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ACUPUNCTURE & WELLNESS

Please help us provide you with a complete evaluation by taking the time to fill out this questionnaire carefully. All answers are confidential. Please print clearly in ink.

Name _____ Email _____ Date _____

Address _____ City _____ State _____ Zip _____

Date of Birth _____ Age _____ Height _____ Weight _____

Telephone: Home (____) _____ Work (____) _____ Cell (____) _____

Emergency Contact _____ Telephone (____) _____ Relationship _____

Single _____ Married _____ Divorced _____ Widowed _____ Living with _____

Occupation _____ Location _____

Referred by _____

Reason for visit today _____

Other problems _____

How long have you had this condition? _____ Have you ever experienced this before? _____

What seemed to be the initial cause? _____

What seems to make it better? _____

What seems to make it worse? _____

Have you ever been treated with acupuncture and/or Chinese herbal medicine for this condition? Yes No

Does it bother your Sleep _____ Work _____ other (what?) _____

Medications (prescription, supplements and/or over the counter) you are currently taking: For what condition?





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Family Medical History- please indicate if history applies to self, mother, father, sibling, and or children

cancer or tumors- _____
diabetes- _____
blood or bleeding disorders/anemia- _____
seizures- _____
high blood pressure/heart disease- _____
allergies- _____
stroke- _____
drug abuse- _____
depression or mental illness- _____
age of death- _____
hepatitis- _____
kidney disorders- _____
thyroid disorders- _____
musculo-skeletal disorder- _____
blood transfusion (if before 1985)- _____

MAJOR HOSPITALIZATIONS If you have ever been hospitalized for any serious medical illness or operation, write the most recent one below: (do not include normal pregnancies).

Personal Lifestyle Questionnaire

Diet: What might you eat on a typical day?

Do you crave any certain foods?

Any diet restrictions?

Exercise: **How often?**

What non-work activities do you enjoy doing? (reading, TV, meditation, music, etc.)

Cigarettes (packs) _____ Coffee/Tea (cups) _____ Alcohol (drinks per week) _____
recreational drugs _____





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Consent Form

Nature of Treatment: Your treatment may include acupuncture, tui-na massage, moxibustion, cupping, electric or magnetic stimulation, acupressure, dermal friction (Gua Sha), infra-red (heat lamps), essential oil recommendations and/or application, Chinese herbs, therapeutic exercises and dietary counseling, cold laser therapy based on the fundamentals of Chinese medicine.

Purpose of Treatment: The purpose of the treatment is to resolve your complaint, i.e. the reason you are seeking treatment. Acupuncture is a health care service that is based on an Oriental system of medical theory. Diagnosis and treatment, based on these theories are used to promote health and treat organic or functional disorders.

Benefit of Treatment: Acupuncture and Oriental Medicine procedures have been used effectively to treat disease for hundreds of years. The World Health organization lists 43 conditions, which may effectively be treated by Chinese medical methods. These include muscular-skeletal injuries, digestive disorders, respiratory diseases, reproductive health issues, etc. We cannot guarantee the outcome of any course of treatment.

Risks of Treatment: Acupuncture and Oriental medicine have been shown to be relatively safe. However, these are some uncommon but potential risks. These potential risks may include but are not limited to:

- Discomfort during and after the insertion of a needle
- “Needle sickness” (dizziness, fainting, nausea)
- Localized, minor bruising or swelling
- Minor burns with the use of Moxa
- Gastro-intestinal upset with the use of Chinese herbs (if this occurs, please consult with your practitioner so that your formula can be modified)
- Possible, temporary aggravation of symptoms that existed prior to treatment
- A broken needle (rare with the use of disposable needles)
- Bruising with use of cups

Please notify your practitioner if you have any adverse effect from treatment.

Special Situations: Some herbs and acupuncture points are contra-indicated during pregnancy. Please notify us if you might be pregnant. Additionally, please inform us if you have severe bleeding disorders or if you are wearing a pacemaker or other electronic medical device.

Use of Disposable Needles: To reduce the possibility of infection from acupuncture, all needles are pre-sterilized, one-time-use needles made of surgical stainless steel needles. After each treatment they are disposed of as medical waste, needles are never reused. Additionally, your acupuncturist has had training in Clean Needle Technique and Universal Precautions.





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I understand that all of my patient records as well as information I share with my acupuncturists will be kept confidential. No records or information will be released without my written consent.

Consent

I request and consent to the performance of acupuncture and this Oriental Medicine procedure. I understand that I am free to withdraw my consent and that I may stop treatment or any procedure at any time. I understand that my signature in this form indicates that I have read and understand the preceding information regarding my treatment. I understand that if I have any questions about this information, I should ask my acupuncturist. I, hereby release Melissa Graf, L.Ac. from any and all liability that may occur in connection with the above-mentioned procedures, except for failure to perform the procedures with appropriate medical care.

Client's name (Please print) _____ Date _____

Client's Signature _____

Practitioner's Name _____ Date _____

Practitioner's Signature _____

