Moxibustion

PATIENT INFORMATION FORM

I, ... (patient's name)
confirm that my acupuncture practitioner ..... (practitioner's name)
has clearly explained the purpose and procedure of applying moxa to myself at home or away from the clinic.

In particular, I have been given the following information:

- use of moxa stick: for ..... minutes ..... time(s) daily/weekly
- use of ..... self-adhesive moxa cones ..... times daily/weekly
- how to light the moxa and to take off or remove moxa when warm
- how to extinguish moxa
- how to dispose of moxa or moxa stick
- what to do in the case of any serious or minor burns.

For a minor burn:

1. Hold the affected area under cold water for at least ten minutes or until the pain subsides.
2. Remove jewellery etc and cover the burn as detailed below.

For a serious burn:

1. Start cooling the burn immediately under running water for at least ten minutes.
2. Dial 999 for an ambulance.
3. Make yourself as comfortable as possible, and after the next two steps, perhaps lie down until help arrives.
4. Continue to pour copious amounts of cold water over the burn for at least ten minutes or until the pain is relieved. Remove jewellery, watch or clothing from the affected area, unless it is sticking to the skin.
5. Cover the burn with clean, non-fluffy material to protect from infection; a sterile dressing such as Melolin is best, otherwise covering the wound with ordinary kitchen film is a good temporary alternative.

NB If the burn is larger than a postage stamp it requires medical attention. All deep burns of any size require urgent hospital treatment.

For ALL burns:

- do not use lotions, ointments or creams
- do not use adhesive dressings
- do not break blisters.

I also confirm that my practitioner has shown me how to use moxa on myself and that I have demonstrated my competence in applying moxa to myself to the practitioner.

.....	.....
Patient name	Practitioner name
.....	.....
Signed	Signed
.....	.....
Date	Date