

Dr. Erika Schimek, ND

Doctor of Naturopathic Medicine

Wolbeck Health Center • 160 Bayfield St., Barrie, Ontario • Ph. (705) 737 – 4711 • whc.bookings@gmail.com

INFORMED CONSENT TO TREAT

Naturopathic medicine is the treatment and prevention of diseases by natural means. Naturopathic Doctors assess the whole person, taking into consideration physical, mental, emotional and spiritual aspects of the individual. Gentle, non-invasive techniques are generally used in order to stimulate the body's inherent healing capacity. Dr. Erika Schimek, ND will take a thorough case history, perform a physical examination, and prepare an individualized treatment protocol. Dr. Erika Schimek, ND is a licensed naturopathic doctor and will adhere to the standards of practice outlined by the governing bodies of the profession. Treatment protocols may include usage of any naturopathic modality, including but not limited to: botanical medicine; nutraceutical supplementation; physical medicine; homeopathy; hydrotherapy; traditional Chinese medicine and acupuncture.

Botanical Medicine: this modality will make use to plant-based medicinal products such as tinctures (alcohol extractions), glycerates (glycerate extractions), decoctions (hot water extractions), infusions (cold water extractions), or supplements. Specific contraindications and adverse reactions will be outlined at the time of prescription. It is possible to have allergic reactions to botanicals, so please inform Dr. Erika Schimek, ND of any known allergies.

Nutraceutical supplementation: this includes minerals, vitamins, enzymes, extracts, and any combination of the above list. It is possible to have an allergic or adverse reaction to nutraceuticals. Please advise Dr. Erika about any known allergies prior to prescription. Unknown reactions are always a risk to novel substances.

Physical medicine: this includes spinal manipulation, stretching and exercise prescriptions, and massage.

Homeopathy: homeopathy is a principle of 'like curing like'. It uses extremely diluted substances that in a strong dose, would produce the symptoms that a homeopathic dose would be used to treat. This type of treatment is very effective in pediatric populations.

Traditional Chinese Medicine & Acupuncture: Eastern medicine can include Chinese herbs as well as acupuncture treatments. The approach with this style is to look for disease patterns in a person with the totality of their symptoms.

Diet and Lifestyle counseling: The foundation of our health is that we are what we eat. Assessing how you nourish yourself as well as how you allow yourself to function is a key aspect of improving health and wellness.

It is very important that you inform your Naturopathic Doctor immediately of any disease process from which you are suffering and any medications/over the counter drugs that you are currently taking. Please advise your Naturopathic Doctor immediately if you are pregnant, suspect you are pregnant or if you are breast-feeding.

As a patient you will receive information about your diagnosis and/or treatment, alternative courses of action, the material effects, costs, expected benefits, risks, side effects and in each case the consequences of not having the diagnosis and/or treatment acted upon. There are some risks to treatment by Naturopathic Medicine. These include, but are not limited to, aggravation of pre-existing symptoms, allergic reactions to supplements or herbs, pain/bruising/injury from acupuncture, fainting or puncturing of an organ with acupuncture needles.

DR. ERIKA SCHIMEK, NATUROPATHIC DOCTOR
WOLBECK HEALTH CENTRE

kf
Initials

I understand that a 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 the medical record at any time and can request a copy of it by paying the appropriate fee.

kf
Initials

I understand that Dr. Erika Schimek, ND, will answer any questions that I have to the best of her ability. Because each individual responds differently to treatment, I understand that the results are not guaranteed. I do not expect the doctor to be able to anticipate and explain all risks and complications. With this knowledge, I voluntarily consent to diagnostic and therapeutic procedures mentioned above, except for (please list any exceptions): _____

kf
Initials

I understand that fees and supplements are to be paid for at the time of the consultation and visit.

kf
Initials

I understand that a fee will be charged (Cost of Visit) for any missed appointments or cancellations with less than 24 hours' notice.

I have read and understand the above-stated policies and information. I hereby authorize and consent to naturopathic treatment and examination by Dr. Erika Schimek, ND. I intend this consent to apply to all my present and future naturopathic care. I understand that I am free to withdraw my consent and to discontinue participation in these procedures at any time.

FEE SCHEDULE

The following fees are to be acknowledged by the patient.

Initial Consult (Adult)	\$160.00
Initial Consult (Child)	\$130.00
Follow-up Appointment: 60 minutes	\$130.00
Follow-up Appointment: 30 minutes	\$65.00
Follow-up Appointment: 15 minutes	\$35.00
Phone consultation: 15 minutes	\$35.00
Acupuncture (requires initial intake):	\$65.00

Failure to cancel an appointment with 24hrs notice will result in a \$50 cancellation fee

If patient has not been seen for one year or more, than a 60 minute appointment is required for the subsequent visit.

Kagidra Theivendra-Francis
Signature of Patient or Lawful Guardian

June 17 2015
Date Signed