



Shoshana Osofsky, Acupuncturist

Informed Consent - Acupuncture Treatment

Informed Consent is an educational process. I have a legal duty to obtain your consent before treating you. I must communicate with you about your health care options so that you can select a course of action. There are 4 aspects to this educational process of informed consent (1) Procedures to be performed, (2) Alternatives, (3) Risk, (4) Opportunity to ask questions or request additional information.

Procedure: I use sterile, single use, disposable acupuncture needles. These are inserted into specific *acupoints* on your body or to points known as AhShi points (“ouchy points” where you feel discomfort); they are usually retained for 20 minutes. Occasionally needles will remain in place for 40 minutes or longer for particular treatments.

It is best to be in a comfortable position because you should not move when the needles are in. Most people find the treatment relaxing and you might even fall asleep, this is fine. You may feel the slight stick of the needle upon insertion but other than that your treatment should not be painful. *If you feel pain you must let me know immediately.* People report feeling heat, electricity, a moving sensation in a limb or sometimes no special feelings when the needles are in place. Everyone is different.

In addition to acupuncture needles I may use other modalities including TuiNa/Chinese massage, essential oils, herbs, liniments, cupping technique, gua sha, bleeding, moxabustion or magnet therapy. I do not usually use these other methods on a first visit but may utilize one or more of them during your course of treatment. If you have questions now I will be happy to discuss these methods with you but should I want to use one of the other methods I will explain the procedures to you, let you know what to expect and obtain your OK to proceed.

I will try to keep you informed about my thought processes in selecting acupuncture points and methods. Sometimes the thought processes of Chinese Medicine are very different from conventional medicine and I will do my best to speak clearly and without jargon. I do want you to understand the

treatments so please ask me to explain until you are comfortable and feel satisfied with your understanding.

Benefits: It is my belief that acupuncture helps to create harmony and balance in the body and that illness is a result of imbalance.

Prognosis: In most cases, if you choose not to receive acupuncture your condition will continue in the pattern that it has displayed up until this time.

Alternatives: You may also consider massage, chiropractic, counseling or other therapies. I can discuss other health care modalities with you. In addition, other acupuncturists are available in our area. Of course, M.D.s are also available for any concern that you have come to see me about and I am required by NJ law to advise you to see a physician for these concerns.

Risks: Acupuncture, performed by a trained specialist is generally safe. However, occasionally there may be bruising, puffiness, redness, bleeding or other symptoms at the site of the needles during or after treatment. A healing crisis may occur when symptoms intensify before resolving. Some treatments such as cupping or gua sha are expected to produce bruising but I would not use these methods without your permission.

Further Questions: I am available to answer questions about acupuncture or about your treatment during our sessions or by telephone.

A Final Thought: There is a saying “If you always do what you’ve always done; you’ll always get what you always got.” *Expect change.* Healing may call for greater awareness of day-to-day choices such as what you eat, how much you sleep and exercise and what thoughts and feelings arise.