First Responder Psychology
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CRANIAL ELECTROTHERAPY STIMULATION (CES) INFORMATION AND CONSENT

Medical devices that offer Microcurrent Electrical Therapy (MET) and Cranial Electrotherapy Stimulation (CES) for the management of anxiety and insomnia are used in private and public health care organizations. The devices use a miniscule amount of current that is applied by ear-clip electrodes for anxiety and insomnia. People generally report a pleasant, relaxed feeling during and after treatment. You may also experience a mild tingling sensation at the electrode site. If the current is too high, you may experience dizziness and nausea which can be alleviated by reducing the current.

While CES devices are effective when used correctly for 9 out of 10 people, it will not work for everyone. Both pain control and anxiety reduction are usually experienced during a single treatment but may be experienced hours after. Insomnia is usually improved after the initial treatment but may take 3 weeks. Most people can use it at bedtime. However, some people find they must conduct their 20-60-minute treatment at least 3 hours prior to bedtime because treatment may interfere with sleep. After the condition is under control, use of CES 2-3 times per week or less is usually sufficient to maintain good results.

Following treatment there are usually no limitations imposed so most users can resume normal activities immediately. Some users may have a response that may affect their ability to perform potentially hazardous tasks, such as driving a motor vehicle or heavy machinery for up to several hours after treatment.

As with any therapeutic intervention, not all people will respond to CES treatment. The degree of efficacy will vary with the nature of the problem being treated, the overall health of the person, and with the method of treatment.

Contraindications
CES may affect the operation of implanted demand type cardiac pacemakers and implanted defibrillators. Do not stimulate directly on the eyes or press the probes over the carotid sinus (on the neck near the larynx).

Precautions
For external use only. Do not allow children to use or handle these devices. Do not operate potentially dangerous machinery or vehicles during treatment, and in some cases for several hours after treatment. Safety of stimulation during pregnancy has not been established. Therefore, if you suspect you are pregnant or become pregnant, it is advised that you immediately end the use of the device.

Adverse Effects

Adverse effects are usually mild and self-limiting. Adverse effects from data on approximately 8,792 patients participating in 144 controlled studies, open clinical trials, and uncontrolled conditions, and by physician survey and reasonably associated with the use of CES are dizziness (6 cases, .07%), skin irritation/electrode burns (6 cases, .07%), and headaches (9 cases, .10%). Prolonged CES treatment at currents higher than necessary may cause dizziness or nausea that can last for hours to days. Treatment immediately prior to going to sleep may cause difficulty sleeping. Paradoxical reactions such as increased anxiety, and sleep disturbances may occur, but are rare.

By signing this form, I consent to cranial electrotherapy stimulation (CES) treatment. I understand that this treatment has a small risk of mild side effects. I will use the treatment as prescribed. My signature guarantees that I do NOT have an implanted demand type cardiac pacemaker or implanted defibrillator. To the best of my knowledge, I am NOT pregnant.

Procedural Details & Confidentiality

To determine if Alpha Stim is right for you, a brief wellness check with a licensed provider will be necessary. In this way, we can be assured that Alpha Stim is right for you and that you are familiar with the procedure for obtaining and using the device. First Responder Psychology providers offer these wellness checks. Private practitioners who are familiar with Alpha Stim also offer this screening and can provide authorization with your written consent.

Once you've scheduled and met with your licensed provider, and they determine Alpha Stim will address your concerns, you will be assigned a number to use when checking out the Alpha Stim device. In this way, your name will not be included in the equipment sign out/in log located in each precinct. Clinicians will maintain a master list of individuals who have been approved to use the device. This list will be kept in a locked file cabinet where protected health information is kept for their private practice and is protected by Health Information Portability & Accountability Act (HIPAA). By law, the Bureau does NOT have access to this information. You will be given the location of the Alpha Stim device at each precinct for your use. Please check out the device for up to an hour of use and return it so it is available to another member.

Since the Alpha Stim device and log are located in precincts, it is possible that others could see you checking out/returning the device. So, while your name is not listed anywhere in the Bureau, your complete anonymity cannot be guaranteed.

I have read the above and had my questions answered by the prescribing clinician.

_____ Printed Name

_____ Signature

_____ Date