



NAME: _____

PERSONAL MEDICAL HISTORY

Reason for today's visit: _____

Have you ever been treated with Traditional Chinese Medicine? yes no

Other current therapies _____

How did you hear about Dr. Carr? _____

Who is your physician? _____ Telephone: _____

Surgeries: _____

Please list any pharmaceuticals you are currently taking _____

Please list any supplements you are currently taking _____

Are you pregnant? yes no Do you have any allergies? _____

Please check any of the following that are significant to your medical history:

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> AIDS/HIV | <input type="checkbox"/> Depression | <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Alcoholism | <input type="checkbox"/> Diabetes | <input type="checkbox"/> High/Low Blood Pressure | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Appendicitis | <input type="checkbox"/> Drug addiction | <input type="checkbox"/> Migraines | <input type="checkbox"/> TB |
| <input type="checkbox"/> Arteriosclerosis | <input type="checkbox"/> Eating disorder | <input type="checkbox"/> Pneumonia | <input type="checkbox"/> Thyroid disorder |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Emphysema | <input type="checkbox"/> Rheumatic fever | <input type="checkbox"/> Ulcers |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Skin conditions | <input type="checkbox"/> STI (sexually transmitted infection) |
| <input type="checkbox"/> Chicken pox | <input type="checkbox"/> Heart Disease | | |

Lifestyle (please check those that apply and give frequency):

Alcohol _____ Tobacco _____ Drugs _____

Exercise type and frequency: _____

Are you interested in learning about an exercise program? yes no

Diet: Vegetarian Vegan Coffee Tea

Gynaecology:

Age of first menses: _____ Length of cycle: _____ Menses duration: _____

Age of menopause: _____

Are you currently taking the birth control pill? yes no

Number of pregnancies? _____

Irregular period Painful periods PMS Breast lumps



General Information/Consent Form for Patients

Information

1. Please be assured that all patient/practitioner relationships are kept in the strictest of confidence.
2. A first time consultation fee for traditional Chinese medicine and acupuncture of \$95 will apply. The first consultation takes 1 hour.
3. Acupuncture sessions, approximately 1 hour per session, include the consultation and the fee is \$75.
4. Facial micro-current rejuvenation sessions last 45 minutes to 1 hour per session and the fee is \$135. Photographs will be taken before and throughout the duration of your treatment for monitoring progress to be kept in your file. This is an important gauge of the changes you experience with the procedure. In combination with acupuncture, these sessions may be covered by your extended Health Plan.
5. Body or face cupping sessions alone last for half an hour with a fee of \$75. NOTE: Cupping sessions *alone* will likely not be covered by private medical insurance.
6. Herbal formulas vary in cost, depending on the prescription and will cost \$10 to \$30 per week.
7. All services and products will be charged HST.
8. Please note that a charge of \$40 will be imposed on NSF cheques.
9. At least 24 hours' notice is required for cancellations, or the full session charge will be implemented.
10. Please note that if you are more than 15 minutes late, treatment may not be given, although full charge will be implemented. This is because it can disrupt the treatments of subsequent patients.
11. Please ensure that you have eaten within 3 hours prior to acupuncture treatment.
12. Acupuncture treatment may be refused if:
 - a) patient has consumed alcohol or recreational drugs within 24 hours of treatment.
 - b) at the discretion of the practitioner.
13. Please do not brush your tongue the day of the consultation, as observation of the tongue is important for a Traditional Chinese Medicine diagnosis.



**CONNECT
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CENTRE FOR
INTEGRATIVE MEDICINE

Preventing illness is always preferable to treating illness, so when we have achieved our goals, I suggest we maintain visits every few months or every season.

Our first visit together will be an hour long and is a complete consultation. We will discuss your health history and chief complaints. I will then diagnose you according to Traditional Chinese Medicine principles and create a personalized treatment plan.

Acupuncture heals from the outside in and traditional herbs treat you from the inside out...together they make a powerful therapy.

Please write down or bring with you any pharmaceutical medication and any vitamin supplements you may be currently taking, so I may record them in your file. To make the best of our time together, you may want to write down any questions you have concerning your health or about Traditional Chinese Medicine.



Consent Form

Please read carefully and ask your practitioner if you have any questions or concerns.

Traditional Chinese Medicine, acupuncture, and other treatments provided by this clinic have been proven to be highly effective and safe. However, practitioners are required to inform patients that there may be some risks and practitioners cannot anticipate all of the possible complications and risks. In general, the following are some of the side effects that can occur.

- Drowsiness following treatment. If this occurs, you are advised not to drive following treatment
- Minor bleeding or bruising can occur from acupuncture
- Bruising, like that of a hickey, from cupping
- Irritation of the skin due to allergies if a topical lotion or oil is used. Please inform your practitioner if you have any allergies.
- Rarely, fainting can occur, particularly in new patients. To lessen the possibility, it is recommended not to receive a treatment without having consumed some food within 2-3 hours of treatment. It is also advised to inform your acupuncturist if you are nervous of needles or have a history of fainting for any reason.
- In a small percentage of patients, symptoms can become worse before improving. This is generally a sign that healing has begun. If the worsening of symptoms is severe or lasts for more than 2 days, contact your practitioner.

Please inform your practitioner of the following:

- If you are pregnant
- If you have a pacemaker or other electrical implant
- If you have a bleeding disorder
- If you are taking anti-coagulants (blood thinners) or any other medication
- If you have any allergies
- If you have ever felt faint or had any unusual or negative sensation from acupuncture or medical treatments
- If you are at higher risk for infection

I, the undersigned, have read and understood all of the above. I further agree to abide by the requirements set out therein.

(Signature of the patient)

(Signature of the practitioner)

(Printed name of the patient)

(Date)



**CONNECT
HEALTH**

CENTRE FOR
INTEGRATIVE MEDICINE

Instructions for New Patients

Welcome to Connect Health Centre for Integrative Medicine and the practice of Dr. Melissa Carr.

Finding Us

CLINIC LOCATION:

Location: Connect Health Centre for Integrative Medicine in the Macdonald Professional Building, #205-2786 West 16th Avenue, Vancouver, BC; on south side of 16th Avenue, beside Chevron, near Macdonald Street.

Parking: There is free parking on many of the side streets as well as in the parking lot underneath the building, entry from 16th Avenue.

Transit: Buses that will drop you off close to the clinic are the #2, #22, and #33.

What to Bring

The intake, information, and consent can be downloaded from the “Contact Us” page at www.activetcm.com, or we can email you the form. Please print, read the forms carefully, fill them out, and bring them with you to your appointment. Alternatively, you can come in to the clinic 10 minutes before your booked appointment to complete the form.

If you are taking any medication and/or supplements, please make sure to clearly write out what you are taking. You may also find it easier to simply bring them in with you.

You may choose to bring shorts and a short-sleeved or sleeveless top to change into. However, you need not bring any change of clothes as we will provide you with blankets and/or towels to drape and cover as suitable.

Before Your Appointment

Please ensure that you have eaten something within a couple of hours prior to treatment.

What to Expect During Your Appointment

Dr. Carr will discuss your health issues at length, allowing you ample opportunity to ask questions and provide information. Some initial appointments will not include acupuncture as the time will be fully allotted to diagnosis and treatment planning, including discussion of healthy lifestyle, dietary, and activity changes that you may wish to partake. Generally, however, pain patients will receive acupuncture treatment during the first session, if it is suited.

After Your Appointment

You may, for a short time after your appointment, feel tired or “out of it”. It is best not to plan anything strenuous immediately after your first acupuncture session. Most patients do, however, feel quite relaxed following acupuncture treatments.