



Information and Consent to be the Recipient of Therapies in the Pacific Rim College Student Clinic

The Student Clinic at Pacific Rim College provides services in Acupuncture, Traditional Chinese Medicine, Herbal Medicine, and Nutritional Consulting. Treatments may include diagnostic and treatment techniques that involve physical touch and manipulation of the body.

Acupuncture involves the insertion of extremely fine sterile needles into the body in order to influence energetic changes. An acupuncturist may also use palpation techniques including therapeutic massage, moxibustion, cupping, superficial tissue scraping (Gua Sha) and provide dietary and lifestyle advice. Moxibustion involves the therapeutic burning of a herb known as mugwort to warm areas of the body. Cupping and superficial tissue scraping are generally very safe therapies used mostly to draw toxins out of the body; their primary side effects are local bruising that generally subsides within a few days to a week and soreness.

Without exception, only sterile disposable (single use) needles are used at this clinic. This eliminates the risk of transmission of bloodborne infectious diseases such as AIDS, Hepatitis B, and Hepatitis C, but acupuncture does carry other risks.

More than ten thousand acupuncture treatments have been given at this clinic with no serious reported complications. In the rare event that they do occur, the most common ill effects of acupuncture are:

- 1) mild bruising or slight local pain at an occasional needle site, or at a pressure point or specific area where deep massage techniques have been employed;
- 2) aggravation of symptoms, usually temporarily, in order to catalyze the transition into healing;
- 3) a slight feeling of faintness, especially if receiving a treatment in the upright position (primarily on the first treatment), if blood sugar levels are low at the time of treatment, if there is history of fainting, and/or if there is apprehension or fear concerning the treatment;
- 4) and a feeling of wooziness and/or drowsiness, especially during the first few treatments, and also when electrical stimulation* is used. This is likely due to the brain's secretion of endorphins and other neurohormones (that act as the body's natural opiates or painkillers) in response to treatment.

Rare but serious complications associated with acupuncture have been reported in literature. Precautions are always observed by the prudent practitioner in order to avoid the following:

- 1) Joint infections can occur by needling specific points that are intra-articular (entering into a joint) if bacteria are present on the skin at the time of needle insertion. Such a condition requires the administration of intravenous antibiotics.
- 2) Nerve damage is possible because some acupuncture points are situated over nerves. Complications, if any, usually amount to experiencing numbness for several hours following a treatment.
- 3) Pneumothorax (collapse of the lung) can occur if an acupuncture needle is inserted too deeply into the upper back, the clavicular area at the apex of the lung, or intercostal (between the ribs) areas. If pneumothorax does occur, emergency medical intervention is necessary, but a full recovery usually ensues.
- 4) A needle may break while in the body, and surgical removal may be necessary to extract it.

Considering the rareness of any of the above complications, acupuncture is extremely safe. Usually the most disappointment a patient experiences is in the event that the results are not as remarkable as were anticipated. Nonetheless, patients are advised not to operate a motor vehicle immediately following acupuncture, especially on the first visit or if faintness has been experienced during or after the treatment.

*Electrical Stimulation is a commonly employed form of therapy that involves the transmission of low level electrical current through two needles in order to stimulate energy changes in a region.

Traditional Chinese Medicine is the system of medicine that encompasses acupuncture and the above therapies and often includes the recommendation and dispensing of herbal products known as herbal medicine (see below).

Herbal Medicine is the time-honoured practice of using natural herb-based medicines to bring about therapeutic results. Practitioners and student practitioners in this clinic may recommend and dispense herbal teas, tinctures, pills, creams, salves and other medicaments to encourage health and healing. It is important to realize that you are not required to take these substances, but if you choose to, you should follow the recommended instructions and dosages. Possible effects from herbal preparations include, but are not limited to, feeling better, changes in bowel movements, temporary abdominal discomfort, dizziness, energy and sleep changes, and the possible temporary aggravation of pre-existing symptoms. If you experience any problems that you associate to a custom herbal product you purchased from this clinic, you should suspend taking the product immediately and contact the clinic.

Nutritional Consulting is the practice of using food-based therapies to encourage health and healing. You do not have to follow the dietary advice you receive in this clinic, but if you do, please be aware that health changes can occur. Possible effects can include, but are not limited to, feeling better, changes in bowel movements, temporary abdominal discomfort, dizziness, nausea, energy and sleep changes, and the possible temporary aggravation of pre-existing symptoms. If you experience any problems that you associate to the following of advice you received from this clinic, please schedule a follow up visit as soon as possible to discuss.

Privacy Policy: All patient files are kept confidential, but may be accessed and reviewed for both therapeutic and educational reasons by instructors and students. In the event of the latter, the patient's name and contact information will not be disclosed in the academic setting.

Cancellation Policy: I agree to abide at all times by the published cancellation policies of this clinic and acknowledge that the policy may change without previous notice.

Disclaimer: I have read the above information and agree to all terms. I hereby give consent to have treatment performed on me by any of the professional practitioners and student practitioners of this clinic.

Patient Name

Patient Signature (or Guardian's Signature and Name)

Date