

August 2020

Patient consent form and advice to patients receiving treatment from Richard Graham.

I am registered with the Healthcare Professions Council as a Physiotherapist, the British Medical Acupuncture Society as an acupuncturist and am an Associate Fellow of the Higher Education Academy as a teacher. I hold an enhanced DBS certificate for work with vulnerable people and I have been a health care practitioner for almost 30 years.

I will give you the best care within my abilities. If I believe treatment is of no value to you or I cannot see any progress I will tell you. If I believe treatment may help you I will tell you how many treatments I think may be needed. I may refer you to another therapist or doctor if I think it is necessary and with your permission. I will always respect your personal preferences and keep you informed of any significant risks or side effects you may suffer from treatment, or discuss alternatives that I know are available.

Your treatment is a mutual agreement. You, or I can cancel it at any time.

Always, I encourage you to ask questions if you are unsure about any aspect of treatment and decline any aspect of treatment if you are unhappy with it.

I will need to take a history from you and ask you details about your lifestyle. This is confidential. You do not need to answer these questions but I ask them to arrive at an accurate diagnosis and treatment plan for you.

I will need to examine you and may ask you to disrobe to your underwear. I may need to feel muscles, tendons and ligaments and ask you to perform certain movements to assess your condition. If you wish to be accompanied during a consultation that is perfectly normal and I am happy for you to do that. You can request a chaperone to be present at any time during treatment.

Appointments are approximately 30 minutes and I charge £40 per appointment regardless of the time spent. Your appointment may be shorter or longer than the advertised guidelines, dependant on what I think you need but the charge is the same unless we agree otherwise.

If you decide to cancel an appointment I need at least 24 hours notice or the full fee will be charged.

Risks and side effects of treatment.

I believe the treatment I perform is low risk. Manual physiotherapy, or acupuncture and exercise are my preferences. You may feel slightly achy after an examination or treatment that may involve me working on an injury. This is normal and is associated with muscles making movements they are not used to. Acupuncture, in my experience, is very safe. Most patients describe it as mild and painless. But with any needling procedure you may experience *numbness or tingling, pain (3% WHO figures) and bleeding or bruising (6% WHO figures) or infection (rare) where the needles puncture the skin.* Some patients may experience a worsening of their symptoms but this is generally seen as a sign of readjustment. I estimate 10% of patients *feel drowsy* after an initial treatment. You can bring a friend to drive you home or rest in reception after a treatment. It is best to decline treatment on a day when you have, for example, an important meeting.

***You must advise me if you are taking anticoagulants; if you have any infectious disease; if you have allergies; if you have heart valve replacements; thrombophlebitis or lymph nodes removed. These need be considered in deciding what treatment is right for you.***

**Be Aware** Patients often visit more than one acupuncturist these days. Unfortunately not all acupuncturists have the same training nor expertise. If you ever experience breathing problems after ***chest or back acupuncture***, go to your local A&E immediately as this may *rarely* signify a lung injury. (This has never happened with a patient I have treated).

Please do not drink any beverages containing caffeine for at least 24 hours after treatment. This may reduce the beneficial effects of adenosines that are released during treatment that are believed to play a role in promoting sleep, suppressing arousal and regulating blood flow.

If you have come for electrotherapy therapy, treatment may be contraindicated if you are pregnant, taking blood thinners, have a blood clotting disorder or thrombosis, have a pacemaker, had tumours at the site of treatment or recent steroid injections.

If you are concerned at any time about any aspect of your treatment please

**Contact me on 07917462311 or email me on Richardgraham121@gmail.com.**

**[www.natramed.co.uk](http://www.natramed.co.uk)**