

OREGON CITY ACUPUNCTURE
619 Madison #110 Oregon City, OR 97045
503-653-1468

August, 2020

Office visit guidelines for patients
from Carol K Griesmeyer LAc, RN

The office will contact you a day or two before or Friday if your appointment is on Monday, to check to see that you are healthy, have no signs of illness, or have not been exposed to a known or suspected patient having the Corona virus. If you have any symptoms you will be asked to wait for 2 weeks after exposure before coming to the office. Also if you are a regular patient and develop these symptoms at any time please notify the office even if you are not on the schedule.

The pre-visit contact will also be the time we discuss your concerns and treatment you desire. This will decrease talking time while in the office. This is usually an email and I ask that you respond. I can easily incorporate this into your health record.

Mask or face covering will be worn at all times while in the office. A cloth mask is fine as is a bandana. We consider your comfort while lying face down. You do not need to wear a mask when laying face down.

Please 'come clean' to the office – shower, wash hair, fresh clean clothes you haven't been wearing for the last 3 days. Try to make this the first stop in you day of errands if you have a list of things to do.

Please bring your own pen for signing any charges or documents while you are here. Also have your calendar with you in the office (not out in the car) to schedule your next visit at the end.

In the interest of limiting laundry – gowns, sheets - please wear very loose (baggy) clothes or bring a change. Yoga pants and stretch jeans are NOT an option. Also if you will be having a treatment on your back (laying on your stomach) bring a shirt or button down top that you can put on backwards during your treatment. Fresh pajamas with button tops work well. Please know that you will always be appropriately draped and kept warm.

Please arrive at your designated time. There will be not be a lobby to wait in. If necessary wait in your car. Any family, drivers or attendants must wait in the car during the treatment or run an errand and return for you when done. Do not leave children or pets unattended in the car.

Upon arrival please go to the restroom and wash your hands.
Return to the lobby and wait for me (Carol).
There you will have your temperature, pulse and oxygen saturation taken.
You will be escorted to the treatment room where you will stay until your treatment is done.
Please take your charge card and your pen out and leave it on the side table.
Change clothes if necessary and wash your hands again.

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I will assist in getting you positioned and the treatment will take place.

At the end of treatment I will take the cash, check or charge card out to the front office. The receipt will be brought back to the room for you to sign.

Yes, cash and checks are acceptable. They will be sprayed with disinfectant.

(This is where I excel at 'laundering' money. Sorry, I had to inject some levity in all this.)

We can set up the next treatment on my phone calendar before you leave.

You will then get dressed, wash your hands and leave the office.

Thank you so much for reading through all this.

It is a bit of a hoop jump but I am trying to provide a safe environment in your continued care for you, me and all the other patients coming to this office..

If you have any concerns or questions always feel free to call: 503-653-1468. I return calls on Mon, Thurs and Fri. Email is best: carolg@ocacu.net

Thank you again.

I look forward in being your partner on your path to optimal wellness.

Please sign to acknowledge that you have read this and agree to the conditions. Thank you.

Signature: _____ Date: _____