

Austin McBride M.FHT Holistic Health Therapist
 Reflexology Lymphatic Drainage Specialist - RLD Approved Practitioner

[Type text]



Introduction:

Surname	Forename	DOB: month /year only	Contact No.
Occupation?		Patient consent	
		Patient signature	
		Date of Signature	
Next of Kin Surname	Forname	N/A	Contact No.
Doctor	Medical Supervision Y/N	Since when:	Contact No.
	YES/NO		
Clients can be seen in the comfort of their home, and you and can be accompanied a chaperone if required.			
Please give your home Post code only:			
Contact Telephone number:			
Medication prescribed	Dosage	Prescribed for?	Side affects?
Others			
Compression Garments	Arm or legs	Lymphoedama	Skin problems

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[Type text]

ALLERGIES?			
Contraindications	Relevant to therapy	Since when?	Risk of /action
Covid-19?	All treatments	Symptoms	Decline
Do you suffer from?	On a Scale of 1 to 10	Current treatment?	Risk of /action
Anxiety Depression			
Asthma			
Hypertension			
Epilepsy			
Diabetes Type 1 or 2			
Stroke?			
Osteoarthritis?			
Numbness tingling?			
Circulatory/vascular			
Operations?			
Urinary?			
Endocrine?			
Respiratory			
Contraindications	Relevant to therapy	Since when?	Risk of /action
DVT?	RLD		
Pulmonary embolism	RLD		
Cellulitis?	RLD		
Heart conditions?	RLD		
Kidney Failure?	RLD		
Undiagnosed swelling	RLD		
Oedema /organ failure	RLD		
Lymphedema	RLD		
Vascular Problems	RLD		
Cancer?			

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[Type text]

Cancer			
Cancer			Site of tumour?
Visual examination of skin condition of legs and feet			
Right leg	Arm	Left leg	Arm

Patient Profile:

Any presenting conditions that patient may have.

Aims and objectives / Treatment plan.

Treatment Dates	Where Treated	Therapy used	Patient signature

Please asterix a number to show how severe each concern or problem is now (leg and foot pain):

In the scale of 1 to 6 how bad was the pain in your leg before treatment?

☺ Not bothering me at all **1 2 3 4 5* 6** ☹ Bothers me greatly

In the scale of 1 to 6 how did this problem affect your mobility?

☺ Not bothering me at all **1 2 3 4* 5 6** ☹ Bothers me greatly

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[Type text]

In the scale of 1 to 6 did this problem affect your confidence, & wellness?

☺ Not bothering me at all 1 2 3 4 5* 6 ☹ Bothers me greatly

How would you rate your general feeling of wellbeing now?

☺ As good as it can be 1 2* 3 4 5 6 ☹ As bad as it can be

are you happy and satisfied with the outcome of your treatments?

☺ Very Happy 1* 2 3 4 5 6 ☹ Not Happy (please give a reason)

How does RLD differ to a more generic reflexology treatment?

A standard reflexology therapy treatment aims to treat the whole body to bring about a state where the body has achieved state of homeostasis, or simply put a balance. When the body is in a state of homeostasis it helps the body to heal itself. It brings about calmness and a feeling of wellbeing.

Reflexology lymph drainage therapy (RLD) works primarily on the lymphatic system to encourage lymph flow by clearing blockages. This normally occurs after Cancer surgery when diseased the lymph nodes are removed. RLD has been shown to be very successful at treating lymphoedema and reducing swelling. The therapy is targets a specific part of the body to achieve reduced lymph at a site in the body or limb. This will also give the patient a great sense of wellbeing.

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INNOVATION IN REFLEXOLOGY
APPROVED RLD PRACTITIONER

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Prepared by: Austin McBride M.FHT

Assesment form Patient Ref:

Strictly confidential.

Prepared Date

Sex: Female

Age:

Page 4

Patient Consent given for treatment . YES