

Lakeview Naturopathic Clinic

Informed Consent

Welcome to my office. By coming in today you have made a commitment to your health. I hope you enjoy your experience with naturopathic medicine as we work together to help you attain your full health potential.

Naturopathic Medicine is the treatment and prevention of disease by natural means. Naturopathic Doctors assess the whole person, taking into consideration physical, mental, and spiritual aspects of the individual.

Individual diets and nutritional supplements are recommended to address deficiencies, treat disease, and promote health.

Botanical Medicine is the use of plant-based medicine that involves herbal teas, tinctures, capsules and other forms of herbal preparations to assist the body as it moves towards health and healing.

Homeopathy is a form of medicine based on the Law of Similars – that is, the use of tiny doses of the very substance that causes symptoms in a healthy person will eliminate those symptoms in a sick person. These tiny doses are used to stimulate the body's ability to heal itself.

Oriental Medicine includes the use of acupuncture, Eastern herbs and dietary changes to eliminate disease and balance body functions. Acupuncture refers to the insertion of sterilized disposable needles through the skin into underlying tissues at any of the hundreds of specific points on the body.

Physical Therapies refer to the use of hands-on techniques such as soft tissue manipulation, cranial sacral therapy, and hydrotherapy, which is the use of hot and cold water to stimulate the immune system and improve circulation.

Lifestyle counseling involves identifying risk factors and making recommendations to help optimize one's physical, mental, and emotional environment.

During your initial visits, your Naturopathic Doctor will take a thorough case history and perform a basic/complaint-oriented physical examination, and when indicated, take blood or urine samples.

Even the gentlest therapies may cause complications under certain physiological conditions. This depends greatly on the individual and the extent of the illness. For this reason, it is very important that you inform your Naturopathic Doctor of any and all disease processes that you are suffering from, as well as any medications (prescription or over-the-counter) that you are taking.

Health risks associated with Naturopathic Medicine include but are not limited to:

- Aggravation of pre-existing symptoms during the healing process.
- Allergic reactions to supplements or herbs.
- Pain, bruising or injury from venipuncture or acupuncture.

Pamela Thornton-Pow, B.Sc., N.D.

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Initials I understand that 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 without my consent, unless required by law.

Initials I understand that the Naturopathic Doctor will answer any questions that I have to the best of her ability. I understand that the results are not guaranteed. I do not expect the doctor to be able to anticipate and explain all risks and complications. With this knowledge, I voluntarily consent to diagnostic and therapeutic procedures mentioned above, except for (please list any exceptions):

Initials I understand that any treatment or advice provided to me by Pamela Thornton-Pow is not mutually exclusive of any treatment or advice that I may now be receiving or may receive in the future from another licensed health care provider.

Initials I understand the fee schedule as stated below and that a fee will be charged for any missed appointments or cancellations with less than 24 hours notice.

Initials I understand that I am at liberty to seek or continue to seek medical care from a physician or surgeon or other health care provider qualified to practice in Ontario. Pamela Thornton-Pow has not suggested or recommended that I refrain from seeking or following the advice of another licensed health care provider.

Initials I understand that I may purchase recommended medicines or supplements from the dispensary at the Lakeview Clinic OR any pharmacy/retail store of my choice.

As the patient, you are responsible for the total charges incurred (visit fees plus any supplements or medicinal substances) for each visit. Services are not covered by OHIP but are covered by many extended health benefits. If you have coverage for Naturopathic Medicine, you are responsible for billing your own insurance company. Most insurance companies will not cover the supplements that we prescribe and dispense.

| | Initial Visit (1 to 1 ½ hours) | Subsequent Visits (30-40 min.) |
|------------------------|--------------------------------------|--------------------------------|
| Adults | \$175.00 | \$90.00 |
| Children (under 16) | \$145.00 | \$75.00 |
| Laboratory Visit | \$95.00 | |
| Seniors (65+) | \$145.00 | \$75.00 |
| Missed Appointment Fee | \$50.00 if less than 24 hours notice | |
| Phone Consultation | \$45.00 for 15 minutes | |

- All prices are subject to GST

I have read and understand the above-stated policies and information. I intend this consent form to cover the entire course of treatment for my present condition. I understand that I am free to withdraw my consent and to discontinue participation in these procedures at any time.

Patient Name (please print): _____ Date: _____

Signature of Patient (or Guardian): _____

Signature of Naturopathic Doctor: _____

