

# Consent to Services

I have read, understand and agree to the information in this form and acknowledge that the purposes, goals, techniques, procedures, limitations, potential risks and benefits of the service(s) to be performed have been explained to me.

I have received the [Notice of Privacy Practices](#). I understand my health information will be used and disclosed consistent with this Notice, and that I have the right to request restrictions on certain uses and disclosures of my health information.

I have had the opportunity to ask Rohan Jasani questions regarding the proposed services, this consent form, and other pertinent information, including questions about him, and have received satisfactory explanations. I understand that I am free to discontinue service(s) at any time.

I hereby voluntarily consent to an Integrative Health Consultation.

Mr.  Mrs.  Ms. \_\_\_\_\_  
Printed Name of Client

\_\_\_\_\_  
Address

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
City, State, Zip Code

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
Mobile Phone

\_\_\_\_\_  
Work Phone

\_\_\_\_\_  
Signature of Client  
*(or parent or guardian if client is a minor)*

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Practitioner

\_\_\_\_\_  
Date

**Rohan Jasani, MS**  
*Integrative Health Practitioner*  
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# Partnership Agreement

This Integrative Health Consultation is quite different than a conventional medical appointment in a variety of ways. Since, most people have experience with conventional medical services, they know how they work & what to expect. But that's not the case for Integrative Health Services, so to get the most out of our work together, its imperative that the following is understood:

## Partnership

We work in partnership. I understand that you are an advisor providing support and expertise to guide me towards achieving my health goals. However, I am fully in control and responsible for my journey.

## Effort

Making dietary & lifestyle changes is not always easy, yet they are an essential part of any integrative health approach. I understand that my readiness for change and my efforts are what will ensure great results. I understand that this is not a "silver-bullet" or "take-a-pill" type of an approach.

## Timeframe

It takes time for chronic health challenges to develop and so it'll take time for them to be addressed. I understand an integrative approach that leverages herbs and dietary & lifestyle changes will not work overnight, results will come over time.

## Herbal Formulas

The custom herbal formulas recommended come in the form of a tea, powder or tincture. I understand that these forms of medicines, compared to easy-to-swallow pills, can sometimes take more time to prepare and are consumed in different ways. I understand the tastes & textures of these medicines, sometimes, might not be the most pleasant. Nonetheless, the medicines are made more palatable and convenient to consume, as much as can be.

## Primary Care Physician (PCP)

I understand that I must be under the care of a Primary Care Physician (PCP).

I understand that I must have been seen by my PCP for a regular checkup within the past 12 months prior the initial consultation.

I understand that these services being offered are not a replacement for the services my PCP provides me.

# Integrative Health Consultations

## Services to be Provided

I understand that herbs are considered to be food supplements and are utilized to strengthen and support overall health and wellness. Herbs can serve as an excellent adjunct to a medical doctor's treatment, but are not a substitute for that treatment. An integrative health practitioner, herbalist or nutrition educator can neither diagnose nor treat disease.

*Rohan Jasani's basic approach is to combine alternative healing methods with the latest scientific findings and clinical practices. Because each client is unique, he will use various methods in his work with you. Rohan's basic healing philosophy is to offer you the support needed to restore your ability to experience balance and harmony in your health. The focus of Rohan's assessment of your health is to focus on identifying patterns of strength and weakness. Using this information, depending on your wishes, he will make herb recommendations. Rohan's recommendation may also include suggestions for creating physical, emotional, mental and/or spiritual balance.*

## Risks/Possible Side Effects

### *Side effects*

The historical record and modern research indicate that the herbs most often used for healthcare have an exceptional safety record. However, adverse reactions and unintended side effects can sometimes occur when taking herbs. Side effects that have occasionally been reported after using herbs include headaches, skin rashes and digestive upsets. Such effects generally resolve rapidly, especially if the dosage is reduced or the herb is stopped. Allergic reactions are also very rare but have been reported, usually in individuals with contact allergy to specific plants. Should adverse reactions or unpleasant side effects occur, I agree to discontinue taking the herbs and contact my herbalist as soon as possible. My herbalist may be able to propose measures to reduce any discomforts or may refer me to a physician or other health-care practitioner.

### *Herb-drug interaction*

Although herbs and other supplements have the potential to interact with pharmaceuticals and certain herbs have been shown to have some effect on a limited range of pharmaceuticals, clinically significant interactions between most herbs and prescription drugs are rare or only potentially possible in theory. Nevertheless, some prescribed drugs are very strong and have a narrow range of safe dosage, which makes any interaction more risky. It is the responsibility of the clients to disclose fully any medications currently in use, including other herbs and supplements. Clients also are expected to inform their physicians of any herbs or supplements they are using. Any indication that the effect of a drug is being altered by simultaneous use of an herb should be reported directly to all health professionals involved. It is also advisable to stop taking herbs at least 48 hours before surgical operation, and in the event of being prescribed anticoagulants, antiepileptic drugs, and digoxin until expert advice is received.

### *Toxicity*

All of the herbs that we use are generally considered safe and non-toxic at recommended doses for most people; however, it is important that the client use the herbs in accordance with the dosage recommended by the herbalist. As the liver and the kidneys are the body organs most vulnerable to any ingested or absorbed substance, it is also important that the client disclose to the herbalist any past or current disease in either of these organs. Herbs should not be used in pregnancy or lactation without advice of a healthcare practitioner and clients who become pregnant should stop taking herbs until that advice is received.

I understand and agree that it is important that I do not exceed the recommended dose of the herbs suggested by my herbalist. I also understand and agree to disclose to my herbalist any previous or current liver or kidney disease or related disease as well as any other condition that I believe may have an impact on my health status.

# Information Disclosures

## No Guarantees

I know that each person is unique and has ultimate responsibility for his or her own healthcare. I acknowledge that I have not received any guarantees or promises as to the results or success that will be obtained from the services provided.

## Client Responsibilities

I understand that it is my responsibility as a client to inform Rohan Jasani of all aspects of my health and that, as service progresses, to inform him of changes that occur. I will inform Rohan Jasani if I am pregnant and/or suspect pregnancy at any time. If I experience any pain, discomfort or possible adverse side effects, it is my responsibility to immediately notify Rohan Jasani.

## Medical Treatment

I recognize that an integrative health practitioner or herbalist:

- Is NOT a medical doctor
- Is NOT a substitute for a medical doctor
- Will NOT suggest that I discontinue medical treatment
- Does NOT practice standard Western medical assessment, diagnosis or treatment
- Does NOT claim to cure, diagnose or treat disease
- Does NOT offer advice about the use of any type of pharmaceuticals or medications at any time.

I understand that if I am currently under a physician's care, I should continue as long as my physician deems necessary. It is my responsibility to consult with my physician before altering any medications or medical treatments. I am free to consult a medical doctor or any other licensed practitioner at any time. I understand also that if there is an emergency, or a worsening of my health condition, or if a new ailment or condition arises, that I should consult a licensed physician.

## License or Certification

I recognize that Maryland does not license herbalists and that any statement of credentials is for information purposes only. Currently, herbal medicine is not considered a recognized health care modality in Maryland. As such, there is no state or national licensing for herbalists. At this time, there is only national certification and registration. I have reviewed and am aware of Rohan Jasani's relevant professional history and educational background listed below:

Rohan Jasani has been in clinical practice since January 2014.

- *M.S. in Therapeutic Herbalism – Maryland University of Integrative Health (April 2011 – August 2013)*
- *Post Masters Certificate in Clinical Herbalism - Maryland University of Integrative Health (August 2013 – November 2014)*
- *M.A. in Health & Wellness Coaching – Maryland University of Integrative Health (April 2011 – December 2013)*
- *Herbalists Training Program – David Winston's Center for Herbal Studies (August 2014 – August 2016)*

## Fees and Charges

I have been informed of the fees for service, and I understand that payment via credit or debt card is due within 15-days of the receipt of invoice.

If I do not cancel an appointment, with at least 24 hours advance notice, I am liable for a \$25 late cancellation/no show fee.

## Returned Check Fee

I understand that a \$15 fee will be assessed for any check that is returned by my bank for non- payment.