

Code of Ethics & Professional Conduct for Ayurvedic Therapists



1. Introduction

All clients are entitled to expect high standards of practice and conduct from their health care providers. Essential elements of these standards are professional competence, good relationships with clients and colleagues, and observance of professional ethical obligations.

In the light of the above, this Code of Ethics and Professional Conduct is produced, and will be regularly updated, by the Ayurvedic Practitioners Association (APA) for your guidance as well as for the protection of your clients. It also serves to explain to people outside the profession the high standards under which you operate.

By becoming a member of the APA, you have agreed to be bound by this code. The APA Ethics Committee has the power to deem ethically unacceptable any behaviour, which breaches this code and which reflects badly upon the practice of Ayurveda or the Ayurvedic Practitioners Association. Any allegations against APA members will be examined and followed up by this committee in accordance with the procedures outlined in the APA Code of Complaints and Disciplinary Procedures.

The Code of Ethics and Professional Conduct cannot list every possible situation that you may face in your practice. It only sets out the essential principles you should apply in your professional life to ensure that the public interest and the needs of your clients come first at all times. Your ability to follow these principles will demonstrate your competence and fitness to practise and will ensure your continued registration.

If you need any advice on a professional or ethical matter on which this code is not completely clear, or if you are uncertain as to how to behave in any clinical or other situation, you are advised to consult the director of the APA Ethics Committee for guidance. If the director considers that giving advice may conflict with the regulatory functions of the APA, he or she will refer you to an independent adviser.

APA members are herewith reminded that this code represents only the minimally accepted standards of legal and ethical professional conduct in the United Kingdom at the present time. The primary reason for adhering to them is the well-being of the client, the public, of colleagues and the profession.

2. General Duties and Responsibilities of Ayurvedic Therapists

Clients must be able to trust therapists with their health and well-being. To justify that trust, we as a profession have a duty to maintain high standards of practice and care and to show utmost respect for life in all its aspects.

As a member of the APA you are therefore expected to:

- practise always in compliance with the philosophy and principles of traditional Ayurveda
- put the well-being of your clients before all other considerations
- cultivate and promote your own personal development, well-being and self-respect alongside your clients' welfare

- take care of your own health and recognise that this is your responsibility, both for your own sake and that of your clients
- be honest and trustworthy and never abuse your professional position
- cause no harm to clients and protect them from any risk of harm
- treat all those who request your care regardless of religion, nationality, race, culture, sex, politics, disability or social standing
- respect the dignity, individuality and privacy of your clients
- listen attentively to your clients and respect their point of view
- take the time to explain your findings and treatments to your clients and to ensure, as far as possible, that they understand what you tell them
- respect the right of your clients to take part in decisions about their treatment and actively involve them, to the extent that they are able, in their health plan
- respect the autonomy of your clients and encourage their freedom of choice
- ensure that your personal beliefs do not interfere with your care of clients
- respect and protect confidential information
- recognise and always work within the limits of your professional competence
- refer every clients whose condition is beyond your expertise
- be willing to consult and cooperate with colleagues from your own and other health care professions
- respond promptly and constructively to any criticism or complaint from any source
- continue to update your professional knowledge and skills in accordance with the current CPD policies of the APA
- observe and abide by the Constitution of the APA
- be covered by professional and public liability insurance
- make no claim for the cure of any specific illness or disease
- refrain from using any titles or descriptions suggesting medical, academic or educational qualifications unless you possess them.

As an Ayurvedic therapist you must be familiar with all laws or regulations relevant to the practice of Ayurveda in the locality in which you practise. You must obey the provisions of all health, safety and employment legislation in force at any time. Furthermore, it is your responsibility to ensure that you become aware of any legal changes that may affect your practice.

3. Relationship with Clients

Your relationship with your clients is a professional one based on trust. To establish and maintain that trust, you must be always polite, considerate and honest. Good communication is paramount and involves listening attentively to clients, respecting their point of view, and never allowing your own beliefs and values to influence adversely the therapeutic relationship. Although you are free to choose who you accept as a client, you must not solicit any client.

3.1. Consent

You must respect the right of patients to be fully involved in decisions about their care. It is their entitlement to accept or refuse your advice or treatment. Before you

provide treatment or investigate a patient's condition, you must ensure, wherever this is possible, that the patient has understood what you propose to do and why. It is your duty to explain, and obtain informed consent for, all involved procedures. In giving consent, the patient must have been informed of any probable risk or side effect. An example consent form is appended at the end of this document, should you choose to obtain written consent prior to treatments given by you. You should ensure that the consent of patients is voluntary and that they are not under any form of duress from health professionals, family or friends. However, giving and obtaining consent is always a process, not a one-off event. Patients can change their mind and withdraw their consent at any time.

Any physical examination or treatment requires the patient's consent, or the consent of the person legally responsible for the interests of the patient. An examination or treatment of any intimate area requires the presence of a third party unless the patient explicitly requests otherwise.

A patient from whom informed consent for examination or treatment is sought must possess the necessary intellectual and legal capacity to give consent. A patient will have this intellectual capacity, if he or she is able to understand in simple language what the examination or treatment is, its purpose and why it is being proposed, its principal benefits as well as risks and alternatives, and to retain the information for long enough to make an effective decision based on free choice.

In case you are treating a client who is under the age of 16 or who is intellectually challenged, the informed consent of the parent or guardian or the person legally responsible is necessary. If you treat such a client, a parent or the legally authorised guardian must be present in the treatment room throughout the whole of the treatment. No other person may perform this role without the explicit written consent of the parent or the legally authorised guardian.

You should also be aware that the refusal of treatment by a child under 16 may carry legal force and override the consent, even though properly given, of a legally authorised adult. In the event of a conflict between such a client and a parent or guardian or between parents, you ought to seek legal advice.

3.2. Maintaining Trust

Trust in a client-therapist relationship is an essential part of the healing process. To establish and maintain trust you must:

- be courteous and truthful
- respect the privacy and dignity of your clients
- respect your clients' right to decline to take part in teaching or research and ensure that their refusal does not adversely affect your relationship with them
- respect the right of clients to a second opinion
- ensure that your clients have clear information about your practice arrangements and how they can contact you.

Other important aspects of establishing and maintaining trust are ethical boundaries, confidentiality and good communication:

3.2.1. Ethical Boundaries

You must not allow your personal relationships to undermine the trust which clients place in you. You may find yourself called upon to treat professionally someone who

is a friend, or a client may become your friend. This is acceptable, provided you keep a clear line, understood by both sides, between the social and the professional relationship.

In particular, you must never use your professional position to establish or pursue a sexual relationship with a client or someone close to them. You must also be aware of the dangers of allowing any sort of emotional relationship to develop with a client. If you realise you are becoming emotionally or sexually involved with a client, you should end the professional relationship and recommend to the client an alternative source of appropriate care.

You must ensure that your behaviour in dealing with clients is professional at all times and not open to misunderstanding or misinterpretation. Non-physical behaviour, gesture, unnecessary physical contact, verbal suggestion or innuendo can easily be construed as abusive or harassing.

There is always the possibility that some clients may experience any physical contact as invasive and intimate. It is therefore important before making any contact in the course of your treatment that you have explained fully what the treatment entails, and have obtained full consent.

In particular full body massage must be done with the utmost respect for the dignity of clients. You need to be aware, especially in the case of cross-gender massage, of the vulnerable position in which you place the client and yourself. If there is an accusation of inappropriate conduct, even when your actions are completely beyond reproach, it is your word against the client's. You may consider it appropriate, at times, to have a third party present while giving cross-gender massage.

If a client shows signs of becoming inappropriately involved with you, you should discourage them and, if necessary, end the professional relationship. In your own interest, you may wish to report such matters to the APA Ethics Committee or seek advice from a colleague, whilst maintaining the anonymity of the client.

You must allow your client's privacy, if they are required to undress for treatments, and you must also ensure that you provide adequate clean gowns or blankets for their use.

3.2.2. Confidentiality

The relationship of trust that underlies all health care requires that you observe the rules of confidentiality in your dealings with clients. Unless you do this, clients will be reluctant to give you the information you need to provide good care.

All information, medical or otherwise, concerning a client is confidential. Such information may only be released with the explicit consent of the client. The very fact of a client's attendance at your clinic must also be considered confidential. Confidential information must not be revealed even to members of the client's family, except to parents or persons legally responsible for the client's interests. This duty of confidentiality, which survives the client's death, also extends to anyone you may employ in your practice.

Disclosures without consent may be necessary in the public interest, i.e. when your duty to society overrides your duty to your clients. This will usually happen when clients put themselves or others at serious risk, for example by the possibility of a violent or criminal act. Even then, you must first make every reasonable effort to

persuade such clients to change their behaviour and to disclose information themselves. If you cannot persuade them to do this, you should disclose the information to an appropriate person or authority, taking legal advice first. You must be able, if necessary, to justify your actions.

You may disclose confidential information without consent, if:

- disclosure is required by statute or law
- you believe it to be in the client's interest to disclose such information to another health care professional
- you believe it to be essential for the sake of your client's health to disclose such information to someone other than a health professional.

In cases where disclosure is considered appropriate, you must:

- inform the client, before disclosure takes place, of the extent of information to be disclosed, the reason for the disclosure, and where possible, of the likely consequences
- disclose only such information as is relevant, and ensure that the information is held in an appropriate manner by the person to whom it is disclosed
- record in writing both the information disclosed and the reasons for disclosure
- be prepared to justify your decision.

There are also circumstances when it may be appropriate to contact another health care professional without the client's consent (e.g. in cases of threatened suicide) or even without their knowledge (e.g. when abuse is suspected).

In case you are required or requested to give evidence or disclose information to a court or other tribunal, you should do so with care. Whatever evidence is given, you must be independent and impartial.

3.2.3. Good Communication

Good communication between you and your clients is essential for effective care and relationships of trust. Good communication involves:

- listening attentively to your clients and respecting their views and beliefs
- giving clients all possible information about their condition and your treatment plan in language they can understand
- sharing information with a patient's partner, close relative or carers, if they ask you to do so, having first obtained the client's consent.

If a person under your care has suffered harm, through misadventure or for any other reason, you should act immediately to make matters right, if that is possible. You must explain fully and promptly to the client what has happened and the likely long-term and short-term effects. Where appropriate you should offer an apology.

If the client is an adult who lacks understanding capacity, the explanation should be given to a person with responsibility for the client, or the client's partner, close relative or close friend who has been involved in the close care of your client, unless you have reason to believe your client would have objected to the disclosure. In the case of children the situation should be explained honestly to those with parental responsibility and to the child, if the child has the maturity to understand the issues.

3.3. Research

When taking part in clinical trials, clinical audit, case-history reporting, qualitative research or any other method of research, you must ensure that:

- where appropriate, you adhere to research protocol which has been approved by the Ethics Committee, current professional guidance is sought, adequate records are maintained and true findings are reported
- informed consent is obtained from any client
- the care of clients taking part in the research is not compromised in order to meet the aims of your research
- the confidentiality of the client is maintained.

If the results of research cannot be aggregated in such a way as to conceal the identity of individual clients, any consent obtained from the client for the use of such results must be based on full details of the distribution, publication and ownership of these results.

3.4. Notifiable Diseases

It is a statutory requirement (under the *Public Health Infectious Diseases Regulations 1988*) that certain infectious diseases are notified to the Medical Officer of Health of the district in which your client resides or lives in when the disease is diagnosed. The person responsible for notifying is the client's GP. If therefore, you discover a notifiable disease, which is clinically identifiable as such, you should ensure that the client's GP is promptly informed. Each local authority decides which diseases must be notified in its area. There may be therefore local variations, but the list generally includes:

- Acute encephalitis
- Acute meningitis
- Anthrax
- Acute poliomyelitis
- Cholera
- Diphtheria
- Dysentery
- Food poisoning
- Infective jaundice
- Leprosy
- Leptospirosis
- Malaria
- Measles
- Meningitis
- Meningococcal septicaemia
- Mumps
- Ophthalmia neonatorum
- Paratyphoid fever
- Plague
- Rabies
- Relapsing fever
- Rubella
- Scarlet fever
- Small Pox
- Tetanus
- Tuberculosis
- Typhoid fever
- Typhus fever
- Viral haemorrhagic fever
- Viral hepatitis (A, B, C and other)
- Whooping cough
- Yellow fever

3.5. Ending Professional Relationships with Clients

If you have good reason to end a professional relationship, e.g. where a client has been violent to you or a colleague, or for other reasons where trust has been broken, you need to inform your client personally either orally or in writing. In such circumstances you must be sure your decision is fair and be prepared to justify your decision if called on to do so. Where appropriate you should arrange for the further care of your client to be assumed by another health care professional.

4. Relationship with Colleagues

4.1. Communication with other Health Care Professionals

You should work in cooperation with other therapists and health care professionals to obtain best results for each individual client. At times this may simply be a matter of communication in your mutual care of the client, or you might want to refer your client to another health care professional, when you feel that their condition is outside your competence.

When communication with another health care professional with a view to dialogue or referral is indicated, you should inform your client of the reasons for this and discuss the matter with your client. Whatever the type of communication with the other health care professional, a copy of all communication should be made and kept in your client's file or a file dedicated to professional case correspondence. A copy of such correspondence should be made available to your client on request.

If a client decides to transfer from you to another health care professional, it is courteous and in their best interest, for you and the other professional to communicate with each other about this transfer, and for relevant information about your client to be forwarded, always with the client's consent.

You must never attempt to persuade the client of another health care professional to seek treatment with you. If you treat the client of another health care professional in their absence, due to holiday, illness or any other reason, you must not attempt to solicit the client to continue treatment with you.

4.2. Honourable Conduct

You must at all times conduct yourself in an honourable manner in your relations with other colleagues and health care professionals. It is inappropriate to openly criticise treatment prescribed or administered by another health care professional or to countermand such treatments. Differences of opinion are to be expected, and opinions should always be presented in an unambiguous and tactful manner.

You must not undermine a patient's trust in the care or treatment they receive, or in the judgement of those treating them, by making malicious or unfounded criticism of colleagues. If you hear such criticism voiced by clients or colleagues, you must act with the utmost discretion and professionalism and be extremely cautious about voicing any critical opinion, even if you hold such critical views.

If you have evidence or reliable information that a health care professional's conduct, health or professional work pose a threat to clients, you have a responsibility to act to protect the clients' safety. You are advised to report your concerns to the APA Ethics Committee or, if necessary, to a relevant legal authority.

5. Relationship with the Public

5.1. Honourable Conduct

You must conduct yourself at all times in an honourable manner in your relationship with the public. Public communication may include advertising, contact through the media (newspapers and other publications, television, radio, world-wide-web), talks to the public and discussions with enquirers. In all these instances you are required to conduct yourself in a manner congruent with the Code of Ethics and Professional

Conduct, and to avoid misleading claims to curing disease or in any way implying abilities beyond your competence.

5.2. Advertising

You should provide clients, colleagues and other professionals with good quality, factual information about your professional qualifications, the services you provide and your practice arrangements. You should do this in a way that puts clients first and preserves their trust.

All your advertising must be decent, truthful and compliant with legal requirements and the British Code of Advertising Practice. It must not mislead or deceive, be sensational, or make unrealistic claims. It is also not acceptable to canvass either from door to door, by telephone or by postal means. In advertising, you must never denigrate colleagues and other professionals, make any claim to cure disease or put prospective clients under pressure. Your advertising should always be in the best interests of the public and your profession.

Only professional qualifications from accepted organisations or degrees conferred by established universities should be displayed in your advertising. In case you advertise qualifications obtained abroad, you must state their country of origin.

You must not mislead a client into believing that you are a medical doctor, unless you are legally recognised as such within the country in which you practice. If you possess doctorates in other subjects, you must make it clear that, whilst being able to use the doctor title, you are not a medical doctor.

5.3. Teaching

You are encouraged to promote the knowledge of Ayurveda through public lectures, courses and workshops given to other health care professionals and to the general public. These presentations must be seen to be of an informative nature and not claim to give any formal training unless as part of an APA-approved programme.

6. Competence and Continuing Professional Development (CPD)

In the interests of your clients, the profession and your own level of competence and expertise, you must keep your knowledge and skills up-to-date throughout your working life by regularly attending recognised CPD programmes, which maintain and further develop your capabilities and performance. It is your duty to read and retain relevant documents received from the APA or other professional associations.

Where offering another therapy, apart from Ayurveda, you must ensure that your training is adequate, that you remain aware of changes in that therapy, and that, where possible, you remain registered with the relevant professional association.

You also must ensure that you are aware of current practice in other health care professions and that you keep up-to-date with the current laws and statutory codes of practice that affect your work.

7. Problems with Your Health

The interests and safety of clients must come first at all times. If you know that you have a serious condition, which you could transmit to clients, or that your judgement or performance could be significantly affected by a condition or illness, or its

treatment, then you must take and follow advice from a consultant in occupational health or another suitably qualified colleague on whether, and in what ways, you should modify your clinical practice. Do not rely on your own assessment of the risk you pose to clients.

The above paragraph also applies, if you have become dependent on alcohol or any other drug, prescribed or otherwise, to an extent, which may affect your practice.

8. Practice Management

8.1. Premises

You must practise from premises that are appropriate for the professional practice of Ayurveda. If you work from your private home, consultations and therapies must be carried out in treatment rooms not otherwise used for ordinary domestic purposes.

If you work alone in your own home or other premises, you should be aware of the need for caution, particularly when seeing a patient for the first time. It may be necessary sometimes to take sensible precautions, such as asking another person to be on the premises during a session.

All signs and nameplates should be within the boundaries of professional discretion, and you should only display certificates and diplomas from bona fide educational establishments and professional registers.

Your premises must comply with all relevant current health and safety regulations to ensure that there is adequate lighting, heating, ventilation, electrical installations, toilets, wheel chair access, smoke alarms and fire extinguishers. A first-aid kit must be available on the premises at all times.

8.2. Staff

You must ensure that your staff are capable of performing the tasks for which they are employed. You are responsible for the actions of your staff, including students or colleagues who are not registered with the APA. Such people should be aware of the relevant parts of this Code of Ethics and Professional Conduct that relate to their activity within your practice. Staff should not be addressed as nurse unless they hold a UK-recognised nursing qualification.

8.3. Treatment

At the onset of consultation you need to be clear about the cost of your consultation and the possible cost and duration of any treatments.

You must ensure that all oils and other products used in the course of your practice are of good quality and within the shelf life limits. The use of a reputable supplier who has in place good quality control procedures can be taken as sufficient evidence of good quality. For a list of APA-approved suppliers you can contact the APA Pharmacopoeia Committee.

8.4. Records

You must keep accurate, comprehensive, easily understood and legible case notes including the following details:

- Client's name, address, date of birth and telephone number

- Date of each treatment session
- Presenting symptoms
- Relevant medical and family history
- Record of the consent to treatment
- Treatments and advice given on initial and subsequent consultations
- Details of your client's progress.

You are the custodian of your clients' records. In practices where you work with other colleagues, you should enter into an agreement on the ownership and hence the responsibility for these records. On no account should records be transferred to another practice without the authorisation of the client. A request for such transfer should be dealt with promptly.

Client records must be kept secure and confidential at all times. If they are kept on a computer, you must register under the Data Protection Act 1998. If you hold the details of clients on a computer, which can be linked to manually held records, including holding their names and addresses for mailing purposes only, you may need to notify the Data Protection Commissioner. You must not use knowledge gained from clients or from their records in any other context for personal or professional gain.

According to the Data Protection Act 1998, clients have the right of access to their records and, if required, may copy any part of the records. In this matter you must follow the procedure laid out in the Act and keep a note of this in the client's file. This right to access extends to people appointed on behalf of a client and to the representative of any deceased client. In this case the Act does point out your right to object, if you feel that this would not be in the client's best interests. In case you retire or otherwise cease practice at any particular address, appropriate arrangements must be made for the safe custody of records and access of clients to their records.

Records must be kept for at least 7 years from the client's last visit, or in the case of minors up to their 25th year of age, and if destroyed after this time, it should be done in a way that guarantees confidentiality.

9. Insurance

As an Ayurvedic therapist you are responsible for possessing professional indemnity insurance for the practice of Ayurveda as well as any other therapy you practise in respect of client, practice, public and product liabilities. You should only employ other health care professionals who hold for themselves the necessary professional indemnity insurance. You are advised to ensure that your insurance covers you for the eventuality that a complaint is made once you have ceased practising.

10. Financial and Commercial Dealings

10.1. Financial Dealings

When a client consults you, this involves entering into a contractual relationship. You must be honest and open in any financial arrangements with clients. In particular, you should charge fees responsibly and in a way which avoids bringing yourself or the profession into disrepute.

Your fee structure must be prominently displayed in your clinic or treatment room. This notice, and any advertisement quoting fees, must clarify the charges for both initial and subsequent sessions and must make clear what each fee covers.

If a client does not pay a fee, or where there is no explicit contractual relationship (e.g. in an emergency), you still have a duty to apply the standard of care expected of an Ayurvedic therapist.

You must not exploit a client's vulnerability or lack of medical knowledge when making charges for treatment or services. You must not encourage your clients to give, lend or bequeath money or gifts, which will directly or indirectly benefit you.

You must not put pressure on clients or their families to make donations to other people or organisations.

You must be honest in financial and commercial dealings with employers, insurers and other organisations or individuals, and keep sound financial records and comply with relevant legislation.

10.2. Commercial Activities

You must make a clear distinction between your practice and any commercial activity in which you may be involved. There must be no suspicion of any business affairs having an influence over your attitude towards clients and their care.

To promote a product to clients for no good reason other than profit is unethical. If you sell or recommend any product or service to a client, you must be satisfied this will be of benefit to the client and that you are appropriately qualified to offer such products or advice. It must be clear that any financial interest you have in doing so does not influence the care or treatment provided.

Before selling or recommending such a product or service, you must declare to the client that you have such an interest. You must ensure that they can differentiate between the prescribing of a product and the marketing of a product.

11. Complaints and Formal Inquiries

11.1. Complaints

Clients who complain about the care or treatment they have received from you have a right to expect a prompt, open, constructive and honest response. This will include a proper investigation and an explanation of what has happened, and where appropriate, an apology. You must ensure that clients have clear information as to how to make a complaint. When handling a complaint, you must act promptly and constructively, putting the interests of clients first and cooperating fully with any external investigation.

If the complaint is of a serious nature, you are advised to promptly inform and seek guidance from your insurers or legal adviser before consulting your client. You are also advised to seek advice and guidance from the APA Ethics Committee.

In more serious cases questions of compensation may arise. You should ensure that any apology is only given with the consent of your insurer. Any such apology should assure the client that you have taken full steps to prevent a recurrence.

You must not allow a client's complaint to prejudice the care or treatment you subsequently provide or arrange for that client.

11.2. Formal Inquiries

You must cooperate fully with any formal inquiry into the treatment of a client and any complaints procedure, which applies to your work. You must give, to those who are entitled to ask for it, any relevant information in connection with an investigation into your own, or another health care professional's, conduct, health or performance. If you are suspended from a post, or have restrictions put on your practice because of concerns about your performance or conduct, you must inform all organisations for whom you undertake work of a similar nature. You must also inform any clients you see independently of such organisations, if the treatment you provide is within the area of concern to which the suspension or restriction relates.

12. Duty of Care

Even if you have not charged a fee or do not believe that you entered into a contractual relationship, if you offer to treat a client, you owe what is called in law a duty of care to that client. Accordingly, if a client suffers injury or loss, because you have not used reasonable skill and care in accordance with your profession and the norms for all health care professionals, this may result in a case against you for damages or negligence in the civil courts. In such a case the court will not only judge whether the standard of care was reasonable, but whether the damage suffered was a direct result of a breach of your duty of care. You should therefore always maintain high professional standards to minimise any risk.

Errors of judgement or wrong decisions do not necessarily amount to negligence. The finding of the court or tribunal will depend on, whether, on the balance of probability, the care you provided was reasonable. It therefore follows that you will minimise any risk if you:

- maintain your professional standards
- keep abreast of developments in Ayurveda and health issues
- stay within the limits of your personal and professional competence.

13. Infringement of the Code of Ethics and Professional Conduct

Infringement of the APA Code of Ethics and Professional Conduct for Therapists may render therapists liable to disciplinary action with subsequent loss of the privileges and benefits of registration with the APA. Please refer to the APA Code of Disciplinary Procedures for more details.

Acknowledgment

For creating the APA Code of Ethics and Professional Conduct, the APA has drawn on similar publications from other regulatory bodies for healthcare professionals. We are grateful to those who contributed to the development of our code and provided helpful feedback and comments on the text.

Client Consent Form (example)

Name:

Address:

Tel: (home)

(work)

(mobile)

Occupation:

E-mail:

Do you suffer from any of the following medical conditions?

Allergies Skin disorders Arthritis Thyroid Back problems Epilepsy
Cancer Constipation Heart conditions Hepatitis/HIV Rheumatism
Diabetes High/Low Blood pressure IBS Depression Varicose Veins

Are you experiencing any of the following?

Menopause PMT Headaches/Migraines Pregnancy Breast feeding

Others:

Are you under medical supervision, having medical treatment or taking any medication?

Have you had any recent surgery, accidents or injuries? If so, how long ago?

The therapist has explained to me details of the massage session. The therapist has not made any guarantees or promises regarding the results of this procedure. I understand that the sessions are not involved with the direct treatment of disease or disorders of any kind and they do not substitute for medical diagnosis or treatment.

I understand that massage should not be performed under certain medical conditions. I confirm that I have stated all my known medical conditions and answered all questions honestly. I agree to keep the massage therapist informed of any changes in my medical profile during my sessions and understand that there shall be no liability on the massage therapist's part should I fail to do so. If I experience any pain or discomfort during a session, I will immediately inform the therapist so that the pressure and/or strokes may be adjusted to my level of comfort.

Signed

Dated