

## Professional Sports Registration Form

**All profits from the Bristol Therapy Centre go to The West of England MS Therapy Centre to provide therapies to people living with neurological conditions.**

The purpose of this form is to ensure we have all your details and necessary information regarding your health. This will help us to establish which therapies at the Centre could be the most beneficial for you and what, if any, assistance you may require when you are here.

### Your Data

We use your data and health information so that we can provide you with the most appropriate and suitable therapy. Our legal basis for processing your personal and your health information is covered by Legitimate Interest: Article 6(1)(f) and special category (sensitive/health data) Article 9(2)(d) of the General Data Protection Regulation 2018. Your data will be kept secure in accordance with our Privacy Policy (PP36).

**Please complete this form digitally or in block capitals in black ink.**

I wish to register for therapy at the Bristol Therapy Centre Ltd.

Registration Fee payable annually: **£50.00**

I wish to pay by cash, debit/credit card or standing order (delete as appropriate).

### Your Contact Details

<b>Title:</b>		<b>Date of birth:</b>	
<b>First name:</b>			
<b>Surname:</b>			
<b>Address:</b>			
		<b>Post code:</b>	
<b>Telephone:</b>			
<b>Mobile number:</b>			
<b>Email address:</b>			

The Brightwell is a Partnership of these organisations:  
**The West of England MS Therapy Centre Limited - Charity No 801155**  
**The Bristol Therapy Centre Ltd - Company No 08193674**

With joint Registered Offices at Bradbury House, Wheatfield Drive, Bradley Stoke, Bristol BS32 9DB.

## Consent Declarations

Your consent is required for specific aspects of what we do.

Please read & initial the following statements if you agree to provide your consent:

Initial below to consent:	
<p><b>Health &amp; Safety:</b> Where and if necessary, I consent to being transferred by a patient transfer hoist or other recognised procedure, which may include being asked to use a wheelchair, as may be required on an emergency basis. I confirm that I am aware that the Centre's policies require that I provide for physical, or any other assistance, I may require under normal circumstances.</p>	
<p><b>General Practitioner/Consultant Notification:</b> I consent for my GP and/or Consultant to be notified that I have approached the Centre for therapy requesting confirmation of my diagnosis/condition/medications and a brief medical history that will be kept on my file at the Brightwell.</p>	
<p><b>Electronic communication:</b> I consent for my details to be added to the Centre's digital mailing list. <b>Please note:</b> this is our preferred method of communication and has been a vital tool in helping us stay connected with members; you will also receive newsletters plus details and information on special events and fundraising activities.</p>	
<p><b>Photography:</b> I consent for my picture/video to be taken and used for the Centre's service reporting purposes and/or in the marketing of services.</p>	
<p><b>Benefits of Therapies:</b> I fully understand that the benefits of therapies will also depend on my lifestyle choices, on-going medication &amp; general health. I understand that if I've not given the correct details/have failed to provide all relevant and appropriate information the effects of therapy could be nullified or lessened.</p>	

## About Oxygen therapy

### Introduction to oxygen therapy

Oxygen therapy can be used alongside more traditional therapies in the treatment of a variety of conditions including recovery from sporting injury, pre- and post-radiotherapy and other treatments for cancer, recovery from a stroke and a wide range of neurological conditions.

It is one of the main therapies we provide at our Centre and has been since we originally opened in Nailsea, in 1985. Since then, well over 100,000 individual oxygen therapy sessions have taken place.

Oxygen therapy is provided in a specially designed Barochamber. Sessions last for just over an hour and we advise people, particularly those new to the treatment, to allow for up to an hour and a half at the Centre.

### What is oxygen therapy?

Oxygen therapy involves increasing the concentration of the same oxygen we breathe normally in the air. To do this, a Barochamber is needed to allow the pressure around the body to be increased. We all live under normal atmospheric pressure and the extra pressure required for this therapy is small; up to one atmosphere (1ata). The technology is well established, as all commercial aircraft are Barochamber equipped with oxygen-breathing systems.

Oxygen therapy has a long history and in more recent times the medical profession has begun to recognise that even when the level of oxygen in the blood is normal, there can be a severe deficiency in the tissue. Now that this has become widely understood, the use of oxygen is expanding rapidly around the world. The therapy involves breathing approximately 95% oxygen in a chamber from 1.5 to 2 times normal atmospheric pressure for a total of one hour.

### How will breathing more oxygen help?

The air that we breathe usually provides enough oxygen for both normal body metabolism and the repair of tissue damage after an illness. However, tissue damage or disease also involves the blood vessels within the tissue and this damage may reduce blood flow. So, just when more oxygen is needed, the supply is reduced, and recovery may be limited or even prevented. By increasing the concentration of oxygen in the blood more can be delivered to the damaged tissue to establish normal oxygen values and so allow recovery to take place.

### How does it work?

Oxygen is transported and dissolved in the blood in combination with haemoglobin in the red blood cells. Although haemoglobin carries most of the oxygen, only the dissolved oxygen passes into the tissues. Breathing high levels of oxygen under pressure dissolves more oxygen

in all the body fluids so more can reach areas where the circulation is diminished or blocked therefore aiding recovery. The extra oxygen has additional benefits because it greatly enhances the ability of white blood cells to kill bacteria. It also reduces swelling and allows new blood vessels to grow more rapidly in the affected areas.

### **What is the therapy like?**

This is a simple, non-invasive, and painless therapy which most people find quite relaxing. You will have the oxygen therapy in a comfortable purpose-built Barochamber operated by trained volunteers. The treatment is in three parts:

**Compression:** After the door is closed, there will be some noise as the pressure increases. It may get warmer, and you may experience fullness in your ears, like descending in an aeroplane. Before your first session, a member of the team will talk to you about how to avoid discomfort by clearing or equalising your ears. If you develop any discomfort, inform the operator and the rate of compression can be reduced or halted.

**Breathing oxygen:** Under our COVID - 19 procedures you will start breathing oxygen as soon as the chamber door is closed, and you will continue to breathe oxygen for 1 hour in total. 45 minutes of this will be at the required pressure, during this time you can read, use your phone/tablet or just rest. Just breathe normally during this time.

**Decompression:** The operator will let you know when the session is complete. The chamber will then be depressurised which may require you to, once more, equalise your ears. You will continue to wear your mask until you have left the Centre.

**No bags, smoking materials, matches, or lighters are allowed into the Oxygen chamber. Check with the operator if you want to take any item in with you. Lockers are available.**

The chamber can be decompressed quickly and safely at any time during the session if necessary. When breathing high concentrations of oxygen, you cannot suffer decompression sickness.

**Please note that oxygen can remain trapped in your clothing after a session inside the chamber, therefore we recommend that you do not smoke or stand near a heat source for an hour after your therapy.**

### **A note on how to clear your ears:**

As the pressure increases in the chamber, you may need to make your ears "pop". There are several ways to do this; usually, the easiest way to clear the ears is to swallow. Some find blowing their nose whilst holding it with the mouth closed successful. Alternatively, you can try moving your lower jaw from side to side, then in and out. It can also be helpful to have small sips of water; you will need to bring your own, plastic bottle, filled with still water.

### **Important information about oxygen therapy**

Under proper supervision, the risks of oxygen therapy are very minimal. The most common side effect is ear pain and users are monitored closely for this. Other side effects may include:

**Otic Barotrauma (pain in the ears or sinuses):** Some people may experience pain in their ears or sinuses. If you are not able to equalize your ears or sinuses, the pressurisation will be slowed or halted, and suitable remedies will be advised. **Please note – if you are suffering from a cold or other condition affecting your sinuses, you are advised for your comfort, to avoid coming for oxygen therapy until the condition has cleared up. This will also help to ensure that Centre members with compromised immune systems are not put at risk.**

**Serous Otitis:** Fluid in the ears sometimes accumulates because of breathing high concentrations of oxygen. It may occasionally feel like having a “pillow over the ear.” This disappears soon after therapy ceases and can often be eased with decongestants.

**Visual Changes: blurring, worsening of near-sightedness [myopia], temporary improvement in far-sightedness [presbyopia]:** After 20 or more oxygen sessions, especially for those over 40 years old, some people may experience a change in their vision. This is usually temporary, and, in most people, vision returns to its pre-therapy level about six weeks after the cessation of therapy. It is not advisable to get a new prescription for glasses or contact lenses until at least eight weeks after your final oxygen session.

**Cataracts:** Individuals with cataracts have, very occasionally, had a maturing or ripening of the cataract(s).

**Cerebral Air Embolism and Pneumothorax:** Whenever there is a rapid change in ambient pressure, there is the possibility of rupture of the lungs with the escape of air into the arteries or the chest cavity outside the lungs. This can only occur if the normal passage of air out of the lungs is blocked during decompression. The rate of decompression in our oxygen sessions is very slow to avoid this possibility. It is important that you breathe normally during treatment and do not hold your breath.

**Fatigue:** Some people may feel fatigued following therapy, but this is not a consistent finding.

**Allergies:** Some oxygen masks, hoods or seals used at the Centre may contain latex or other allergic materials. **If you have any allergies, please tell a member of the Oxygen team.**

**By signing below, you agree** that you are self-referring, have been completely honest about your symptoms, have read and understood the information on the potential side effects of oxygen therapy and agree to abide by any instructions given by the chamber operator before and during the session to ensure that treatment is safe and comfortable for yourself and other members.

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

If signing on behalf of a person wishing to have therapy, please state your relationship to them and print your name below.

**Full name (CAPS):** \_\_\_\_\_

**Relationship:** \_\_\_\_\_

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Medical Summary

<b>Name:</b>		<b>DOB:</b>	
<b>Address:</b>		<b>Contact No:</b>	
<b>Postcode:</b>	<b>NEXT OF KIN (Name/Contact No.):</b>		
<b>CONDITION/INJURY/ILLNESS:</b>			
<b>Date of diagnosis/injury:</b>			
<b>Name/contact details of your physiotherapist/healthcare practitioner:</b>			
<b>Main symptoms:</b>			
<b>Any other relevant information:</b>			
<b>Do you have a history of any of the following conditions?</b>			
<b>Epilepsy</b>	YES / NO	<b>Heart conditions</b>	YES / NO
<b>Diabetes</b>	YES / NO	<b>Poor circulation (inc. DVT)</b>	YES / NO
<b>Have you ever been advised not to fly?</b> YES / NO		<b>Have you had/do you have ear canal issues?</b> YES / NO	
<b>MEDICATION &amp; DOSAGE</b>		<b>ALLERGIES</b>	
<p><b>CONSENT</b> - I give consent for any relevant therapy I may receive through the Bristol Therapy Centre Ltd. I confirm I wish to receive oxygen therapy at the Centre. The intended benefits &amp; potential risks of the therapy I wish to receive have been discussed with me. I am aware that the therapy may not benefit all patients &amp; that it is not possible to know in advance if I will benefit. I will however endeavour to observe any rules for therapy laid down for safety and efficacy and attend each session as agreed.</p> <p>To comply with the Centre's insurance, I further:</p> <p><b>“Confirm that I undertake the oxygen therapy entirely at my own risk, and I understand that neither I nor any member of my family, have a claim for any injury received while undergoing or for having undergone oxygen therapy at The Brightwell.”</b></p> <p>I have provided information about any medication (prescribed &amp; non-prescribed) that I take now, and I understand it is my responsibility to inform the oxygen therapy coordinator when any changes in medication occur so that my records can be updated accordingly.</p>			
<b>Signed:</b>		<b>Date:</b>	

# Cancellation Policy

## 1. Cancellation or 'No-Show' for therapies, clinics, & appointments

We do understand that sometimes you might not be able to attend your appointment at The Brightwell. We know that emergencies, illness, and un-foreseen events happen and that they can happen to anyone. However, each late cancellation and 'no-show' denies another member the opportunity to access the services of the Centre.

Sadly, these missed opportunities come at a cost to the Centre and, as a charity, the loss of revenue can cause further knock-on effects for our members.

To help us reduce the impact of missed appointments, please follow the guidelines below:

- **If you need to cancel an appointment, please provide at least two working days' notice.**
- To cancel, or rearrange, you should call the Centre on 01454 201 686 or email [hello@thebrightwell.org.uk](mailto:hello@thebrightwell.org.uk) during the hours of 9am to 4:30pm, Monday to Friday.
- Cancellations made using any other email address, or via any of our social media channels, will be treated as a 'no-show' as these communication methods are not monitored constantly.
- If an appointment is not cancelled with at least two working days' notice we will, unfortunately, require the full suggested contribution of the therapy you missed.
- In the event of an actual emergency, when prior notice was not possible, we will consider the granting of an exception.

## 2. Late show policy

You can help us to continue providing the best support we can to every member by arriving at the Centre at least 15 minutes before your session/appointment is scheduled.

If you are unable to make your appointment on time, the following applies:

- If it is safe to do so, please call and let us know, **do not call if you are driving.**
- Unfortunately, it will not be possible to delay an oxygen therapy session booked for inside the chamber. However, we may be able to provide isobaric oxygen outside the chamber so do check when you call.
- We reserve the right to cancel future appointments and request a donation for missed sessions where members are continually or excessively late as this inevitably causes significant complications for our therapists and other Members waiting for an appointment.

## 3. Repeated Cancellations or 'No-Shows'

Where there is evidence of repeated, short notice cancellations and/or 'no-shows' we reserve the right to cancel, change or refuse any bookings for therapies, sessions or clinics.

We appreciate that sometimes this is due to matters beyond your own control, and, in those cases, we are more than happy to discuss the situation and how best to rectify it.

**Please sign below to show that you agree with and accept the cancellation terms:**

**Signed:**

**Date:**

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Name (in CAPS): \_\_\_\_\_

## Oxygen Therapy information

### Oxygen therapy timetable and costings

Sessions are available Monday to Friday at P2 (1.5 ATA), P3 (1.75 ATA), P4 (2 ATA)  
(Normal atmospheric pressure = 1 ATA - atmospheres absolute)

To view the current timetable for oxygen sessions please visit our website:

[www.thebrightwell.org.uk/oxygen-therapy](http://www.thebrightwell.org.uk/oxygen-therapy)

<b>Yearly Registration to Bristol Therapy Centre Ltd.</b>	<b>£50</b>
<b>Per session, payable on booking</b>	<b>£40</b>

Further information can be found on our website: [www.thebrightwell.org.uk](http://www.thebrightwell.org.uk)

Or contact our Oxygen Therapy Coordinator:

Email: [Angela.Palmer@thebrightwell.org.uk](mailto:Angela.Palmer@thebrightwell.org.uk)

Direct line: 01454 628 737

### For office use only:

	<b>Date</b>	<b>Staff Initials</b>
Registration received		
Payment received		
Entered on computer		



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