

Acupuncture

Case History

Please print and complete the attached **Confidential Medical Record Questionnaire pdf**. This should be completed as far as possible before coming to see me for your first visit. This will help me to accurately assess your state of health and whether or not acupuncture is an appropriate form of treatment for you.

An Acupuncture consultation begins with this detailed case history not only of your presenting symptoms or injuries but also a thorough medical and health history. Further in depth issues such as energy levels, favourite tastes etc. will also be discussed.

Physical Examination

Once a thorough case history has been completed, examination of the pulses in your wrists forms an important diagnostic aide in acupuncture as well as the examination of your tongue. The heat distribution over your body will also be examined along with looking at the condition of finger and toe nails. All these procedures are to help me assess your state of health.

Diagnosis

Upon completion of the case history and examination I will then discuss my findings and make a provisional diagnosis of your condition. Occasionally it may be necessary to refer you to your General Practitioner for further tests such as x-rays, scans or blood tests or refer you to another practitioner if your condition may be better treated by another therapy.

Consent to Treatment

Once the diagnosis has been made and fully discussed with you, I will discuss treatment options with you and seek your consent to these procedures. Please do discuss any concerns that you may have regarding your condition with me both before and during treatment and I will do my utmost to address your concerns.

Treatment

Treatment usually consists of insertion of very fine needles into specific acupuncture points which does not resemble the sensation of a hypodermic needle with which most people are familiar. Patients usually describe the sensation of tingling or aching at the point of insertion. Needles are either removed within a second or two or left in for about 20 minutes depending on the affect required. Patients commonly describe a feeling of heaviness or relaxation. Initially treatment may be unfamiliar to you and it is quite natural to feel apprehensive; please feel free to discuss this with me at anytime.

After Treatment

After treatment you may feel tired and if possible it is a good idea to relax after treatment rather than to rush about. Sometimes patients experience a worsening of symptoms initially although this is usually short lived and generally part of the body's rebalancing process.

On very rare occasions even acupuncture treatment can aggravate symptoms or worsen conditions, but this is very rare in my experience.

Please contact me by telephone or email if you are worried or concerned about your symptoms between appointments; it may be necessary to bring your appointment forward in these circumstances.

Lifestyle Changes

I will often advise changes in working habits such as posture at your desk or whilst driving and prescribe certain exercises to help in the healing and maintenance of your condition. Exercise and dietary advice may also be given. I regularly recommend patients to continue exercising once they are recovered and may suggest specific exercises or classes such as Pilates, Yoga, Tai Chi, or swimming.

The Number of Treatments Required

The number of treatments required for each individual does vary depending on the severity of the problem, your age, overall health and how long you have been having problems. Certain conditions will require an ongoing maintenance treatment program which I will discuss with you if necessary. Other conditions may not respond to treatment in which case I may refer you to your G.P. or another practitioner. I shall always endeavour to treat you promptly and effectively.

Chaperones

Certain procedures that form part of the practise of osteopathy and acupuncture may be invasive in nature or involve intimate areas of the body.

It is standard practise in these circumstances to obtain your written consent to such procedures, having discussed the treatment fully with you beforehand; I am then able to anticipate the need for chaperone cover.

I am also happy to provide chaperone cover at other times if requested. However it may not always be possible to provide such cover at short notice and I therefore suggest that you bring a family member or friend to accompany you during treatment if so required.

Children

It is generally more beneficial to you not to bring young children with you during your own treatment unless this is unavoidable, so that you are able to relax.

Acupuncture treatment can be very beneficial to younger patients as well as adults although I do not usually treat children under the age of 12 with acupuncture. The British Acupuncture Council may be able to advise you regarding the treatment of children below this age.

Please feel free to discuss the needs of your whole family with me.