



# GOOD MEDICINE COMMUNITY ACUPUNCTURE

FORTMYERSCOMMUNITYACUPUNCTURE.COM

## Health History Questionnaire and Registration

### Welcome to our clinic!

Come on in to the waiting room, and have a seat while you fill out this new patient paperwork. Fill out this form, and sign on the front and back of the next page.

Once finished, please head in to the treatment room and find yourself a seat in one of the recliners. Go ahead and take your shoes and socks off, roll your pants up to the knees and kick your feet up. An acupuncturist will be right with you.

Following treatment, head back out to the front and follow the payment instructions at the front desk.

PATIENT INFORMATION	CONTACT INFORMATION
<p>Name _____</p> <p>Address _____</p> <p>City State Zip _____</p> <p>Age _____ Birth Date _____</p>	<p>Phone _____</p> <p>Email _____</p> <p>Occupation _____</p> <p>How did you hear about us? _____</p>
HEALTH HISTORY	
<p>What are your primary reasons for coming in for treatment? (please indicate a level of discomfort)</p> <p>1 _____</p> <p> 0 2 4 6 8 10</p> <p>2 _____</p> <p> 0 2 4 6 8 10</p> <p>3 _____</p> <p> 0 2 4 6 8 10</p>	<p>List medications or food supplements you are taking.</p> <p>_____</p> <p>_____</p> <p>List serious illnesses, accidents or surgeries.</p> <p>_____</p> <p>_____</p>

## ACUPUNCTURE INFORMED CONSENT TO TREAT

I hereby request and consent to the performance of acupuncture treatments and other procedures within the scope of the practice of acupuncture on me (or on the patient named below, for whom I am legally responsible) by the acupuncturist indicated below and/or other licensed acupuncturists who now or in the future treat me while employed by, working or associated with or serving as back-up for the acupuncturist named below, including those working at the clinic or office listed below or any other office or clinic, whether signatories to this form or not.

I understand that methods of treatment may include, but are not limited to, acupuncture, moxibustion, cupping, electrical stimulation, Tui-Na (Chinese massage), Chinese herbal medicine, and nutritional counseling. I understand that the herbs may need to be prepared and the teas consumed according to the instructions provided orally and in writing. The herbs may have an unpleasant smell or taste. I will immediately notify a member of the clinical staff of any unanticipated or unpleasant effects associated with the consumption of the herbs.

I have been informed that acupuncture is a generally safe method of treatment, but that it may have some side effects, including bruising, numbness or tingling near the needling sites that may last a few days, and dizziness or fainting. Burns and/or scarring are a potential risk of moxibustion and cupping, or when treatment involves the use of heat lamps. Bruising is a common side effect of cupping. Unusual risks of acupuncture include spontaneous miscarriage, nerve damage and organ puncture, including lung puncture (pneumothorax). Infection is another possible risk, although the clinic uses sterile disposable needles and maintains a clean and safe environment.

I understand that while this document describes the major risks of treatment, other side effects and risks may occur. The herbs and nutritional 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.

While I do not expect the clinical staff to be able to anticipate and explain all possible risks and complications of treatment, 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.

ACUPUNCTURIST NAME:

PATIENT SIGNATURE

X

(Date)

(Or Patient Representative)

(Indicate relationship if signing for patient)

ALSO SIGN THE ARBITRATION AGREEMENT ON REVERSE SIDE

# Welcome to Our Community!

Please take a minute to read this introduction to our clinic and to our community. We are delighted that you are interested in joining us!

## *What is different about the GMCA clinic?*

### ● We treat in a community setting -

Most US acupuncturists treat patients on tables in individual cubicles. This is not traditional in Asia, where acupuncture usually occurs in a community setting. In our clinic we primarily use recliners, clustered in groups in a large, quiet, soothing space. Treating patients in a community setting has many benefits: it's easy for friends and family members to come in for treatment together; many patients find it comforting; and a collective healing environment becomes established which actually makes individual treatments more powerful. In some styles of acupuncture, the needles are removed after only a few minutes or after a half hour at most. The style of acupuncture we practice at GMCA allows patients to keep their needles in as long as they want, and the "right" amount of time varies from patient to patient. Most people learn after a few treatments when they feel "done"; this can take from twenty minutes to a couple of hours! Many people fall asleep, and wake feeling refreshed.

### ● We have a sliding scale -

Most US acupuncturists also see only one patient per hour and charge \$65 to \$175 per treatment. They tend to spend a long time talking with each patient, going over medical records, asking many questions. We don't. The only way that we at GMCA can make acupuncture affordable and still make a living ourselves is to streamline our treatments and see multiple patients in an hour, so we have returned to the traditional approach; instead of asking you lots of questions, we rely on pulse diagnosis to decide how to treat you. This is exactly how acupuncture is practiced traditionally in Asia -- many patients per hour and very little talking.

We charge an affordable \$15-45 sliding scale, you choose what you're comfortable paying within that range, with an additional \$10 new patient fee on the first visit. Because we have a sliding scale, we cannot do insurance billing (that's the insurance companies' rule). If you have insurance that covers acupuncture, we'll be happy to give you a payment receipt, and you can submit it; that's OK with the insurance companies.

## *Our Commitment to You*

We want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better. We want our community to be welcoming to all different kinds of people. We want to give you the tools to take care of your own health to avoid costly, high-tech interventions. We will provide a safe environment with skilled practitioners.

## *What We Need From You*

### ◆ Responsibility

GMCA does not provide primary care medicine! Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you have a problem that is not "garden variety" (meaning, you are

worried that you might have a serious infection, a malignant growth, or an injury that won't heal), or if you want someone knowledgeable to go over the details of your medical history with you, you need to see a primary care physician (MD, or DO). We can provide some excellent, affordable referrals, even if you have no insurance coverage. But you cannot expect us to diagnose and treat something really serious. We *can* provide complimentary care for conditions which require a physician's attention -- for instance, we often treat patients for the side effects of chemotherapy. But we need you to take responsibility for your own health.

GMCA does not receive grants, state or federal money, or insurance reimbursement. GMCA exists because patients pay for their treatments – it is a sustainable community business model.

#### ◆ **Flexibility**

The community setting requires some flexibility from you. For instance, many patients have a favorite recliner. When we are busy, someone may be sitting in yours. Similarly, we have a few patients who snore. Other patients who dislike snoring bring earplugs to their treatments. We are grateful for this! Some of our patients even bring favorite pillows or blankets from home with them, because they prefer theirs to ours. That's fine with us. Basically, we need you to participate in making yourself comfortable in the community room before we arrive to treat you.

In terms of how long you want to stay – let us know, when you check in, if you need to be somewhere at a certain time! If you want to be un-pinned at a specific time, make a note and give it to the acupuncturist. We'll make sure you're out on time. In general, if you feel done, open your eyes and give us a meaningful look -- if your eyes are closed, we think you're asleep and we won't wake you up.

#### ◆ **Community-Mindedness**

The soothing atmosphere in our clinic exists because all of our patients create it by relaxing together. We appreciate everyone's presence! This kind of collective stillness is a rare and precious thing in our rushed and busy society. Maintaining this reservoir of calm requires that no one talk very much in the clinic space. If you would like to speak to a practitioner one-on-one at any length, please let us know. If you want to have a substantial conversation, we will probably need to schedule that separately and might need to do it by phone.

If you have questions about acupuncture and how it works, we are more than happy to provide you with sources for more information. Unfortunately, we can't explain what every point does, or how acupuncture works, while we are treating you -- these are very large topics! If you have questions, we'll happily give you plenty to read!

#### ◆ **A Little Help Running the Clinic**

Making payment happens at the front desk BEFORE each treatment, so you can relax and enjoy treatment. Our mission is to serve as many people as we can in the community at prices they can afford, which means we need to keep costs down wherever possible. Therefore, we do not have a receptionist, but rather use what's known as an Invisible Receptionist. Basically, this means that we give you all the tools necessary to handle the main things a receptionist usually does: payment and re-scheduling.

It works like this:

The front desk is there for you folks, so have a seat. There is a sign there that describes how all this works if anything has changed since this form was typed, but here's the basics:

1. **Fill out an individual payment slip.** They're the little white slips of paper at the desk. Just fill in your name, the date, how much you're paying for your visit today and circle what method you're paying with (cash, check, cc, etc)
2. **Put cash or check in a red envelope along with your payment slip.** There should be a stack of red laminated envelopes on the desk. Put your cash or check in one of those along with your payment slip.
3. **Put payment/payment slip in the gray box on the wall.**
4. **If paying by credit card:** There's an iPad at the desk in a stand with directions taped to the top. Follow those directions, and please be sure to fill out an individual payment slip. Thanks!

Scheduling is done online through our website at [fortmyerscommunityacupuncture.com](http://fortmyerscommunityacupuncture.com), the service is easy to use and frees up time for us to give more acupuncture treatments. If you'd prefer not schedule online, we totally understand. You can always call during business hours to schedule an appointment, and please be sure to leave a message if we're not able to answer right away. Because of how busy it gets we generally are not able to handle scheduling in person.

Please take all personal belongings, (bags, shoes, etc.) with you back into the treatment room. And of course, please turn off your cell phone.

#### ◆ **Commitment**

Acupuncture is a PROCESS. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. In China, a typical treatment protocol for a chronic condition could be acupuncture every other day for three months! Most of our patients don't need that much acupuncture, but virtually every patient requires a course of treatment, rather than a single treatment, in order to get what they want from acupuncture.

One big reason that we are able to keep our prices so low is because of the extraordinary amount of marketing our patients do on our behalf -- we don't have to advertise. We cannot express how grateful we are for this. Our patients are such effective marketers because they have first-hand experience of how well acupuncture works. All of our satisfied patients basically made a commitment to a course of treatment.

On your first visit, your acupuncturist will suggest a course of treatment, which can be anything from "we'd like to see you once a week for six weeks" to "we'd really like to see you every day for the next four days". This suggestion is based on our experience with treating different kinds of conditions. If you don't come in often enough or long enough, acupuncture probably won't work for you. The purpose of our sliding scale is to help you make that commitment. If you have questions about how long it will take to see results, please ask us, or if you think you need to adjust your treatment plan, please let us know. We need you to commit to the process of treatment in order to get good results.

And, last, but not least...enjoy the space. We do, and hope that Good Medicine Community Acupuncture can be an important part of your community. Thank you,

**Good Medicine Community Acupuncture Staff**