

GUIDANCE INFORMATION FOR PATIENTS

These Guidance Notes are provided for the Patient as part of current legislation to ensure that the highest standards of practice are provided.

1. A fully qualified osteopath registered with the General Osteopathic Council will see you.
2. To enable the osteopath to have a full understanding of your condition, they will need to know about your health, past and present and you will be asked detailed questions about your condition during your consultation. Full disclosure is therefore required of all your medical history including any operations, illnesses and genetic family diseases. The osteopath will also need to know what medication you are currently prescribed, including any homoeopathic or herbal remedies and about any changes in your health.
3. Depending on the location of the problem the osteopath will usually want to make a full examination of the spine or the region where there may be pain. This may involve undressing to conventional underwear, or you can wear shorts and a tee shirt if you prefer. The reason for this is to enable your muscle groups and joints to be accessed. (Restrictive underwear, for example an all in one 'body' or 'spanx' etc is not conducive to an effective examination and should not be worn for your appointment). If this requirement causes you any concern whatsoever, please discuss the matter when making your appointment. A gown can be provided if you wish. You are welcome to bring a friend or relative with you into the treatment room if it makes you feel more comfortable.
4. **Please note:** Minors (i.e. persons under 16 years of age) must have a parent or guardian present at all times.
5. During your consultation, you may be asked to perform simple movements. This will help the osteopath understand and assess your condition, and a further examination will be conducted, while you lie on the treatment table. The osteopath may carry out other tests such as taking blood pressure, testing reflexes, joint mobility, muscle strength and certain orthopaedic tests.
6. After your consultation, the osteopath will make a diagnosis, which will be discussed with you and in most cases, treatment offered. If the osteopath does not think you would benefit from osteopathic treatment, they will explain why and suggest alternatives that are available.
7. After your osteopathic treatment, advice may be given to support the treatment and help you to be more comfortable.
 - You may feel uncomfortable for the 24 hours or so after treatment. Please feel free to ring and talk to the osteopath if you need to.

- Please be aware that it may take several sessions before your condition is relieved.

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8. It may be helpful during the course of your treatment for the osteopath to either inform your GP about areas of your health and treatment, or for the osteopath to ask them to provide details of your medical history. If this is the case, the osteopath will ask you for your permission before contacting your doctor and you will be asked to complete a form to formally give your consent to this action.
9. The Practice operates a Covid-19 Secure environment and takes the great care to ensure all necessary procedures are carried out. It does not however mean that all risk has been eliminated and the Patients must be aware of this prior to fulfilling their appointments.
10. As a Healthcare professional your Osteopathic Practitioner does not count as a "Contact" in terms of Track & Trace in the event that you contract the disease.
11. There is a complaints procedure available upon request.

Signed.....

Date.....

In the presence of.....

Position.....