



HYPERBARIC OXYGEN THERAPY

CLIENT PROFILE

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Full Name: _____ Date: ____/____/____

Date of Birth: ____/____/____ Age: ____ Male Female

Address: _____ City: _____ State: _____

Zip Code: _____ E-mail address: _____

Phone #: (____) _____ Alt. Phone #: (____) _____

Employer: _____ Occupation: _____

Emergency Contact Name, Relation, & Phone Number: _____

How did you hear about us?: _____

Known Allergies (Food, Drugs, Vaccines, or Environmental):

Current Health Concerns (Please list in order of priority):

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Current Medications (Prescription, Over the Counter Drugs, Vitamins, Herbs, Homeopathic Remedies, Etc.)

- 1) Dosage _____ 6) Dosage _____
- 2) Dosage _____ 7) Dosage _____
- 3) Dosage _____ 8) Dosage _____
- 4) Dosage _____ 9) Dosage _____
- 5) Dosage _____ 10) Dosage _____

CLIENT PROFILE

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PLEASE ANSWER THE FOLLOWING QUESTIONS ON YOUR PAST OR PRESENT MEDICAL HISTORY WITH YES OR NO. **If you are not sure, answer YES**

Could you be pregnant, or are you attempting to become pregnant? _____

Have you ever had, or do you currently have...?

_____ Lung disease, any form

_____ Emphysema

_____ Pneumothorax/Collapsed Lung

_____ Chest surgery

_____ Heart failure

_____ High Blood Pressure

_____ Any electronically implanted medical device (i.e., pacemaker, deep brain stimulator)

_____ Any diseases or conditions involving ears or sinus or surgical interventions

_____ Difficulty in clearing ears during airplanes or pressurized environments like diving

_____ Claustrophobia

_____ Epilepsy/Seizures

_____ Diabetes

_____ Cataracts

Are you presently taking prescription medications for any of the above questions? If so, please specify:

I testify that the information I have provided is true and accurate to the best of my knowledge, and I have been explained the potential risks for any of the above questions that I answered "yes" to and have been given the opportunity to speak to my doctor or a healthcare provider about this.

Signature

Date

FREQUENTLY ASKED QUESTIONS

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WHAT IS HYPERBARIC OXYGEN THERAPY (HBT)?

HBT is a method of delivering extra oxygen into the body, mainly through the process of increasing the pressure that the body is normally under. In terms of HBT, pressure is normally quantified in ATA and currently we are all standardized to be less than 1.0 ATA of atmospheric pressure. When someone undergoes hyperbaric therapy, the pressure becomes greater than 1.0 ATA and in hospitals and wound care centers can typically reach 2.0 or even 3.0 ATA. Each atmospheric pressure represents 33 feet of seawater, so at 2.0 ATA, it would be equivalent for you to be at a depth of 33 feet below sea level. Once at this depth, 100% oxygen is typically administered for the full duration of treatment, which normally lasts for 60 to 90 minutes per session, and this procedure can be repeated twice per day with a 4-hour break in between. For chronic or hard-to-heal wounds, this dosage is typically repeated daily from anywhere between 10 and 80 hours.

WHAT IS HBT USED FOR?

The FDA approves hyperbaric treatments **ONLY** for the following **14 conditions** and for **altitude sickness**

- **14 Medical conditions** – *Decompression Sickness, Gas embolism, CO and Cyanide poisoning, Gas Gangrene, Selected aerobic and anaerobic soft tissue infections, Osteomyelitis, Intracranial abscess, Management of Fungal disease, Radiation injury to tissue, Exceptional blood loss/anemia, Crush injury/compartment syndrome, Ischemia reperfusion injuries, Skin grafts and flaps, Healing in selected problem wounds, Treatment of thermal burns, and Idiopathic sudden sensorineural hearing loss.* Typical treatment pressures range between 2.0 to 2.5 ATA for most of these 14 conditions.
- **Altitude sickness** – *Treatment pressure is 1.3 ATA (also known as mild hyperbaric therapy or m-HBT)*
 - 1.3 ATA is commonly termed m-HBT (mild hyperbaric therapy) and an FDA cleared approved treatment for those suffering from altitude sickness, where oxygen levels can become dangerously low at higher elevations – a condition that is life threatening. The extra oxygen delivered through m-HBT is so significant that it can be enough to help reverse this life-threatening condition!

Off-label indications prescribed by a doctor

- Many doctors and clinical researchers in the field of hyperbaric medicine believe that HBT may help many more conditions and improve *quality of life. Please be aware that if you are using this to treat a medical condition other than the 15 above conditions, then the FDA considers this an 'off-label' treatment and wishes you to make sure you have sought out all FDA-approved treatments first and fully understand the benefit to risk ratio before making your decision.* Typical treatment pressures vary between 1.3 – 2.4 ATA.

General health and wellness

HBT is becoming more popularized for the physiological and energetic support being achieved from the surplus levels of oxygen created when breathing in a hyperbaric environment. Typical pressures used for general health and wellness range between 1.3 and to 2.0 ATA (Again, 1.3 ATA is often described as mild hyperbaric therapy or m-HBT). Note, not everyone is 'fit' for being in a pressurized environment so if you are using HBT for its physiological benefits to support overall health and wellness, proper hyperbaric 'fitness' screening by a healthcare provider is required before undergoing any HBT sessions.

****The FDA once again cautions the use of HBT or m-HBT if it's not used for one of the 14 approved medical conditions or for altitude sickness respectively. Although these lower pressures have both been reported to have significant benefits, which are now being supported and validated through clinical trials, we would still encourage you to follow the FDA guidelines in looking into 'medically-approved' options if you are looking at using HBT to help with a medical condition.*

ARE LOWER PRESSURES STRONG ENOUGH?

Lower pressure protocols at 1.3 to 1.5 ATA can effectively deliver these higher levels of oxygen, while allowing for greater safety. Note, it does not take much pressure to deliver extra amounts of physiologically available oxygen. The added pressure allows extra oxygen to be absorbed and transferred from the lungs into the blood, causing a greater saturation of blood oxygen levels. As this rich oxygenated blood makes its way to damaged tissue, extra oxygen is now readily available and can be potentially utilized for enhancing tissue repair and regeneration while also still being able to provide its potent anti-inflammatory and anti-bacterial effects.

If greater oxygen dosages are required to localized tissue, then the procedure can be combined with low level light therapy (LLLT) at wavelengths between 650 and 880 nm). Flexible light pads delivering the LLLT can be used directly over the area being treated. This combination of low-pressure hyperbaric therapy with LLLT is often termed t-HBT or targeted hyperbaric therapy, as this procedure basically 'points' to an area of the body to help deliver the effects of HBT to that focused area -- a targeted approach. Both therapies have been individually shown to exert positive effects, but the combined approach has recently been reported to have much greater effects. While still in its research phase, t-HBT may prove to be a powerful tool for localizing the effects of HBT.

FREQUENTLY ASKED QUESTIONS**DO I HAVE TO BREATHE 100% OXYGEN OR AMBIENT AIR?**

Traditionally, hyperbaric oxygen is defined as breathing 100% oxygen under pressure. However, ambient air still contains 21% oxygen, and when you breathe it under pressure, more oxygen will get transferred into the body. More importantly, the extra oxygen enters the blood plasma (liquid) and gets oxygen into much deeper areas (i.e., where inflammation impedes blood flow) and in places where red blood cells cannot normally reach. This is a great technique to achieve greater levels of oxygen without the associated risks of being in high oxygen environments.

WHAT IS THE RECOMMENDED SCHEDULE?

The reported benefits using hyperbaric oxygen therapy have typically been from those who have had one to two sessions per day (with a 4-hour interval between the start of each session for those who have 2 sessions per day). People who live nearby may choose to do one session daily. The leading proponents of HBT recommend a minimum of 20 sessions and preferably up to 40 in the initial schedule. Following 40 sessions, you may re-evaluate for discernible benefits before proceeding. If you have local areas of concern, you may combine this procedure with Near Infrared Light therapy, providing a focused approach, which we have found has provided noticeable benefits when applied even for just once or twice per week.

HOW LONG DOES EACH SESSION LAST?

Hyperbaric sessions are typically 60 minutes but can vary from 30 -120 minutes. Sessions that last more than 60 minutes can take longer, as 5-minute air-breaks may be required. This is for safety precautions and are generally recommended when pressures exceed 2.0 ATA. The total session time must consider the time to both pressurize and depressurize. Lower pressure protocols will take less time to pressurize/depressurize (as little as 5 minutes each way), while higher pressure protocols will take longer (up to 25 minutes each way).

HOW DOES IT FEEL?

As the chamber is being pressurized, air presses on your eardrums and pushes them inwards. This pressure feels like the pressure that you feel in your ears when you are flying in an airplane. Most people (90%) automatically and easily adjust to these pressure changes, while reporting no adverse effects. If you are in the 10% minority, then the only problem that you may experience with this is either discomfort or pain in your ears or sinuses, like that which you would feel if you were congested while landing from an airplane. The only difference is that you 'cannot tell the pilot on an airplane to stop'. In the case of HBT, we would encourage you to signal or radio the attendant immediately if you have discomfort in your ears or sinuses. Don't wait until it really hurts. The attendant will stop pressurizing and decrease the pressure until you are comfortable and able to equalize the pressure. When you're comfortable the attendant will resume pressurizing. Our attendants are well experienced at dealing with these cases and are willing to work with you as required. Here are some techniques in helping to equalize your ears:

- Try to swallow, yawn or drink sips of water. Turn your head to one side and swallow, then turn to the other side and swallow. Repeat if necessary.
- The Valsalva Maneuver – Pinch your nose closed, close your mouth, and lift the front-tip of your tongue towards the roof of your mouth. Attempt to blow through your pinched nose (short and sharp) but not too forcefully. This directs air from your throat into your ears and sinus air passages.
- A third method combines these techniques: try swallowing and wiggling your jaw while blowing gently against your pinched nose. Now that's coordination!
- If you have a history of problems with the ear when flying or traveling in the mountains you may wish to use nasal decongestants before the first few treatments. With young children tilt their head back and you can put one drop of pediatric (baby) nose drops in each nostril one and a half to two hours before HBOT. Wait 5-10 min. and then put a second drop in each nostril. You can use Afrin or a similar nasal spray 20-30 minutes after the nose drops. Do not repeat the nasal spray.

FREQUENTLY ASKED QUESTIONS**WHAT IS MY ROLE AND RESPONSIBILITY TO ENSURE SAFETY?**

Your role is quite simple: to show up on time, communicate with our staff and attendants each time, and let them know if there are any changes in your health. For example, you may have reported on your first visit that you were not pregnant, but when you come in for multiple visits it is your responsibility to let us know if there are any changes in your health, and in this example, it would be 'if you are potentially pregnant'. This is the reason why the checklist for on-going hyperbaric sessions* must be answered each time you go into the hyperbaric chamber. This is for your safety and once again it is your responsibility to let us know each time you go in 'if there are any changes' in your health.

CHECKLIST FOR ON-GOING HYPERBARIC SESSIONS

Please inform the staff EVERY TIME you enter the hyperbaric chamber if:

- There have been any changes in your health, in your medical condition, or in your medications/supplements.
- You experience a cold, flu symptoms, sinus or nasal congestion, or chest congestion.
- There is a possibility you may be pregnant.
- You have skipped a meal prior to HBT treatment.
- You are a diabetic and did not take your insulin prior to treatment.

Also, **inform the staff IF THE PRESSURE IS TOO GREAT FOR YOUR EARS.** Often, people have trouble adjusting to an increased atmospheric pressure. If your ears hurt, inform the staff immediately and he/she can stop or slow down the rate of pressurization until you are comfortable. **DO NOT LET IT GET PAINFUL!**

The Airplane Analogy: *In an airplane, if your ears are hurting, you cannot tell the pilot to stop climbing or descending. However, in a hyperbaric chamber, it is your responsibility to tell the chamber operator to slow down or stop the pressurization process. This will help avoid an unpleasant experience during your hyperbaric session.*

Please arrive at least 30 minutes prior to your scheduled treatment time. In consideration to all clients, we would like to start all treatments on time and late arrivals will result in delays. You may be denied entry into the Hyperbaric Chamber if you arrive late.

Thank you for your cooperation!

**WE HOPE YOU ENJOY YOUR
HYPERBARIC OXYGEN THERAPY EXPERIENCE!**

FREQUENTLY ASKED QUESTIONS

WHAT ARE THE RISKS, CONTRAINDICATIONS, AND AREAS OF CONCERN?

Hyperbaric oxygen therapy is very simple, non-invasive, and safe procedure. Hyperbaric oxygen therapy has demonstrated excellent safety records and generally is an extremely safe procedure. Serious adverse reactions are very rare, and generally not seen at lower dosages.

ABSOLUTE CONTRAINDICATIONS

Untreated Pneumothorax: The only absolute contraindication for hyperbaric oxygen therapy is an 'untreated pneumothorax (collapsed lung)'. Anyone needing to enter a hyperbaric chamber with an untreated pneumothorax needs to have a chest tube inserted and evaluated by a medical practitioner before entering a hyperbaric chamber.

MOST COMMON SIDE EFFECT/ADVERSE REACTIONS

- **Ear/Sinus discomfort:** This occurs in about 10% of the population during the hyperbaric pressurization period. Taking extra time and making routine stops will help to reduce discomfort and is recommended as a precautionary measure for all clients undergoing HBT.
- **Claustrophobia:** Since you are in a closed environment, claustrophobia may occur. This is completely different from being in an MRI machine, as you can freely move around and can get out by yourself. Once the body acclimatizes to the inside environment and feels comfortable and with full control, the procedure is typically well-tolerated.

Areas of Concerns, Risks, and Relative Contraindications

Severe lung or heart disease: This is because we would not want fluid buildup into the lungs.

Uncontrolled Diabetes: This is because we do not want the blood sugars to drop too low if HBT was combined with overdose of diabetic drug therapy.

History of Seizure or Uncontrolled fever: This is because we would be concerned with exacerbating seizure activity, particularly if blood sugars are low.

Changes in Vision: This is rare and a temporary change in vision that has been associated with higher pressure over extended time in HBT. Changes in vision include getting either a little worse (Myopia) or better (Presbyopia).

- NOTE: these cases are rare and associated with higher oxygen dosages. If you notice any changes, please let the attendant know and don't worry as the vision tends to go back to its original state within 3 months from discontinuing the sessions. For that reason, it is not advised to change prescriptions during this time.

Cataracts: Though HBT cannot cause cataracts, this procedure may cause formed cataracts to mature more quickly.

Pregnancy: As a precaution, HBT is not used during pregnancy unless indicated for acute life-threatening conditions.

Current upper respiratory infections, chronic sinusitis, or sinus problems: These conditions cause a higher probability of problems during pressurization and are generally recommended to be treated before going into HBT.

Claustrophobia: Some clients may suffer from Claustrophobia. This is managed by maintaining communication, use of relaxation techniques and mild sedation, if necessary. If you have a problem with this condition, please let us know.

IS IT WARM INSIDE? WHAT ABOUT SMOKING AND OTHER ODORS?

The air warms as we pressurize (before your session) and cools as we depressurize (after your session). Ventilation keeps the air moving when it is warm, and blankets are available if you become cold. Smoke and other odors on your clothes are accentuated within the confines of the pressurized chamber. Try to minimize the detrimental effect of smoking on HBT results by abstaining within 1-hour pre and post treatment. Please do not use strong scented perfumes or deodorants.



HYPERBARIC OXYGEN THERAPY

HYPERBARIC OXYGEN THERAPY CONSENT FORM

I, _____ here by consent and authorize staff at to administer hyperbaric oxygen therapy (HBT) to me. In doing so, I hereby acknowledge the following:

- I understand HBT is FDA cleared the following 15 medical conditions: ***Decompression sickness, gas embolism, CO & cyanide poisoning, selected aerobic and anaerobic soft tissue infections, gas gangrene, osteomyelitis, intracranial abscess, management of fungal disease, radiation injury to tissue, exceptional blood loss/anemia, crush injury/compartment syndrome, ischemia reperfusion injuries, skin grafts and flaps, healing in selected problem wounds thermal burns, sudden idiopathic sensorineural hearing loss, altitude sickness.***
 - **OFF LABEL USE:** If I am using HBT for any medical condition outside of the FDA cleared indications listed above, the FDA considers this to be off label. FDA does not recommend using off-label HBT, particularly if it is being used as first line therapy or in replacement of an FDA approved treatment. Additionally, this requires a signed physician form/prescription from my doctor to undergo HBT for my condition. **Initial:** _____
 - **GENERAL HEALTH & WELLNESS:** If I am using HBT for general health and wellness, I understand that I am NOT using it to treat ANY medical condition, but only as an aid to help improve my physiological oxygen levels, with the goal of helping to improve my general well-being. Furthermore, I understand this requires a Hyperbaric Fitness assessment to ensure that I am “fit” for undergoing hyperbaric therapy signed by a healthcare provider. **Initial:** _____
- I have been given the opportunity to ask any question I might have regarding HBT and/or OT (oxygen therapy), and the staff has answered all my questions.
- I have informed the staff of my current health status, all current medications, and therapies, and I agree that it is my responsibility to keep the staff aware of any changes in my condition, medication, or therapies, for EVERY SESSON. **Initial:** _____
- I have been informed that I may refuse treatments at any time, or even terminate a treatment while in the chamber, and exit the chamber in minutes.
- I will follow the instructions of the hyperbaric chamber staff, and I will inform the staff of ALL concerns during the treatment, including but not limited to; *pain, nausea, diarrhea, dizziness, visual changes, ringing or other noises in the ears, unusual smells, fear or anxiety reaction, unusual sweating, changes in heart rhythm, hiccups, chest pain, faintness, mood changes, difficulty breathing, or any discomfort.*
- I have read and understand the FAQ and will comply with its instructions. **Initial:** _____
- The benefits of HBT may be much greater if I follow a healthy lifestyle, which includes non-smoking, weight control, exercise, proper nutrition, and stress management.
- **Potential Risks** of HBT: *Ear drum/sinus discomfort, damage or pain, reversibte myopla or changes in vision, fatigue, confinement anxiety/ claustrophobia, collapsed lung/pneumothorax, lung damage, fluid accumulation in lungs from pressure, heart failure, blood sugars may drop in diabetics, cataract maturation.* **Initial:** _____
- If any unforeseen conditions arise during this treatment, I do hereby authorize/request the staff to perform such additional procedures and/or to render such treatments as may be deemed necessary at that time.

CLIENT NAME _____

DATE _____

Client Signature

Witness



HYPERBARIC OXYGEN THERAPY

AGREEMENT TO HOLD HARMLESS

I, _____ the undersigned, do hereby understand, acknowledge, and agree to hold harmless all staff, and Align Wellness Lab should I fail to provide the necessary information for safe and proper treatment. "Necessary information" includes, but is not limited to, any medical diagnosis, medical concerns, or to any prescription medications, controlled substances, alcohol, homeopathic remedies, vitamins, and any other over-the-counter items I am currently taking (or that I have been prescribed to take) that could affect my treatment. Failure to inform all staff and Align Wellness Lab of any such necessary information, or to inform of changes in this necessary information before each treatment shall render all staff and Align Wellness Lab harmless for any illness, injury, accident and/or death that may occur.

I, the undersigned, also understand, acknowledge, and agree that all staff and Align Wellness Lab must be supplied with my treating physician's written approval to begin any therapy and/or treatment should I have a preexisting medical condition. Failure to provide written approval from my treating physician for a preexisting medical condition at any time prior to any therapy and/or treatment shall render all staff and Align Wellness Lab harmless for any illness, injury, accident and/or death that might occur.

Print Client Name

Client Signature

Date

Witnessed by (Print Name)

Witness Signature

Date