

Informed Consent and Fees Policy for Naturopathic Treatment **Bena Lun, Naturopathic Doctor**

Naturopathic Medicine is a system of health care that utilizes only natural processes and sources. Naturopathic Doctors (ND's) assess the whole person, taking into consideration physical, mental, emotional, and spiritual aspects of the individual in the treatment and prevention of disease.

ND's use a variety of therapeutic approaches, either alone or in combination. These include nutritional and lifestyle counselling, nutritional supplementation, traditional Chinese medicine and acupuncture, botanical medicine, homeopathy, and physical medicine:

CLINICAL NUTRITION: Proper nutrition is one of the major foundations of health and well-being. Your Naturopathic Doctor will help you identify areas of your diet that may be modified to optimize your health, or apply a special diet targeted towards your specific health concern(s).

Nutritional Supplementation: The use of moderate to high doses of specific nutrients and dietary components may be used to optimize health and/or stimulate healing.

TRADITIONAL CHINESE MEDICINE: This is a system of diagnostic techniques and treatment methods that have evolved over the last 3,000 years. It includes the use of acupuncture, botanical formulas, and dietary recommendations to bring balance to the body's energy.

Acupuncture refers to the insertion of sterilized needles through the skin into underlying tissues at specific points on the surface of the body. Needles are discarded after each use. With the patient's consent, a low-voltage electrical current may be applied to some needles in order to stimulate certain points (electro-acupuncture). Botanical formulas may be given in the form of pills, tinctures, or decoctions (strong teas) to be taken internally or used externally as a wash. Herbal formulas may include shell, mineral and animal materials, as well as plants. Dietary recommendations based on Traditional Chinese medical theory may be used.

HERBAL MEDICINE: This is the use of herbal teas, tinctures, capsules, and other forms of herbal preparations to assist in the recovery from injury and disease. These compounds are also used to boost the body's immune system to stimulate healing and prevent future disease.

HOMEOPATHY: This is a form of energetic medicine based on the Law of Similars - the application of very minute doses of a substance is used to treat symptoms that would be provoked by large doses of the same substance. These minute doses are of plant, animal or mineral origin, and are used to stimulate the body's innate self-healing abilities. Homeopathy is a powerful tool and affects health on a physical and emotional level.

PHYSICAL MEDICINE: This refers to the use of hands-on techniques such as soft tissue massage for the purpose of treating musculoskeletal and neurological problems. Hydrotherapy is a subset of physical medicine that involves the use of hot and cold water applications. Some types of treatments are performed by the patient at home, and others by the Doctor in-office.

LIFESTYLE COUNSELLING: Certain aspects of an individual's lifestyle may be affecting his/her health in a significant way. Your ND may be able to identify patterns or behaviours that are detrimental to your health and teach you ways to improve your well-being.

Your naturopathic visit may consist of a thorough case history and a screening physical examination, including a breast exam for females. Lab tests and specific physical exams such as gynecological, breast, rectal, prostate, and/or genital are sometimes needed in order to provide information to make a diagnosis or for case development, and these may be performed by your Naturopathic Doctor or be referred to your medical doctor.

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Even mild therapies may have complications, especially in certain physiological conditions such as pregnancy, lactation, and in very young children. Some therapies must be used with caution in certain diseases such as diabetes, heart, liver, or kidney disease. It is very important, therefore, that you inform your Naturopathic Doctor (ND) immediately of any disease process that you or another health professional suspects or is aware of, or if you are pregnant or suspect you are pregnant, or if you are breast-feeding a child.

There are some risks, however rare, with treatment by Naturopathic Medicine. These include, but are not limited to: aggravation of pre-existing symptoms, allergic reactions to supplements or herbs, pain, bruising, or injury from acupuncture, venipuncture or intramuscular injections, fainting or puncturing of an organ with acupuncture needles, muscle sprains and strains, and disc injuries and stroke from spinal manipulation.

This is to acknowledge that as a patient I have been informed and I understand that:

1. A record will be kept of the health services provided to me. This record will be kept confidential and will not be released to others unless so directed by myself or my representative or unless it is required by law. I understand that I may look at my record at anytime and may request a copy by paying the appropriate fee.
2. Any questions I have will be answered by the ND to the best of her ability.
3. Results are not guaranteed. I do not expect the ND to be able to anticipate and explain all risks and complications and I wish to rely on her to exercise judgement during the course of the procedure which she feels at the time is in my best interests, based upon the facts then known.
4. Any treatment or advice provided to me by the ND is not mutually exclusive of any treatment or advice that I may now be receiving or may in the future receive from another licensed health care provider.
5. I am at liberty to seek or continue medical care from any physician or surgeon or other health care provider qualified to practice in Ontario.
6. The ND may, based on her medical training, suggest or recommend modifications to treatment or advice I am receiving or have received from another health care provider, but it is not mandatory that I make these modifications or discontinue treatment from any other licensed health care provider.
7. The treatment and therapies rendered or recommended to me by the ND may be different than those usually offered by a medical doctor or other licensed health care provider.

Payment must be submitted by cash, debit, or credit card at the time of each visit (fees in CAD):

- 1st Appointment – ADULT (16+ yoa): \$160 (120 mins) | YOUTH (11-16 yoa): \$140 (75-90 mins)
CHILD (0-10 yoa): \$120 (45-60 mins)
- 2nd Appointment – ADULT (16+ yoa): \$105 (75 mins) | YOUTH (11-16 yoa): \$85 (60 mins)
- Follow-up Appointments – ADULT (16+ yoa): \$70 (45-60 mins) | YOUTH (11-16 yoa): \$55 (30-45 mins)
CHILD (0-10 yoa): \$55 (30-45 mins)
- Telephone/E-mail consultations – Regular appointment fees less 10%.
Telephone/E-mail consultation fees may be applied to any telephone and/or e-mail communications following the First Appointment at the ND's discretion. First Appointment must be performed in-office prior to commencing telephone and/or e-mail consultations.
- \$30 fee for NSF cheques. Up to \$30 for copying patient files
- \$25 for missed appointments or cancellation with less than 24-hours notification

Follow-up appointment fees are subject to change without notice. Supplements and products are individually priced and are subject to a charge of 13% HST.

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Consent Regarding Personal Information:

Your identity will be protected at all times and a record will be kept of the health services provided. Patients may look at their medical record at any time and may request a copy of it (may be subject to copying fee).

Privacy of your personal information is an important part of our clinic while providing you with quality naturopathic care. We understand the importance of protecting your personal information and are committed to collecting, using and disclosing your personal information responsibly. We will try to be as open and transparent as possible about the way we handle your personal information.

At this office, Bena Lun, ND acts as the Privacy Information Officer. All staff members who come into contact with your personal information are aware of the sensitive nature of the information that you have disclosed.

Our privacy policy outlines what our clinic is doing to ensure that:

- Only necessary information is collected about you;
- We only share your information with your consent;
- Storage, retention and destruction of your personal information complies with the existing legislation, and privacy protection protocols;
- Our privacy protocols comply with privacy legislation and standards of our regulatory body, the Board of Directors of Drugless Therapy – Naturopathy (BDDT-N).

How our clinic collects, uses and discloses patients' personal information:

To help you understand how we protect your personal information, we have outlined here how our clinic is using and disclosing your information:

- To assess your health concerns.
- To provide health care.
- To advise you of treatment options.
- To establish and maintain contact with you.
- To send newsletters and other information mailings.
- To remind you of upcoming appointments.
- To communicate with other treating health care providers.
- To allow us to efficiently follow-up for treatment, care and billing.
- To complete claims for insurance purposes.
- To comply with legal and regulatory requirements of our regulatory body, the Board of Directors of Drugless Therapy – Naturopathy under the Drugless Practitioners Act.
- To invoice for goods and services.
- To process credit card payments.
- To collect unpaid accounts.
- To assist this clinic to comply with all regulatory requirements.
- To comply generally with the law.
- To allow potential purchasers, practice brokers or advisors to conduct and audit in preparation for a practice sale.

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By signing the consent section of this Patient Consent Form, you have agreed that you have given your informed consent to the collection, use and/or disclosure of your personal information as outlined above.

PATIENT CONSENT

I have read the information provided and with this knowledge, I voluntarily consent to the consent policies, and diagnostic and therapeutic procedures outlined except for:
(please list exceptions)

I intend this consent to apply to all of my present and future naturopathic care with Bena Lun, ND. I understand that I am free to withdraw my consent and discontinue participation in these procedures at any time. I have read and fully understand and agree to the outlined fees and policies, and understand that the fees may change without prior notice.

Name of Patient (please print in block letters):

Name of Guardian (for patients under 16 years of age):

Signature: _____ Date: _____

Naturopathic Doctor: BENA LUN, ND #1868

Signature: _____ Date: _____

PATIENT COPY

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CLINIC COPY