

## **Health Questionnaire & Consent Form:**

**Dry Needling Introductory Practical Course**

**Dry Needling Advanced Practical Course**

**RMT Dry Needling Course**

If you are enrolled in a Dry Needling course, please do not print this form.

Please complete your consent form online. You can log in with your username & password and then click 'MyCourses'.

Your Health Questionnaire & Consent form will be displayed. Please read it carefully and click the button at the bottom of that page.

The practical component of the CPD Health Courses DN Introductory/DN Advanced/RMT Dry Needling Course requires you to practice Dry Needling therapy on other course participants & to allow others to practice on you.

## **Health Questionnaire**

The following is a list of conditions that are the most common contra-indications to Dry Needling therapy.

### **List of conditions**

- Spontaneous bleeding or bruising
- Irregular heart beat
- Tendency to bleed – taking anti-coagulant therapy
- Compromised immune system
- Previous adverse reaction to acupuncture or dry needling therapy
- Seizure induced by previous medical procedure
- Unstable diabetes
- Unstable angina
- Congenital or acquired heart valve disease
- Recent cardiac surgery or congestive cardiac failure
- Recent radiotherapy
- Varicose veins
- Malignancy
- Haematoma

## **List of conditions (continued)**

- Pregnancy
- Eczema or psoriasis
- Peripheral neuropathy
- Recurrent infections
- Epilepsy--stable or unstable or schizophrenia
- Chronic oedema or Lymphoedema
- Depression
- Chronic fatigue
- Acute cardiac arrhythmia's
- Open skin wounds or injuries
- Allergy to Nickel or Chromium
- Human Immunodeficiency Virus (HIV)
- Hepatitis B or C

Please contact us if you have had cosmetic or surgical implants inserted into your body including but not exclusive to breast, buttock or pectoral implants.

We strongly advise that you consult your medical doctor if you have any of these pre existing conditions to confirm that it is safe for you to attend the practical course. If you are in any doubt please do not hesitate to contact us.

We also strongly recommend that all students ensure that they are currently vaccinated against Hepatitis B.

## **Informed Consent To Dry Needling therapy practice**

Please read this document carefully. It's designed to inform you of the possible risks and adverse reactions to Dry Needling therapy.

It's your right to know this information in order for you to give informed consent to Dry Needling practice by other students on yourself and enabling you to safely practice on others.

## **What are the possible risks & adverse reactions in relation to Dry Needling therapy?**

The possible risks and adverse reactions to dry needling therapy include but are not limited to temporary pain, bleeding, bruising, infection, dizziness, nerve injury, pneumothorax, pregnancy termination, changes to blood pressure, rash, fainting, muscle soreness & fatigue.

Serious Adverse Events (AE's) Pneumothorax, Cardiac Tamponade & damage to organs (0.04%). Mild or moderate AEs included bruising (7.55%), bleeding (4.65%), pain during treatment (3.01%), and pain after treatment (2.19%). Uncommon AEs include aggravation of symptoms (0.88%), drowsiness (0.26%), headache (0.14%), and nausea (0.13%). Rare AEs fatigue (0.04%), altered emotions (0.04%), shaking, itching, claustrophobia, and numbness, all 0.01%.

*Brady, S et al. Journal of Manual and Manipulative Therapy 2013 VOL. 000 NO. 000 (2013)*

## **What are the procedures CPD Health Courses have implemented to reduce the above risks?**

CPD Health Courses is an approved & accredited course provider of the Australian Physiotherapy Association (APA), Chiropractic Association of Australia (CAA), Osteopathy Australia (OA), the Australian Association of Massage Therapists (AAMT), the Australian Natural Therapies Association (ANTA), the Institute of Registered Myotherapists of Australia (IRMA) and Massage Australia (MA) for Dry Needling therapy.

We practice and teach the current safety and health hygiene protocols as recommended by the Victorian Health Department, Australian Society of Acupuncture Physiotherapists (ASAP) and the Chinese Medicine Board of Victoria.

## **Course participant rights to privacy & modesty**

It is always the intention of CPD Health Courses to respect your right to privacy and to protect your modesty during our courses.

As part of the examination & practice process you may be required to remove your clothing.

This is in order to demonstrate correct technique, teach the known risk factors and apply different treatment approaches.

CPD Health Courses will always try to minimise the amount of clothing you will be asked to remove & cover those areas that are not being treated directly.

If you have any concerns about this aspect of the course, please do not hesitate to contact us.

### **Photography & Video**

CPD HC reserves the right to take photographic images & video during practical courses. The purposes of these images is to improve products, promote courses & for research.

Students who attend a CPD HC practical session who do not wish to be photographed need to advise us in writing 48 hours prior to the start of the practical course.

Taking photos or recording video by students attending a practical course is strictly prohibited & a breach of CPD Health Courses intellectual property copyright.

Thank you

CPD Health Courses

If you intend not to be needed for medical reasons you must contact CPD Health Courses in writing: [info@cpdhealthcourses.com](mailto:info@cpdhealthcourses.com)

Once you have advised CPD Health Courses of your request you will be asked to sign an alternate Consent form at the practical course.