



Woodley Bioenergetics

Classical Chinese Medicine & Mitochondrial Science

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BAcC Member No: 959441

RCHM Member No: MRCHM-2016-912

Name:	Patient Ref: (office use only)
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Address:	Date of Birth:
	Occupation:
	GP Practice:
Phone: Email:	

Emergency Contact:	Name / Relationship:
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Medical Information

Do you (or does the patient, if completing for an under-16) currently suffer from, or have you (they) ever suffered from any of the following? (please check the "Yes" or "No" boxes below to answer)

	YES	NO
Heart condition / angina		
Pacemaker		
Blood pressure problems		
Epilepsy / seizures		
Haemophilia / blood clotting disorders		
Blood borne virus, e.g. Hepatitis B / C or HIV		
Skin complaints, e.g. psoriasis, eczema		
Diabetes		
Allergies, e.g. drugs, jewellery, food		
Do you regularly take any blood-thinning medicines, e.g. aspirin, warfarin		
Do you take any regularly prescribed medication?		

If you answered "Yes" to any of the above, please provide details below, including any medication:



Informed Consent

You have the right, as the patient, to be informed about your condition as diagnosed by your practitioner. This includes their assessment of the likelihood of success and the number of treatments that may be required. You also have a right to understand the nature of an acupuncture treatment and any adjunctive techniques that will be used: such as tuina, moxibustion, cupping and gua sha. In addition to the potential benefits, you should be aware of the risks of having treatment. This form provides information on each of these issues. Please ask your acupuncturist further questions if necessary. You should also feel free to seek advice from other healthcare professionals, such as your GP. It is important that you understand what is involved in treatment, the risks, and benefits, prior to making the decision whether to have acupuncture.

Please note, consent is an ongoing process, and you have the right to withdraw your consent to treatment at any point.

Chinese Medicine Techniques

The treatments available from this practitioner include:

Acupuncture: Acupuncture involves insertion of fine needles at acupuncture points where they may be withdrawn immediately, or retained and stimulated manually, or with a mild electric current.

Moxibustion: The use of heat to warm acupuncture points and areas of the body by burning Chinese mugwort (*Artemisia argyi* or "moxa") near the skin, on the handle of a needle, or in various devices; or using a far infrared ("TDP") lamp. Near infrared light may also be used for similar effects without heat.

Massage: Traditional Chinese massage and manual bodywork techniques (*Tui Na* 推拿).

Cupping / Gua Sha: Instrument assisted massage techniques using cups to create suction on the skin, or the use of a smooth-edged tool to repeatedly stroke the skin.

Topical Herbal Medicine: The use of herbs or their extracts on the skin in the form of oils, creams, ointments, washes or compresses.

Internal Herbal Medicine: Herbs or their extracts consumed internally. These may be prescribed as teas from raw herbs or powders, tablets, or alcohol extracts (tinctures).

You may also receive advice on exercises, diet and lifestyle as the practitioner sees appropriate.

Risks

There have been a number of scientific papers published on the safety of chinese medicine¹⁻⁹. The overall conclusion is that Chinese medicine is generally safe and the risks it contains can be minimised by seeking treatment from a properly trained individual. The best way to ensure this is by seeing a practitioner who belongs to a professional body that requires appropriate training for membership.

Acupuncture is one of the safer treatments in medicine¹ but as it involves the insertion of needles there will be some risks. The most common is bruising or bleeding. Approximately 6% of people who have ten acupuncture sessions will report some bruising or minor bleeding².

Occasionally, people can feel dizzy or nauseous after treatment². Approximately 0.4% of people who have ten acupuncture sessions will experience these symptoms. Sometimes people feel tired after a treatment. This occurs approximately in 0.2% of people over a course of ten acupuncture sessions. Sometimes people experience headache, local muscle pain or strong pain during needling⁴. These side-effects are classed as 'uncommon': affecting 1 to 10 of every 1000 people treated.

The above effects are, to some extent, an unavoidable part of acupuncture. However, the risks can still be minimised. Please let your acupuncturist know if you feel hot, or the room is stuffy, or you are hungry/thirsty, or you are especially nervous. This should help reduce the chances of dizziness and nausea. Please also let them know any medications that you are taking, such as anticoagulants.



As acupuncture involves piercing the skin there is a risk of infection at the needle site. The estimated risk is 1 to 10 of every 10,000 people treated³. BAcC acupuncturists are trained, and bound by Professional Codes, to provide acupuncture hygienically.

Serious adverse events such as pneumothorax (piercing the lung) and nerve injury can occur². However, these are very rare, and the risk is reduced by seeing a well-trained acupuncturist. In 2.2 million treatments pneumothorax occurred twice. One needed hospital treatment, the other required observation only. Nerve injury occurred 31 times with the longest duration being 180 days. No permanent injuries or deaths were associated with the acupuncture treatments.

Cupping and **gua sha** can lead to dark purple patches on the skin. This is often an expected part of treatment. These marks disappear after a few days.

Moxibustion and **cupping** carry a risk of accidental burns. Burns from moxibustion are estimated to occur once in 1000 to 5000 treatments¹. Some local redness and warmth after moxibustion is normal.

Massage carries some risks from excessive pressure or manipulation, mostly pain syndromes and vascular injury. These are considered rare and hard to calculate in relation to the number of massages conducted, but most reports are related to massage not conducted by professionals⁵.

Herbal medicine carries potential risk of individual reactions and interactions with medication. Precise rates are hard to quantify but in 2020 there were 72 adverse effects reported in the UK, 40 of them serious,⁶ from among an estimated 14.4 million users (26% of the adult population)⁷, which equates to 1 in 200,000. There is no indication how many of these reactions were from professional herbalists or self-prescribed from unregulated sources but it is likely that this second group accounts for many adverse events due to the poor quality of unregulated supplies which may be adulterated with drugs or contaminated with toxic materials⁸. In 2015 it was decided that this risk was insufficient to recommend statutory regulation⁹ so RCHM herbalists voluntarily regulate themselves to standards far above those set by law through keeping up to date on adverse events associated with specific herbs and acquiring their supplies from an approved list of routinely audited suppliers.

Aftercare

Try to keep the any treatment sites clean immediately after treatment. It is generally best to avoid strenuous activity and you may feel that you want to rest afterwards. Sometimes people feel a dull ache at the needle sites for a time. This is normal and nothing to worry about.

If you experience any effects after treatment that you are concerned about, please contact your practitioner and/or seek medical attention. For example, if a needle site becomes red or inflamed. If you received acupuncture on the upper back or shoulder and then experience any severe, gradual or sudden onset of pain over the chest, potentially combined with difficulty in breathing please seek immediate medical attention. These are the signs of pneumothorax. Although a pneumothorax from acupuncture is extremely rare, it is a serious condition. Prompt medical treatment can ensure a full recovery and prevent any long-term consequences.

If you experience any adverse effects from taking herbs, please contact your practitioner and/or seek medical attention. These can include allergic reactions, rashes, asthma, headaches, dizziness, agitation, dry mouth, seizures, fatigue, increased heart rate, nausea, vomiting, and diarrhoea. Stop taking the herbs immediately if you experience pain and swelling in the abdomen, fatigue, yellowing of the eyes and skin, and dark urine.

Confidentiality & Safeguarding

Your notes and all information about you will always remain confidential except in exceptional situations. This is usually where the practitioner's duty to society overrides their duty of confidentiality. For example, if criminal or safeguarding issues arise, disclosure may be necessary. Every effort will be made to discuss this with you.



Statement

If there is any specific amendment to this form, such as specific techniques in the section above that you do not wish to receive, please state here. If left blank it will be assumed that you broadly consent to all the techniques described above, with the expectation that any high risk techniques will be explained and consented for separately:

Declaration

I have read this form and had the opportunity to ask questions. I have also discussed what the treatment is likely to involve, the benefits and risks of any available alternative treatments (including no treatment). I will be clear to my practitioner if there is something I am uncomfortable with.

I understand by signing this form I am giving written consent to treatment. I also understand that I am free to withdraw my consent at any time.

I understand that I must disclose my medical history, illnesses and medication to my practitioner, and update this as and when it changes. I understand that not doing this could increase the likelihood of adverse reactions.

I understand that my records must be kept for a period of 7 years in compliance with GDPR and the British Acupuncture Council Code of Practice. I agree to be contacted regarding appointments and bookings and that my contact details may be stored for these purposes.

I understand that there is a 48 hour cancellation policy, after which a cancellation fee equal to half the cost of the session is due. Cancellation on the day incurs a full fee.

The information I have given is an honest and true reflection.

Signature:

(printed and returned or e-signed)

Print Name: _____

Date: _____

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2. Witt CM, Pach D, Brinkhaus B, et al. Safety of acupuncture: results of a prospective observational study with 229,230 patients and introduction of a medical information and consent form. *Forschende Komplementärmedizin* 2009;16(2):91-97. doi: 10.1159/000209315
3. White A. A cumulative review of the range and incidence of significant adverse events associated with acupuncture. *Acupuncture In Medicine: Journal Of The British Medical Acupuncture Society* 2004;22(3):122-33.
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5. Enst E. The safety of massage therapy. *Rheumatology* 2003, 42(9):1101-6
6. MHRA. *ABRHP and HMAC: annual report 2020*: 13-20.
7. MHRA. *Public perception of herbal medicines*. 2014.
8. HMCA. *Safety, regulation and herbal medicines: a review of the evidence*. 2014.
9. Walker, DR. *Report on the regulation of herbal medicines and practitioners*. 2015.