

## **Informed Consent of Naturopathic Medical Care**

Welcome to Cary Holistic Health. This clinic utilizes the principles of naturopathic medicine, helping identify obstacles to healing & promoting the body's own ability to achieve its natural state of health.

**Naturopathic medicine** offers a customized approach to health care. Naturopathic Doctors assess the whole person and recommendations are tailored to suit individual needs. Gentle, non-invasive techniques are generally used to stimulate the body's inherent healing capacity. Therapies used by a Naturopathic Doctor may include: Clinical nutrition, Botanical medicine, Homeopathic medicine, Lifestyle counselling, Hydrotherapy and Physical medicine. Under current North Carolina law, Naturopathic medicine is not deemed the practice of medicine and is not regulated by state law. However, naturopathic medicine is considered a complement to traditional allopathic medicine.

**Clinical nutrition** examines the relationship between diet and health. Special diets may be recommended. Other recommendations may include nutritional supplements such as vitamins, minerals, enzymes and other nutraceuticals.

**Botanical medicine** (herbal medicine) uses plant substances for their healing effects and nutritional value. Plant substances may be prescribed as teas, tinctures, capsules or decoctions (strong teas) to be taken internally or used externally as a wash, poultice, or salve.

**Homeopathic medicine** is based on the principle of "like cures like" and uses minute amounts of natural substances to stimulate the self-healing abilities of the body.

**Lifestyle counselling** involves identifying risk factors and helping patients to make informed choices to reach and maintain optimal health.

**Hydrotherapy** refers to the use of water applications to the body.

**Physical Medicine** includes the use of hands-on techniques to manipulate the spine, joints and soft tissues. Therapeutic use of light, heat and cold, massage and ultrasound may also be incorporated into treatment.

Your Naturopathic Doctor will take a thorough case history. Assessment of each patient's physical, mental, emotional, spiritual and environmental well-being is required to facilitate this work. A basic/complaint-oriented physical exam and specific urine and/or blood laboratory tests and/or reports may be used as part of the work-up.

**Declaration and Consent to Treatment**

I understand that Dr. Maggie Thibodeau is not a medical Doctor. If a medical diagnosis or treatment is required, it must be obtained from a licensed medical doctor. \_\_\_\_\_ (Initials)

I understand that North Carolina does not currently regulate Naturopathic Medicine, but that Dr. Thibodeau holds current licenses in the state of Vermont and the province of Ontario.  
\_\_\_\_\_ (Initials)

Naturopathic Physicians are unable to fill the role of a primary care provider in North Carolina. Dr. Thibodeau asks that you maintain a relationship with a licensed primary care physician and can provide a list of physician referrals if needed. \_\_\_\_\_ (Initials)

I understand that the form of medical care provided at this clinic is based on Naturopathic Medicine and other supportive principles and practices. I recognize that even the gentlest therapies may cause complications in certain physiological conditions such as pregnancy, lactation, very young children, very elderly patients, those on multiple medications, or those with specific diseases such as heart, liver, kidney or diabetes. I therefore confirm that I will inform, and will continue to inform, my Naturopathic Doctor fully of my medical history, family history, medications and/or supplements I am currently taking (prescription and over-the-counter), or was previously taking. If female, I will advise my Naturopathic Doctor immediately if I am pregnant, suspect I am pregnant, am trying to become pregnant, or if I am breast-feeding, and will continue to do so. \_\_\_\_\_ (Initials)

I understand that health risks associated with naturopathic medical treatment include, but are not limited to:

- Aggravation of pre-existing symptoms.
- Allergic reactions to supplements or herbs.

\_\_\_\_\_ (Initials)

I understand that a health 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. I understand that I may look at my medical record at anytime and can request a copy of it by paying the appropriate fee. I understand that information from my medical record may be analyzed for research and treatment purposes, but that my identity will be protected and kept confidential. \_\_\_\_\_ (Initials)

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

I acknowledge that I have been informed and I understand that:

- Any treatment or advice provided to me as a patient is not mutually exclusive from any treatment or advice that I may now be receiving, or may in the future receive, from a licensed health care provider.
- I am at liberty to seek or continue medical care from a physician or surgeon or other health care provider qualified to practice in North Carolina.
- No employee or other practitioner under the Cary Holistic Health direction or control is suggesting or advising me to refrain from seeking or following the directions of another licensed health care provider.
- The treatment and therapies rendered or recommended by Cary Holistic Health may be different than those usually offered by a medical doctor or other licensed health care provider. \_\_\_\_\_ (Initials)

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**I have read and understand the above stated policies and information. I have received a full and complete explanation of the treatment and services that I may receive at the Cary Holistic Health. I hereby authorize and consent to treatment. I intend this consent form to cover the entire course of treatment I receive at the Cary Holistic Health. I also confirm that I may revoke this authorization for treatment at any time but will be financially liable for all treatment rendered. I also represent that I am not an agent of any private, local, county, state or federal agency attempting to gather information without so stating.**

**Patient Name (Please print.):**

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<b>First</b>	<b>Middle</b>	<b>Last</b>
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**Date of Consent:**

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<b>Month</b>	<b>Day</b>	<b>Year</b>
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**Signature of Patient (or Parent or Legal Guardian):**

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**Financial Policy**

**PAYMENT FOR SERVICES**

As the patient, you are responsible for the total charges incurred for each visit. Payment by cash, check or Visa/Mastercard is accepted. Returned checks will be subject to a \$25 return fee. If your insurance plan covers Naturopathic Medicine, we will provide you with receipts to submit for reimbursement.

Fees are to be paid at the time of each visit or treatment, including fees for services, cost of supplements and remedies, cost of laboratory tests, administrative fees, as well as other applicable fees.

Telephone support is to assist in clarifying recommendations made during an office visit. Telephone conversations that cover new material or require an extended amount of time will be billed at the same rate as an office visit.

Naturopathic recommendations may include certain herbal, homeopathic, vitamin or mineral supplements. Know that your practitioner has spent time researching and identifying well-made supplement brands and that these can be purchased from the in-house dispensary. All associated costs will be made aware to the client upon recommendation of specific health products. Payment for supplements is your sole responsibility. Please note that you are free to choose where you purchase the recommended products.

**CANCELLATION POLICY**

Please give at least 24 hours notice if you need to cancel or reschedule an appointment. Late cancellations will be billed as follows: \$100 for a new patient visit and \$50 for a follow-up visit. Missed appointments will be billed in full. We are willing to make exceptions for an emergency or unforeseeable circumstance.

I have read, understand and agree to the above financial and cancellation policies.

Patient Name (Please print.):

\_\_\_\_\_

First                      Middle                      Last

Date of Consent: \_\_\_\_\_

Month                      Day                      Year

Signature of Patient (or Parent or Legal Guardian):

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**Email Policy**

There is an expanding reliance on electronic communication (e-mail) motivated by the convenience, speed, cost-effectiveness, and environmental advantages of its use. If you chose to communicate with Dr. Thibodeau via e-mail, know that e-mail is considered an official means for communication with Cary Holistic Health and if used, your e-mails may be included in your patient file.

This policy outlines appropriate use of e-mail communication with Cary Holistic Health, LLC.  
\*\*It is important to note that email is not a confidential method of communicating medical information.

**Email communication is appropriate:**

- To clarify instructions or ask a question about recommendations made during your office visit.
- To ask questions that don't require discussion.

**Email communication is not appropriate for:**

- Communicating urgent or emergency information.
- Asking for opinion or discussion of a new health issue, not yet evaluated in-office.

**Other points to be aware of:**

- Email communication does not take the place of an office visit. If you think you need to be seen, please book an appointment.
- Staff other than Dr. Thibodeau may check the inbox to handle routine matters and may read your email communication.
- It is important to keep in mind that although you may send an email at a certain time, it may not arrive immediately at Cary Holistic Health's email inbox, and there may be a delay before either the doctor or other staff member can check and read the email you sent.
- Email is generally not checked over the weekend or holidays.
- It is also important to note that email IS NOT A CONFIDENTIAL METHOD OF COMMUNICATING OR SENDING MEDICAL INFORMATION.

I would like to use email communication with Dr. Thibodeau. I have read the above and understand the security limitations with electronic communication. I agree to use email communication in accordance with the above policies.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_