

self-moxa form

I,....., confirm that my acupuncture practitioner, Andrea Dewhurst, has clearly explained the purpose and procedure of applying moxa as a self-treatment unsupervised away from the clinic.

IN PARTICULAR I HAVE BEEN GIVEN THE FOLLOWING INFORMATION

- use of moxa stick for.....minutes.....time(s) daily / weekly
- use of.....self-adhesive moxa cones.....time(s) daily / weekly
- how to light the moxa and take off or remove moxa when warm
- how to extinguish moxa
- how to dispose of moxa or moxa stick
- what to do in the case of any minor or serious burns



FOR A MINOR BURN

- hold the affected area under cool water for at least ten minutes or until the pain subsides
- remove jewellery etc and cover the burn as described below

FOR A SERIOUS BURN

- start cooling the burn immediately under cool running water for at least ten minutes
- dial 999 for an ambulance
- make yourself as comfortable as possible
- continue to pour copious amounts of cool water over the burn for at least ten minutes or until the pain is relieved. remove jewellery, watch or clothing from the affected area, unless it is sticking to the burn
- cover the burn with clean non-fluffy material to protect from infection; a sterile dressing such as Melolin is best, otherwise covering the wound with strips of ordinary kitchen film is a good temporary alternative
- N.B any burn larger than a postage stamp or has blistered requires medical attention.**
- all deep burns of any size require urgent hospital treatment. DO NOT USE lotions, ointments, creams, adhesive dressings. DO NOT break blisters**

I can confirm that my practitioner has shown me how to use moxa on myself and that I have demonstrated competence in applying moxa as a self-treatment. I also confirm that this technique is for self-treatment only and does not allow me to treat anyone else

PATIENT NAME:

SIGNED:

PRACTITIONER NAME:

SIGNED:

self-moxa

INSTRUCTIONS

Your instructions/guidance to any patient using moxa at home must include the following as a minimum: • how to light and handle a moxa stick • how to use the moxa stick on acupuncture points • clear guidance on the location of points to be used • how to extinguish the moxa safely • first aid treatments for any burns



Have good ventilation but not a direct draft.

Have all your equipment ready, moxa, tray, lighter, akuvane stick, water bowl with water, but also fire extinguisher, first aid kit...



Sit comfortably and safely



The stick is lit with a lighter and held 2-3 cm above the selected point to cause a mild warmth (without burning)

Use your hand on the body to gauge heat and as a safety precaution. You can use the stick on the point for about 10 minutes or until the area turns slightly red.



When you have finished, using a bowl of water extinguish the burning stick. make sure it is completely extinguished by leaving in the bowl