Integrative Health and Wellbeing

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Informed Consent Form

1. I understand Integrative Health and Wellbeing **does not provide primary care**. We are happy to work with your care team to ensure seamless care.
2. I understand that Integrative Health and Wellbeing therapies are **not a substitute for conventional medical treatment or medications.**
3. By seeking care in the Integrative Health and Wellbeing program, I agree to follow-up with my primary care or referring physician on a regular basis in order 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 NYP / Weill Cornell health care team.
5. By seeking care in the Integrative Health and Wellbeing program, I agree to follow-up with one of the practice’s physcians and/or Nurse Practioners of initiating **acupuncture, mind-body teaching, or massage therapy** 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 INTEGRATIVE HEALTH AND WELLBEING MODALITIES:**

**Acupunture** involves the insertion of extremely thin needles through your skin at strategic points on your body.

A key component of traditional Chinese 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 helping 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.

Ususally, 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 area 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.

**Tui-Na Massage** is a Chinese hands-on body treatment that involves a therapist brushing, kneading, rolling, pressing or rubbing areas between each of the joints to attempt to open the body’s defensive chi (Wei Qi) and get the energy moving in meridians and the muscles. The Practicioner can then use range of motion/and or traction, with the stimulation of acupressure points.

**Pschotherapy** Cognitive behavioral therapy is a form of psychotherapy that focuses on identifying thoughts and behaviors that contribute to a person’s emotional experience. It requires active participation on the part of the patient.  In order for the therapy to be most successful, you will be asked to work on things we talk about both during our sessions and at home.

Psychotherapy can have benefits and risks.  Because therapy often involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness.  On the other hand, psychotherapy has also been shown to have benefits for people who go through it.  Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress.  But, there are no guarantees as to what you will experience.

The first appointment will be an initial evaluation lasting about 60 minutes.  During this time, we can both decide if I am the best person to provide the services you need in order to meet your treatment goals.  If we agree to begin psychotherapy, we will typically schedule 45-minute sessions on a weekly or bi-weekly basis.

**Massage Therapy** is manual manipulation of soft body tissures (muscle, connective tissue, tendons, and ligaments) to enhance a person’s health and well-being.

**Yoga** is a mind and body practice with origins in ancient Indian philosophy. Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress. Yoga is a low impacy activity that can include gentle movements, and can be used to increase general health, reduce stress, improve flexibility and muscle strength, and alleviate certain physical symptoms, such as chronic pain.

**Pilates** is a series of nonimpact exercises to develop strength, flexibility, balance and inner awareness. When practiced consistently, Pilates impoves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and imporivng coordination and balance.

**Reiki** is a healing method based on an Eastern belief in an energy that supports the body’s natural ability to heal. Reiki promotes balance in all levels, it helps with stress reduction, help ease tension, promote relaxation and can help support the body to facilitate an environment for healing in all levels – physical, mental and emotional. Reiki is generally safe and there are no known potential side effects.

**Aromatherapy** is the therapeutic use of plant-derived, aromatic essential oils to promote physical and psychological well-being. It is sometimes used in combination with massage and other therapeutic techniques as 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 treatments for symptoms management such as reducing stress and anxiety.

**Mindfulness** is the psychological process or technique of bringing one’s attention to the internal and external experiences to the here and now, to the immediate sensation of our bodies and our breathing.

**AGREEMENT TO HAVE SERVICES:**

1. I agree to have Integrative Health and Wellbeing services. This may include
2. Massage therapy from a certified massage therapist who will work on areas of tension, pain, or limited motion. He or she may use different techniques, like stroking, kneading, friction, and/or percussion.
3. 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, guahsa, electric stimulation, and Tui-na (Chinese massage).
4. Techniques such as yoga/restoration poses, Pilates, Reiki, aromatherapy, mindfulness and meditation.

**ASSOCIATED RISKS:**

1. The most common **risks** of massage therapy include:

* Mild short-term soreness
* Surface level bruising
* Aggravation of an undiscovered broken bone

I understand the massage therapist will check me from time to time during my massage to make sure he/she is using the appropriate technique and pressure for me, and was agreed upon at the beginning of the appointment. I recognize it is important to give honest feedback to the massage therapist. Changes can and will be made to fit my needs. If I do not like what the massage therapist is doing or how it feels at any point during my treatment, I agree to tell him/her immediately. I know the therapy can be stopped at any time.

1. I understand that acupuncture is generally a safe method of treatment. The most common **risks** of acupuncture include bruising, numbness or tingling near needling sites that may last a few days, dizziness or 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 guahsa. 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.
2. There are minimal risks to mind body therapies, such as yoga, Pilates and mindfulness. Although uncommon, **risks** include:

* Physical discomfort
* Injury (pertaining to Yoga and Pilates)

Women who are pregnant and people with certain medical conditions, such as high blood pressure, glaucoma

(a condition in which fluid pressure within the eye slowly increases and may damage the eye’s optic nerve), and sciatica (pain, weakness, numbing, or tingling that may extend from the lower back to the calf, foot, or even the toes), should modify or avoid some yoga poses.

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

1. I understand that it is **extremely important to tell the provider about any known physical and or medical conditions and medications I am taking,** and to 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.
2. I will notify the provider and her/his affilitates who are caring for me if I am or become pregnant.

**This document applies to each visit with any and all providers within the program (Physician, Nurse Practicioner, Clinical Psychologist, Acupunturist, Massage Therapist, Mind-Body Instructor, Integrative Health 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.**

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**PRINTED NAME of Patient/Client or Legally Authorized Representative**

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**SIGNATURE of Patient/Client or Legally Authorized Representative Date**