

Informed Consent for Naturopathy/Homeopathy Consultation

Kevin Passero, N.D.
HealthTides Naturopathic
203 Ridley Avenue
Annapolis, MD 21401

I, _____, on behalf of ___ myself ___ my minor child, _____, hereby give my voluntary and informed consent for naturopathic care by Kevin Passero, N.D. A naturopathic doctor is a practitioner trained in the use of natural means and remedies to further health and wellness, including assessment and patient education and counseling about nutritional interventions; herbal and homeopathic remedies; lifestyle modifications and a range of other natural interventions/consultation.

Dr. Passero's consultations include nutritional issues and discussion of diet and nutritional supplementation; botanical substances may be prescribed as teas, tinctures, dietary supplements or creams; Homeopathic practice, using highly dilute quantities of naturally occurring plant, animal, and mineral substances to gently stimulate the body's healing responses; Lifestyle counseling and hygiene: promotion of wellness including recommendations for exercise, sleep, detoxification, stress reduction, and balancing of work and social activities; simple natural remedies, such as the application of hot or cold.

Non-Medical Nature of Services

I understand that Dr. Passero is not a medical doctor and that naturopathy is not a medical specialty but a separate and distinct health care tradition. I understand that Dr. Passero graduated from an accredited four year graduate program as a naturopathic doctor. Naturopathic physicians are licensed in 14 states, and in the District of Columbia, but the State of Maryland does not currently offer licensing for naturopathic doctors. Where naturopathic physicians are not licensed, their scope of practice does not encompass the diagnosis and treatment of disease, but is focused upon consultations regarding natural remedies such as herbs, dietary consultations, and homeopathic remedies.

Dr. Passero's work in Maryland does not allow him to offer the full range of services within his training, but the educational consultations he provides are at the core of the naturopathic approach to health. I understand that his assessments and recommendations are intended to assist me in using natural means to support my health and are not intended to serve as medical diagnosis or treatment. If I believe that I have a condition which requires medical care, I will consult my primary care physician or an appropriate specialist. I understand that

Dr. Passero may, during his assessment, see evidence of a condition which should be diagnosed and treated by a medical physician or require laboratory or other testing to support good health care decision making, and in that event necessary referrals will be made. Dr. Passero is not my physician, certainly not my primary care physician, and I should understand that his work serves a supplemental purpose and I should not avoid any diagnostic work-ups or discontinue any medical treatment based upon my consultation with Dr. Passero. If I believe that modifications may be sensible in the light of natural approaches to care, I agree to first discuss such changes with my primary care medical physician and any related specialists.

My naturopathic doctor will explain his assessment to me and describe the nature of his recommendations, the expected prognosis without such care, and the anticipated costs, risks, benefits and experience of following various options. I understand that a core approach taken by naturopathy is achieving better health status through improvements in diet and the use of dietary supplements to improve biological function, as well as exercise and other lifestyle modifications. The focus of naturopathic care is to alleviate the underlying conditions that bring about illness rather than the treatment of symptoms. While I may experience some immediate improvement from the use of herbs, homeopathic remedies and other botanical and naturopathic methods, I understand that the most effective results occur when I make a long-term commitment to rebuild my health with the assistance of Dr. Passero.

I understand that Dr. Passero does not offer after hour services or provide any hospital-based services. If I have difficulty with any of remedies or other aspects of my work with Dr. Passero, I understand I should call during business hours to discuss concerns I may have.

Potential Risks

As with any method of care, naturopathy can involve some risk. I understand that I may experience aches, pains, or even new symptoms as the body responds by shifting its “balance.” This is generally a positive sign and shows the body is making positive movement. Some people may experience a “healing crisis,” a short period in which symptoms worsen or a period of a flu-like illness with mild fever, chills, dizziness, loss of appetite, or similar symptoms. Such an experience can signal the body detoxifying.

While herbs and botanical products are generally available over-the-counter and are considered safe based upon their long history of use, many of them have not been widely tested. Negative reactions to natural remedies may include rare allergic reactions, including headaches, itching, hives, difficulty breathing, and very rarely, even shock or death. I understand that the interactions between herbs, and between herbs and drugs my physician might prescribe, are not yet

well known, and that while unlikely I could have an adverse reaction or experience a reduction or increase in the effect of other medications. This can have serious consequences for some medications, such as for the control of high blood pressure or blood sugar. I understand that I should let my physician know what herbs I am taking, particularly prior to surgery or other procedures.

Negative reactions to homeopathy are extremely rare given the doses used; an effective dose may result in a temporary increase in my symptoms or healing crisis.

I understand that it is in my best interest to let my primary care physician know about my work with Dr. Passero to ensure my care is coordinated. I am aware that such consultations are an art and that no guarantees are made as to any outcomes.

Notice to Pregnant Women: All female clients must alert Dr. Passero if they know or suspect that they are pregnant as some of the remedies used could present a risk.

Informed Consent for Naturopathic Consultation

I hereby authorize naturopathic assessment and consultation and certify that I understand the nature of this health care method, including the risks of possible adverse reactions and choices I may have about other approaches. I understand that no recommendations are being made to me to discontinue any treatment being provided by any other health care professional. I understand that Dr. Passero does not function as a primary care physician, and that he offers his services in addition to other services I receive. I have been adequately informed, and questions I have asked have been satisfactorily answered. I represent that I am seeking assessment and consultation in order to further my own health and for no other reason and do not represent a third party. I am aware that I may withdraw this consent and discontinue following the recommendations at any time.

Date: _____

Signature of Client or Legal Guardian Witness

Client's Printed Name Dated