

## **Informed Consent for Acupuncture and Chinese Medicine**

**If you are pregnant or think that you might be pregnant; have a blood-thinning disorder, take blood-thinning medication, or have a pacemaker; or have any other serious conditions it is imperative that you discuss these with your practitioner BEFORE treatment so that considerations can be made!**

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**Heather Rain Delvin** is a NCCAOM certified and licensed Eastern Asian Medical Practitioner (EAMP) in the State of Washington, License #3057, and a Licensed Massage Practitioner (LMP), License #14449. In 1994 Rain began a thirteen-year learning journey, as a Peace Corps Volunteer where she studied at the Buntautuk Traditional Medicine Hospital in Chiang Mai, Thailand. She then completed massage training at the New Mexico School of Natural Therapeutics, her Clinical Herbalist Certification from Michael Moore's Southwest School of Botanical Medicine, worked at Wang Lang Panda Reserve in Sichuan, China, where she informally studied Chinese herbs, completed clinical observations in internal medicine, strokes, physical medicine, and pediatrics at the Zhejiang College of Traditional Chinese Medicine and achieved her Masters in Acupuncture and Oriental Medicine (MAOM) from the Seattle Institute of Oriental Medicine. She has an extensive theoretical and practical background that she uses to provide her patients the most comprehensive treatment possible.

### **Acupuncture and Oriental Medicine Treatments That May Be Administered:**

**Acupuncture:** This is a safe treatment involving the insertion of tiny sterile, disposable needles through the skin, which can produce a mild but temporary discomfort at the acupuncture site. It can occasionally cause slight bleeding and will rarely leave a bruise without pain. Other possible risks from acupuncture include dizziness and fainting. Extremely rare risks of acupuncture, which when administered properly have a very low occurrence, include nerve damage, organ puncture and infection. I will report to the EAMP any dizziness or lightheadedness that occur during or after an acupuncture treatment. (Initials)\_\_\_\_\_

**Traditional Chinese Herbal Supplements:** Chinese herbs have been used safely for centuries. Infrequently, one may experience digestive upset or other reactions to herbs. If I experience any discomforts related to the use of herbs, I understand that I should stop the herbs and that I am responsible for informing the EAMP of my symptoms. Some herbs may be inappropriate during pregnancy and breastfeeding, or alongside certain medications. I accept full responsibility to inform the EAMP of a suspected or confirmed pregnancy, if I am a nursing mother, or if my medications change.. The Chinese pharmacopoeia includes several animal derived substances which have no herbal substitutes. While this clinic takes all measures possible to insure that our herbs and supplements come from non-endangered, toxin free & ethically harvested sources, we appreciate that some individuals prefer not to ingest animal-based substances. **\*Please check the following box if you DO NOT WANT animal-based products to be administered as part of your herbal formulas.\*** ( ) (Initials)\_\_\_\_\_

**Warming Treatment with a TDP Lamp:** This is used to warm an area of the body. Every precaution is taken to prevent over-warming, but the rare possibility of mild burns exists.

**Cupping:** This involves a localized suction produced by heating a small glass cup or with vacuum cups. There is a possibility of local bruising from the suction. Very rarely a slight burn or blister may appear due to the heat.

**Gua Sha:** Gua Sha is scraping on the skin in a small area using a smooth-edged instrument. This often results in bruising at the treated area. The bruising, which is not painful, usually resolves in 3-7 days.

**Electro-Acupuncture:** A mild electric microcurrent (similar to a TENS treatment) is used to stimulate the acupuncture points. A mild tingling or tapping sensation will be felt.

**You may request clarification of suggested procedures, verbally consent or choose not to consent to any or all given procedures at ANY time, and your acupuncturist will discuss or adjust your treatment plan accordingly.**

**By signing below, I show that:**

- I have read, or had read to me, the information on this consent form.
- I am aware that potential benefits from these procedures can include the elimination or prevention of my presenting health conditions, relief from my present symptoms, and the improved balance of energy which may improve my overall health.
- I understand the possible risks and complications involved with acupuncture and other treatments. I have had the opportunity to discuss this consent form with my EAMP. I understand that I can request more information at any time.
- I consent to receiving treatment that involves the above procedures.
- I understand that I have the right to refuse or discontinue any treatment at any time. I understand that this refusal may affect the expected results.
- I realize that no guarantees have been given to me by Rain Delvin, EAMP, LMP regarding cure or improvement of my condition.
- I recognize that certain side effects do occur in a small percentage of patients, and that risks such as temporary aggravation of pre-existing symptoms, discomfort at the site of needle insertion, bleeding, bruising, palpitations, dizziness, and/or weakness do exist.
- I also recognize that these procedures carry the rare but potential risks of needle breakage or infection.

I hereby voluntarily consent to receive Acupuncture and Oriental Medicine treatment for my present and future health conditions. I understand that treatment will be administered by Rain Delvin, (EAMP) East Asian Medicine Practitioner. On occasion, if Rain Delvin is not available, I consent to treatment by a substitute EAMP, as designated by Rain Delvin and approved by myself.

Patient Name (printed): \_\_\_\_\_ Date: \_\_\_\_\_

Patient/Personal Representative Signature: \_\_\_\_\_

## Directions to Healing Roots

### From Downtown Olympia:

- Go across the 4th Street bridge heading to the West Side, and take the second exit at the roundabout onto Harrison Avenue.
- Take a right at the light at the top of Harrison hill onto Division, and take the second left-hand turn (away from downtown) onto Jackson Ave NW.

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### From Highway 101:

- Take the Black Lake Blvd. Exit, curving right at the light onto Black Lake Blvd., then go straight through several street lights, continuing past Capitol Mall.
- Continue straight through the light at Harrison (where Black Lake becomes Division), and then take the second left-hand turn (away from downtown) after the light onto Jackson Ave. NW.

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### Upon Arriving at 2020 ½ Jackson Ave. NW:

- Park in the second driveway on the right, in front of the red garage building with a sign for Healing Roots or in the main driveway behind Rain's silver Kia van with the "Give Bees a Chance" bumper sticker or along the street in front of the clinic.
- Go up the steps of the main house, there will be an Open/Closed sign in Chinese and English on the front door.
- **Please feel free to come in and have a seat in the waiting area, and have a cup of tea or water in the waiting area when you arrive. I will be with you shortly!**