

ESATM ALUMNI ASSOCIATION COMMUNITY ACUPUNCTURE CLINIC

Welcome to ESATM Alumni Association Community Clinic!

Please take a moment to read this introduction to our clinic and the attached policies, procedures and the informed consent.

We are extremely delighted about this new program we are offering at Eastern School and that you are interested in joining us!

The mission of the ESATM Alumni Association Community Clinic is to make acupuncture accessible to as many people in our community as possible.

We welcome you to our community setting. The cost of your treatment is by donation (recommended amount is \$20.00) and it was made affordable to you so that you are able to come back for as many treatments as you need.

Here are a few key things we want you to know about this clinic:

- Treatments are in a community setting and there may be up to 3 or 4 individuals receiving treatment at the same time. This community setting is typically practiced in Asia. In comparison, acupuncture treatments in the West are traditionally received individually, on a table, in a private room.
- There are some benefits to this type of treatment:
 - It is easy for friends and family members to come for treatment together.
 - many patients find it comforting to be treated in an open room.
 - collective energy is shared which actually has the potential to make individual treatments more powerful.
 - it allows patients the ability to determine how long their treatments are. In some styles of acupuncture, needles are removed after only a few minutes or after a half hour at most. In our clinic, our patients are allowed to keep their needles in for approximately one hour if need be. The "right" amount of time will vary from patient to patient. Most people learn after a few treatments when they feel "done."
 - AND the biggest benefit: it makes acupuncture available at more at an affordable price!

A key principle we have found practicing the community approach is that more time alone with the acupuncturist doesn't equal "better" treatment. Frequent treatments equal "better" treatment.

Here is an interested point: Most US acupuncturists only see one or two patients per hour and spend a lot of time talking with each patient, going over medical records and asking many questions. We do not. You will be asked to fill out a detailed health history questionnaire prior to treatment and a few brief questions may be asked prior to each

treatment by our licensed acupuncturist before they begin. The acupuncturist will focus their diagnosis using objective tools such as the pulse, tongue, abdominal palpation to determine the type of treatment you will receive.

What We Ask of You:

- We ask for you to please remember that acupuncture is a PROCESS ...yes, for just about everyone it will take time. Your course of treatment is modeled after this very important fact. It is important to know that some individuals may require multiple treatments to progress. There are many factors that can impact an individual's treatment "prescription:" the patients overall health, lifestyle, the type of condition and how long they have had it are just a few variables. We want you to come as much as possible, depending on your condition, to reach the desired outcome with acupuncture. That's the reason to make treatments as affordable as possible. Some will respond much quicker than anticipated and some...maybe won't respond at all. Those people represent a small percentage while most fit right in the middle - with slow, steady progress over time. Our commitment is to help you the best we can. It is our intent in this clinic to make it possible for you to receive acupuncture regularly enough and long enough in order to get better and stay better.
- It is extremely important for you to remember that ESATM Alumni Clinic does not provide primary care medicine! Acupuncture is an amazing compliment to western medicine, but it is not a substitute for it. Our acupuncturist cannot diagnose and treat any medical condition. In contrast, he provides quality complimentary care for conditions that may or may not require a physician's attention. If you have a condition that generates concern or if you want someone knowledgeable to go over the details of your medical history with you, we recommend that you visit your primary care physician (ND, MD, or DO).

Thank you so much for your interest in our clinic. It is our hope that we can be an important part of your journey to health and an important part of your community.

Financial Agreement:

ESATM Alumni Association Clinic makes every attempt to make acupuncture available to as many people as possible at the most affordable rates. As such we ask you respect for our intention to offer quality health care at affordable prices and prior us a 24 hour notice in advance of an appointment if it is necessary to cancel or reschedule. All appointments that are rescheduled or cancelled with less than 24 hour advance notice, and appointments missed without notice, will be charged a \$20 fee. Thank you for your understanding,

print name signature of client/person authorized to consent date

ESATM ALUMNI CLINIC-INFORMED CONSENT/MEDICAL RELEASE

Please read this carefully:

While Acupuncture and its related scope of modalities are regarded as one of the safest and minimally invasive therapies today, there are important warnings and advisories you should understand. Acupuncture uses needles which can cause at times soreness, discomfort, bruising, and may cause minimal bleeding in rare instances. Techniques such as Cupping and Gua Sha treatments can leave red or purple bruising that is result of the treatment itself and is actually an indicator of efficacy. Moxabustion can cause blisters, burns or in rare cases, allergic reactions to a patient.

As far as the use of our needles, we use sterile one time use needles which are properly disposed of after each use.

I have read, been informed, and asked relevant questions, and understand the risks involved with the procedures in the scope of Acupuncture and hereby give my informed consent to proceed with the applicable treatment(s) based on my condition(s) and findings.

_____ Date: _____
(Patient's signature)