

Informed Consent Form

1. I Understand that Tree of Life Integrative Family Medicine **does not perform primary care**. We are happy to work with your care team to ensure seamless care.
2. I understand that Tree of Life Integrative Family Medicine therapies are **not a substitute for conventional medical treatments or medications**.
3. By seeking care at Tree of Life Integrative Family Medicine, I agree to follow up with my primary care or referring physician on a regular basis to ensure adequate oversight of care.
4. The information collected during my visit may become part of my regular medical record and discussed with my health care team.
5. By seeking care at Tree of Life Integrative Family Medicine, I agree to follow up with one of the practice's physician's and/or providers as directed in order to ensure adequate oversight of care.
6. I understand that I am being advised to consult a physician regarding the condition(s) for which I seek acupuncture treatment.

Description Of Tree Of Life Integrative Family Medicine Modalities :

Trigger Point Injection is a procedure used to treat painful areas of muscle that contain trigger points, or knots of muscle that form when muscles do not relax. Many times, such knots can be felt under the skin and cause referred pain, or pain that is felt in another part of the body.

Acupuncture involves the insertion of extremely thin needles through your skin at strategic points on your body. A key component of traditional medicine, acupuncture is commonly used to treat pain.

Cupping is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

Electric Stimulation is a therapy that uses low voltage electrical current for pain relief. Usually two electrodes (wires that conduct electrical current) from a small battery powered machine are connected to your skin. The electrodes are often placed on the areas of pain or at a pressure point, creating a circuit of electrical impulses that travels along nerve fibers. When the current is delivered, some people experience less pain.

Aromatherapy is the therapeutic use of plant-derived, aromatic essential oils to promote physical and psychological well-being. It is sometimes used as a part of a holistic treatment approach. Essential oils are most often used by inhaling them or applying them diluted to the skin. Aromatherapy may be combined with other complimentary treatments as well as with standard treatment for symptoms management such as reducing stress and anxiety.

IV Therapy is the administration of nutrients and hydration directly into the bloodstream for immediate absorption and use by the body. It is often used to help treat dehydration and improve well-being.

Meditation is the psychological process or technique of bringing one's attention to the internal and external experiences together in a way that promotes awareness, mindfulness and healing.

Agreement To Have Services :

7. I agree to have Tree of Life Integrative Family Medicine services. This may include :
 - Acupuncture treatment and other procedures within the scope of the practice of acupuncture on me by a licensed acupuncturist. I understand that methods of treatment may include, but are not limited to, acupuncture, cupping, guasha and electric stimulation.
 - Techniques such as meditation, aromatherapy and IV therapy

Associated Risks

8. I understand that trigger point injections and acupuncture are generally safe methods of treatment. The most common **risks** of trigger point injections and acupuncture include bruising, numbness or tingling near needling sites that may last a few days, dizziness and fainting. Burns and/or scarring are a potential risk of moxibustion or cupping or when treatment involves the use of a heat lamp. Bruising is a common side effect of cupping or guasha. Rare and 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.
9. There are minimal risk to mind body therapies like meditation, aromatherapy. Although uncommon, risks include :
 - Physical discomfort
10. There are risks for IV Therapies. Common risks include bruising, swelling, numbness, tingling or pain at IV site. Rare and unusual risks of IV therapies include nerve damage, allergic reactions, blood clots, air embolism and organ failure including heart, lung or

kidney failure. Infection is another possible risk, although the clinic uses sterile disposable needles and maintains a clean and safe environment.

Patients with severe mental health conditions should consult with their Psychiatrist prior to practicing mind body therapies such as meditation.

11. I understand that is **it extremely important to tell the provider about any known physical or medical conditions and medications I am taking**, and let the provider know about any recent changes. I understand there may be additional risks applicable to me based on my physical and/or medical history conditions.
12. I will notify the provider and her/his affiliates who are caring for me if I am or become pregnant.

This document applies to each visit with any and all providers with the program (Physician, Nurse Practitioner, Acupuncturist, Nurse or Health Coach).

By voluntarily signing below, I acknowledge that I have read, or have had read to me, the above informed consent, and understand and accept these statements.

PRINTED NAME of Patient or Legally Authorized Representative

Signature _____ **Date** _____