles on various acupuncture points on your body. You may feel a heavy or sore sensation at the acupuncture point and/ or along the meridian (pathway of energy flow) as the needle is inserted and stimulated. Occasionally, you may experience a brief sting. If the sting persists, the needle is removed or repositioned. Treatment may also include moxibustion, auricular, cosmetic &/or sports acupuncture, dynamic cupping, electrical stimulation, gua-sha, tui-na (Chinese manipulative therapy), dry needling, Active Release Techniques, infrared light, Chinese herbal supplements, nutritional counseling, and physical activity advice. Your acupuncturist will recommend treatment that is most appropriate for your condition.

Possible risks: Acupuncture is a generally safe method of treatment, but it may have some side effects including bruising, numbness, dizziness, & fainting. Unusual risks of acupuncture include infection and organ puncture. This facility utilizes sterile, disposable needles & maintains a clean and safe environment w/ a 0.0% incidence for both unusual risks.

Burns & scarring are potential risks of moxibustion, infrared light & cupping. Petechiae (clusters of small red or purple spots) are an expected response to cupping, gua-sha & some types of tui-na (Chinese manipulative therapy).

The herbs & nutritional supplements (which are from plant, animal & mineral sources) that may be recommended are considered safe in the practice of Oriental Medicine, when taken at the prescribed dosage. Some herbs are inappropriate during pregnancy. Some possible side effects of herbal supplements may include but are not limited to gastrointestinal symptoms (ie: upset stomach, diarrhea), headache, & rashes.

Please inform your acupuncturist of all medications you are taking, including blood thinners, any surgeries you have had, & any other medical conditions, including heart disease, pacemaker, stroke, cancer, osteoporosis, fracture, numbness, systemic disease, previous severe injury, pregnancy or possible pregnancy.

Other options for treatment include: do nothing & live with it, over-the-counter medications, physical therapy, medical care, injections, surgery, & many others. Most treatments that have potential benefit also have potential risk. You are encouraged to ask questions regarding possible risks of AOM treatment & may use the space below for this purpose.



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Before your treatment begins, the following questions should be answered to your satisfaction:

- What is my diagnosis?
- Why do you think I have this diagnosis?
- What caused this diagnosis?
- What will happen if I do not get any treatment?
- What is the name of the proposed treatment?
- How is this treatment performed?
- What are the specific goals of the treatment?
- How much does each treatment cost, how many will I need, & how much will I need to pay out of pocket?
- Which aspects of my health will this treatment improve?
- How much of an improvement is expected & how long will it last?
- How will we measure this improvement?
- What are the factors that can help predict outcomes with this treatment?
- What could go wrong with this treatment?
- How often does something go wrong with this treatment?
- What are the consequences of something goes wrong?
- When should this treatment not be performed?
- What are some of the other treatment options available?
- What are the advantages of other treatment options?
- What are the disadvantages of other treatment options?
- When would you consider referring me to someone else?

Do not sign below until asked by your acupuncturist.

My signature below confirms that I have read the paragraphs above & that I understand what my acupuncturist has told me about possible risks of AOM treatment & that I have had the opportunity to ask questions & have my questions answered. In addition, I have told my acupuncturist about my medical history regarding the above-specified complicated factors, if any.

_____	_____
Patient's Name	Clinician's Name
_____	_____
Patient's Signature/ (Guardian if Minor)	Clinician's Signature
_____	_____
Date	Date