



Sara's Garden

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Privacy Practices, Informed Consent and Authorization for HBOT

I certify that I have been given instruction to my satisfaction by a Sara's Garden representative concerning the mechanism by which Hyperbaric Oxygen Therapy (HBOT) is administered and how it functions therapeutically.

Precautions Taken During Hyperbaric Chamber Exposure

All clients receiving HBOT at Sara's Garden are carefully monitored by a clinical technician and supervised by licensed healthcare personnel. Decompression protocols are based on U.S. Navy and U.S. Air Force standards.

Potential Risks Associated with Hyperbaric Chamber Exposure

Barotrauma: Pressure changes can result in mild discomfort to severe pain in the middle ears, sinuses, or teeth. Pressure in the middle ear must be equalized to prevent injury and possibly eardrum rupture. Mild middle ear barotrauma during compression is the most typical adverse effect. Other barotrauma events are extremely rare. Clients should breathe in a relaxed manner at all times and not hold their breath during decompression to prevent pneumothorax or air embolism. Compressions and decompressions are slowly and carefully timed to prevent this from occurring.

Confinement Anxiety: A stress reaction can occur from being inside a hyperbaric chamber and/or from wearing a breathing device (mask/hood). Please notify the staff if you have claustrophobia or confinement anxiety.

Decompression Sickness: Exposure to altitude within 24 hours of hyperbaric chamber exposure can result in decompression sickness. Symptoms can be variable and range in severity (e.g. itching, pain in the muscles or joints, tingling, loss of sensation and paralysis).

Oxygen Toxicity: Oxygen toxicity is a condition resulting from the effects of breathing 100% oxygen at elevated pressures. Symptoms may include disorientation, breathing problems, ringing in the ears, dizziness, nausea and vomiting.

Temporary Vision Changes: Temporary myopia (nearsightedness) is a possible risk of repeated exposure to HBOT. After treatment the visual acuity changes will reverse completely. Please refrain from scheduling routine eye examination and glasses replacement for at least six weeks after your last HBOT treatment.

Fire Hazard: This is an extremely remote possibility, as pressurization is achieved with ambient air rather than oxygen. Staff education, strict protocols and state-of-the-art equipment greatly reduce the slightest opportunity for this risk.

Other: _____

I authorize this facility and any employee working under the direction of the physician and/or authorized staff to provide HBOT to me, and/or this client for whom I am the authorized and/or legal guardian. I understand that the Sara's Garden clinical team will make the final determination of health and fitness to participate in this program.

Sara's Garden is required by applicable federal and state HIPAA law to maintain the privacy of your health information. These health information privacy policies and procedures implement our obligations to protect the privacy of individually identifiable health information that we create, receive or maintain as a healthcare provider.

By signing this consent form, I am in full agreement and satisfied with the information provided to me. I acknowledge that I am aware of this facility's privacy policy and I may request a copy of the privacy policy at the front desk if I wish. I authorize Sara's Garden to speak with my family/caregiver(s) regarding my health information and treatment protocol contained in my treatment chart at Sara's Garden. I further acknowledge that no guarantees have been made to me about the outcomes of this therapy.

Signature (Client or Guardian)

Date

Signature (Sara's Garden Staff)

Date