



Today's date:

St. Johns Community Multibed Acupuncture

Confidential New Patient Information Form

<p style="text-align: center;">Patient Information</p> <p>Name:</p> <p>Address:</p> <p>Date of Birth:</p> <p>GP:</p> <p>Occupation:</p> <p>Marital status:</p> <p>Children :</p>	<p style="text-align: center;">Contact information</p> <p>Telephone:</p> <p>Mobile:</p> <p>Email:</p> <p>Another person we may contact if needed: Name & relationship to you:</p> <p>Telephone:</p>
<p style="text-align: center;">Health History</p> <p>Reasons for treatment:</p> <p>1)</p> <p>2)</p> <p>3)</p> <p>Have you consulted your GP with the above?</p> <p>Medications you take:</p> <p>List serious illness, accidents, operations:</p> <p>Tick conditions in blood relatives:</p> <p><input type="checkbox"/> Diabetes <input type="checkbox"/> Cancer <input type="checkbox"/> Heart disease</p> <p><input type="checkbox"/> Stroke</p> <p><input type="checkbox"/> High blood pressure <input type="checkbox"/> Kidney disease</p> <p>Tick conditions you have or have had in the past:</p> <p><input type="checkbox"/> Heart disease/ Heart attack</p> <p><input type="checkbox"/> Cancer</p> <p><input type="checkbox"/> Diabetes</p> <p><input type="checkbox"/> Anaemia</p> <p><input type="checkbox"/> Bleeding disorders</p> <p><input type="checkbox"/> Asthma</p> <p><input type="checkbox"/> Arthritis</p> <p><input type="checkbox"/> Allergies:</p> <p><input type="checkbox"/> Infectious disease i.e, HIV, Hepatitis</p>	<p>Tick symptoms you have had in the last year:</p> <p><input type="checkbox"/> Depression</p> <p><input type="checkbox"/> Anxiety</p> <p><input type="checkbox"/> Panic Attacks</p> <p><input type="checkbox"/> Nervousness/ Irritability</p> <p><input type="checkbox"/> Dizziness</p> <p><input type="checkbox"/> Fatigue/tiredness</p> <p><input type="checkbox"/> Poor sleep/ Insomnia</p> <p><input type="checkbox"/> Headaches</p> <p><input type="checkbox"/> Migraines</p> <p><input type="checkbox"/> Loss or gain of weight</p> <p><input type="checkbox"/> Excessive worry</p> <p><input type="checkbox"/> Excessive anger</p> <p>Muscles/Joints/Bones:</p> <p><input type="checkbox"/> Cramps/ Tremors</p> <p><input type="checkbox"/> Numbness or tingling</p> <p><input type="checkbox"/> Swollen joints</p> <p>Pain or other problems in:</p> <p><input type="checkbox"/> Lower Back</p> <p><input type="checkbox"/> Upper back</p> <p><input type="checkbox"/> Sciatica/ leg pain</p> <p><input type="checkbox"/> Neck</p> <p><input type="checkbox"/> Knees</p> <p><input type="checkbox"/> Shoulders/ Arms</p> <p><input type="checkbox"/> Feet/ ankles</p> <p><input type="checkbox"/> Hands/ wrists</p> <p><input type="checkbox"/> Other:</p>

Health History continued

Symptoms you've had in the last year:

Sleep

- Insomnia
- Difficulty falling asleep
- Waking at night
- Waking early
- Sleep disturbed by dreams
- Waking unrefreshed
- Nightsweats
- Other:

ENT/ Respiratory:

- Asthma
- Wheezing
- Difficulty breathing in or out
- Shortness of breath
- Persistent cough
- Frequent colds
- Hayfever
- Sinus problems
- Nose bleeds
- Dry or sore eyes
- Blurred or failing vision
- Eye floaters
- Tinnitus/ ringing in ears
- Earache
- Loss of hearing
- Gum disease

Skin

- Eczema
- Psoriasis
- Itching/rash
- Dry skin
- Bruise easily
- Other

Urinary:

- Frequent urination
- Bladder infection/ urethritis
- Blood in urine
- Pain on urination
- Urgency
- Kidney infection/ stones

Cardiovascular:

- Chest pain
- High or low blood pressure
- Rapid or irregular heartbeat
- Poor circulation
- Swelling of ankles
- Other:

Digestive/ Bowels:

- Constipation
- Diarrhoea/ loose stools
- Haemorrhoids (piles)
- Pain in stomach/ abdomen
- Bloating
- Indigestion
- Belching or wind
- Poor appetite
- Nausea
- Vomiting
- Other

Women only

- Severe period pains
- Heavy periods
- Bleeding between periods
- Menstrual clotting
- Irregular cycle
- Short/ long cycle
- PMT
- Thrush
- Number of pregnancies:
- Miscarriages:
- Could you be pregnant?
- Menopausal symptoms: Hot flushes, nightsweats, forgetfulness, anxiety, insomnia, irregular bleeding, dry vagina (please tick any)
- Other

Men only

- Prostate trouble
- Erectile dysfunction
- Lowered libido

Anything else you need to tell us about:

Signature & consent:

I confirm that I've read and understood the 'What you really need to know about St. Johns Community Acupuncture Clinic' sheet:

You may contact my GP if necessary during my treatment: Yes No

Signature:

Date:

What you really need to know about St. Johns Community Acupuncture

This sheet has all you need to know before coming for treatment at the clinic-but feel free to ask about anything else we've not included.

The set up

Up to 4 people are treated in the same large, quiet, comfortable room. There are screens to separate the couches and ambient music playing. There is a private room for first consultations or **whenever you may want to talk confidentially.**

Your first appointment

You will be seen in a private room on your first appointment where your acupuncturist will go through your medical history and presenting condition. If you are in pain, the areas of pain will be examined and your range of movement tested.

You and your acupuncturist will devise a treatment plan: how long and how often you need to be treated. This will be written in your file as well as the date for reviewing this plan to see how you're responding and how it's working for you.

Back in the main room, your treatment will be given with you lying on the treatment couch on your back, front or side, or you may be treated sitting in a comfortable chair if easier for you.

We often use points on forearms and legs, in which case there's no need to take clothes off except socks and shoes. For your own comfort, please wear **loose clothing**. If you do need to get undressed, we have screens and blankets or dressing gowns available if necessary.

Once your needles are in, you'll be left in peace to rest for up to 40mins, but an acupuncturist will remain in the same room. They will explain to you what they are doing and will help you to feel comfortable and relaxed.

After the treatment, you are free to leave or take a seat in the waiting area to relax or have a cup of tea.

It is important not to receive acupuncture on an empty stomach as this may make you feel lightheaded. We insist that no alcohol or recreational drugs should be used before a treatment

Please be on time for your treatment to ensure the smooth running of the clinic.

We do charge a £15 fee for a missed appointment and do require a 24 hours cancellation notice.

How do I pay?

We may not always have a receptionist, so here are your options.

- 1) Cash or cheque to be put in a secure payment box in the office. There will be envelopes provided – please write your name on the envelope.
- 2) BACS or mobile banking : Payment details will be displayed in the office
- 3) Credit or debit card: please note there will be a £0.50 charge to use this facility

Booking your next appointment

There will be a sheet with appointments for the next few weeks. Please put your name in the available slot/s and we will send you a confirmation email later.

You can also phone or email us.

Blood Donors

Please note that if you are a blood donor, you will have to wait 4 months after your last acupuncture session to do so. Even though we use sterile, single use needles only, EU regulations allow only statutory bodies (eg, doctors, nurses, physiotherapists, osteopaths) to give out blood donor certificates at the moment.

Acupuncture registers are working towards statutory regulation in the future, but in the meantime, please be aware of this situation if blood donation is important to you.

Treatment Response

We would like you to have acupuncture regularly and long enough for you to get better and stay better. Acupuncture is a process. Most patients require a course of treatment rather than a single treatment. We'd like you to commit to the treatment plan agreed on the first consultation to give yourself the best possible outcome. This may be shorter or longer than the original treatment plan, depending on your response- which is why we have revision session roughly halfway through your treatment plan.

Below are a few symptoms which may be slightly worrying to you but are a normal part of acupuncture treatment:

The treatment may aggravate your condition temporarily, usually for not more than 24hrs after your first or second treatment. This is usually followed by an improvement of your condition.

If you respond well immediately after your treatment, please be aware that this may not last for long at first- you need further treatment to stabilise this result.

Very occasionally, acupuncture may cause some minor bruising. Please advise your acupuncturist if you are taking blood-thinning medication.

Please note that you may feel very tired after your first treatment if this is your first acupuncture. This is quite normal and probably means you will sleep very well that night! This doesn't tend to be the case in subsequent treatments.

Community Mindedness

Please respect everyone else's need for quiet. The calm atmosphere in the clinic is created by everyone relaxing together. There is no need to whisper, but please talk quietly in the treatment room. And of course, remember to **switch off your mobile phone.**

We in turn will provide a safe environment with skilled practitioners. If you would like to speak to a practitioner in private, please say so- that's what the private room is for.

Thank you for reading this!

The Team

