

Acupuncture Intake Form

Personal Information

Name **Telephone Number**

Address **Post Code**

Email **DOB** **Occupation**

Emergency Contact Name & Relationship

Emergency Contact Number

How did you hear about us?

Are you happy to be contacted for marketing and promotional purposes?

What has brought you here today?

Medical Screening

Please tick 'Yes' or 'No' for each of the following health conditions and include any further details relevant in the boxes provided for each section:

Cardiovascular System	Yes	No	Additional Information	Action to take if client answers yes
Chest pain currently				Advise to seek urgent medical care. Do not perform acupuncture.
History of cardiac conditions i.e. Angina, Cardiac Surgery, Irregular Heartbeat, Heart Attack, Cardiac Failure, Shortness of breath at rest or with minimal exertion, bilateral ankle swelling, high or low blood pressure				Assess stability of symptoms. If conditions is well managed, acupuncture may be considered. Assess if client is able to lay flat for treatment.
Pacemaker or Active Implant fitted				No electro-acupuncture.
History of Rheumatic Heart Disease or Heart Valve replacement surgery				No auricular acupuncture.



Respiratory System	Yes	No	Additional Information	Action to take if client answers yes
History of respiratory conditions I.e. chronic obstructive pulmonary disease, asthma, asbestosis, recent pneumonia, previous pneumothorax, long covid				<p>Assess stability of symptoms. If conditions is well managed, acupuncture can be considered. Assess if client is able to lay flat for treatment.</p> <p>NB risk of pneumothorax with needling over the thorax is raised for people with a history of significant respiratory disease, particularly if BMI is low, consider using alternative points.</p>
Cancer				
History of Cancer? If Yes: Site of Cancer: Treatment undertaken: Current/past chemotherapy Current/past radiotherapy Removal of lymph nodes: Lymphoedema: Active disease currently: In remission:				<p>Assess suitability of using acupuncture given clients current circumstances. Acupuncture can be considered. Avoid needling limb at risk of lymphoedema/with lymphodema currently.</p> <p>NB: Chemotherapy may induce immunosuppression. Radiotherapy can cause skin changes and tissue fibrosis.</p>
Neurological System				
History of Epilepsy, seizures or convulsions, significant neurological disease i.e. Stroke, Parkinson's, MS, significant head injury, changes in vision/hearing, muscle weakness, severe headaches/migraine				<p>Assess stability of symptoms. If conditions is well managed, acupuncture can be considered.</p> <p>If clients have a history of Epilepsy/seizures in the past, acupuncture can be considered with caution. Consider positioning for safety and ensure the patient is not left alone during treatment.</p>
Gastro-Intestinal System				
History of Diabetes (type 1 or 2)				If conditions is well managed, acupuncture can be considered.
Unexplained severe abdominal pain or bloating, changes in bowel habit, inflammatory bowel disease, blood in stool				<p>Has the client discussed these symptoms with their GP? Advise to seek medical opinion before undertaking acupuncture.</p>



Musculoskeletal System	Yes	No	Additional Information	Action to take if client answers yes
Severe or worsening back pain Unexplained joint pain and swelling New or worsening muscle weakness Joint Replacement (Arthroplasty)				Has the client discussed these symptoms with their GP? Advise to seek medical opinion before undertaking acupuncture. Avoid needling into joint space.
Pregnancy				
Currently Pregnant If Yes: Weeks? Due date? Pregnancy complications?				Caution in first trimester (80% of miscarriages occur in first 12 weeks). Later in pregnancy may need to consider positioning.
Uro-genital System				
History of recurrent urinary tract infections, pelvic pain, menopausal symptoms				If client is systemically unwell, advise them to consult GP. If well, acupuncture can be considered.
Blood-borne Viruses				
History of HIV, hepatitis B, hepatitis C				Acupuncture not contraindicated, but therapist to be aware of needle stick injuries.
Bleeding disorders i.e. haemophilia				Avoid needling joint spaces or muscle compartments.
Psychological/Psychiatric Symptoms				
History of psychiatric conditions, suicidal thoughts, hallucinations or delusions, stress, anxiety				Assess the stability of symptoms, If condition is well maintained, acupuncture can be considered.
Needle Safety				
Needle Phobia				Assess degree of phobia and discuss needling procedure with client.
Allergic to nickel/zinc				Do not acupuncture.
Infection				
Active Infection i.e. cellulitis				Do not acupuncture.

Acupuncture Information

Acupuncture is a practice that involves inserting thin needles into specific points on the body. It is commonly used for pain relief and the treatment of various health conditions and for general well-being. Before deciding to have acupuncture, it is important to understand the risks and benefits associated with acupuncture and dry needling:

Benefits of Acupuncture:

1. **Pain management:** One of the most well-known benefits of acupuncture and dry needling is its ability to provide pain relief. It can be effective in treating conditions such as back pain, migraines, osteoarthritis, and menstrual cramps.
2. **Reduction of inflammation:** Acupuncture and dry needling have been shown to have anti-inflammatory effects, which can help alleviate symptoms associated with inflammatory conditions like rheumatoid arthritis and asthma.
3. **Stress reduction:** Acupuncture is known to promote relaxation and reduce stress. It can help regulate the body's stress response by stimulating the release of endorphins, which are natural painkillers and mood enhancers.
4. **Improved mental health:** Acupuncture has been found to be beneficial for conditions such as anxiety, depression, and insomnia. It can help regulate neurotransmitters in the brain and promote a sense of well-being.

Risk	Frequency	Additional Information
Soreness and Bruising	Common	Mild soreness or bruising at the site where the needles were inserted can be experienced. These effects are usually temporary and resolve on their own.
Drowsiness	Common	Drowsiness will usually pass quickly but can lead to deeper sleep on the evening of receiving treatment.
Bleeding and Haematoma	Uncommon	In some cases, acupuncture and dry needling may cause bleeding or the formation of a haematoma (a localised collection of blood) at the insertion site. This is more likely to occur in individuals with a bleeding disorder or those taking blood-thinning medications. Any bleeding is easily managed by application of cotton wool and pressure to stop the bleeding.
Interaction with medications	Uncommon	Acupuncture and dry needling may interact with certain medications, such as blood thinners. It is essential to inform your practitioner about any medications you are taking to avoid potential complications.
Infection	Rare	If the needles are not properly sterilised there is a risk of infection. At this clinic, we follow national standards of hygiene, which includes single use, sterile needles and thorough hand sanitisation prior to and immediately after needle insertion.
Dizziness and fainting	Rare	Some people may experience dizziness, lightheadedness, or fainting during or after treatment. It is recommended to inform your practitioner if you have a history of these symptoms or if you are prone to fainting.
Nausea and/or vomiting	Rare	Some people do experience side effects during treatment, inform your therapist immediately if you feel unwell.



Seizure	Very Rare	Some people may experience dizziness, lightheadedness, or fainting during or after treatment. It is recommended to inform your practitioner if you have a history of these symptoms or if you are prone to fainting.
Organ Puncture	Very Rare	Although rare, there have been cases of organ puncture or injury during acupuncture or dry needling treatments. This risk is higher when needling is performed by an inexperienced or untrained practitioner. At this clinic, we have completed in-depth, accredited training which includes safe insertion of needles.

Consent to Treatment

Client Agreement	Yes	No
I confirm that I have completed the Health Screening Tool, highlighting any conditions that might impact on acupuncture treatment.		
I have read the information about the benefits and risks of acupuncture and have had chance to discuss any concerns with my physiotherapist.		
Consent is a voluntary and ongoing process, and you are fully entitled to change your mind about what you are comfortable with as the acupuncture progresses. Please communicate this to your therapist and the treatment will be altered or stopped accordingly. I voluntarily give my informed consent for the acupuncture as discussed and outlined above. I understand that I can withdraw or alter my consent at any time, for any reason.		

Client Name

Date

Client Signature

Practitioner Name

Date

Practitioner Signature