

Informed Consent for this Proposed Cell-based Medicine Procedure

Platelet-rich Plasma (PRP) Injection

What is Informed Consent?

Informed consent is a cornerstone of the physician-patient relationship. To be valid, it must involve a partnership, one where patients and doctors make decisions together. Your doctor has a responsibility to disclose the nature of the proposed treatment or procedure, the relevant associated risks and hazards involved, and any other treatment or non-treatment alternatives—along with the attendant risks of those alternatives. Thus, valid informed consent is the patient granting permission for the doctor to proceed with the recommended treatment in the knowledge of the possible consequences.

What are the three (3) elements of Informed Consent?

Jones WJ., McCullough LB., Richman BW, A Comprehensive Primer of Surgical Informed Consent. Surg Clin N Am 87 (2007); 903-918.

1. The *first element* is disclosure by the doctor to the patient of adequate clear information about the patient's diagnosis; the alternatives available to treat the patient's problems, including surgical and non-surgical management; the benefits and risks of each alternative, including nonintervention (i.e., allowing the natural history of the disease to continue); and a frank explanation of those factors about which the medical profession, and the individual doctor in particular, are uncertain and cannot provide guarantees.
2. The *second element* is the patient's understanding of this clinical information. It's not enough for the doctor to simply describe the clinical information, the patient must clearly understand the information. The patient should clearly understand what treatment they are being asked to authorize. The patient needs to grasp the nature of the proposed procedure, its goals, its expected duration, and what can be expected in the near-term and in the long-term. Sequela of the procedure, particularly functional changes

that affect job performances, valued activities, and aesthetics such as scar tissue formation, must be understood.

3. The *third element* is the patient's process of decision, based not only what the surgeon has told them, but also on information they have been exposed to from other sources, including: other physicians, family and friends, and perhaps an acquaintance who has had a similar procedure; what they have read by independently researching the problem; and their own emotional response to illness, injury, or medical malady and all that it changes in one's life.

What are your legal and ethical rights as a patient?

1. You have the legal and ethical right to direct what happens to your body.
2. You have the legal and ethical right to be informed about your condition/diagnosis.
3. You have the legal and ethical right to fully understand the recommended surgical, medical, or diagnostic procedure(s), so that you may give or withhold your consent.

To the Patient:

You have the right, as a patient, to be informed about your condition and the recommended surgical, medical, or diagnostic procedure to be used, so that you may make the decision whether or not to undergo the procedure after knowing the risks and hazards involved. This disclosure is not meant to alarm you; it is simply an effort to make you better informed so that you may give or withhold your consent for the procedure.

What is the diagnosis for which treatment has been planned?

Inflammatory conditions, myotendinous & ligamentous injuries: 1) tendonitis; 2) bursitis;
Diagnosis (primary): 3) epicondylitis; 4) muscle strain; 5) ligament strain

Diagnosis (secondary): _____

Diagnosis (secondary): _____

Diagnosis (secondary): _____

Explanation of your primary diagnosis

You have a condition(s) broadly known as: Inflammatory Conditions, Myotendinous & Ligamentous Injuries. These conditions can be the result of an acute injurious event, or cumulative trauma secondary to overuse or repetitive motion. These broad categories include diagnoses such as tendonitis, bursitis, epicondylitis, muscle tear (strain), or ligament tear (sprain).

Tendonitis: When a body part is inflamed by injury or overuse, it's known by the suffix —itis—a Greek term meaning inflammation. In orthopedics, there are many tendons in the musculoskeletal system that can become inflamed. For example, rotator cuff tendonitis, biceps tendonitis, Achilles tendonitis, and so on. Inflammation is a localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful, especially as a reaction to injury or infection.

When inflammation occurs, chemicals from the body's white blood cells are released into the blood or affected tissues to protect your body from foreign substances or injury. This release of chemicals increases the blood flow to the area and may result in redness, warmth, pain, or swelling. Inflammation is part of your body's immune response.

The function of inflammation is to eliminate the initial cause of cell injury, clear out necrotic (dead or dying) cells and tissues damaged from the initial insult or injury. The inflammatory response is the first defense in the immune response. It is necessary to initiate tissue repair.

Bursitis: Bursae, are small, jelly-like sacs that are located throughout the body, including around the shoulder, elbow, hip, knee, and heel. They contain a small amount of fluid, and act as cushions around a bony prominence to help reduce friction. A bursitis is an inflammation of the bursa. This can occur as a result of a direct blow or as a result of repeated small stresses and overuse. Often the bursa will swell and fill with fluid. Sometimes the bursa will become infected. Often, bursitis is associated with tendonitis.

Epicondylitis: Tennis elbow is an example of a lateral epicondylitis, a condition in which the forearm muscles become damaged from overuse.

The condition is common in athletes and in people with jobs that require vigorous use of the forearm muscles, such as carpenters, plumbers and painters. The lateral epicondyle is at the small outside bony knob of the elbow. The muscles that extend (bend backwards) the wrist have their origin along the lateral epicondyle. Because tennis players use these wrist extensor muscles over-and-over while playing tennis, the condition became quite common in that population. Thus, it became known as tennis elbow.

The counterpart to tennis elbow is golfer's elbow, and as the name implies, is quite common in people using a golf club. The main difference is that in golfer's elbow, the inside part of the elbow, or medial epicondyle, is involved. That's because the flexor muscles of the wrist have their origin along the medial epicondyle. Thus, most of the pain is located along the bony knob on this inside part of the elbow.

The symptoms for both tennis elbow and golfer's elbow are much the same. Both cause the gradual onset of pain or burning on the outside or inside of the elbow respectively. Both can cause a weakness in grip strength. And both are often worsened with forearm activities such as holding a racquet or golf club, turning a wrench, or shaking hands. In either case, your dominant arm is most often affected, however both arms can be symptomatic.

Muscle tear (strain): A strain is an injury to a muscle and /or a tendon (fibrous cords of tissue that attach muscles to bone). Since almost all muscles have a tendon, it is sometimes difficult to tell whether it's the muscle, the tendon, or both that's been stretched or torn. Often, an MRI scan is required to pinpoint the precise site of injury. Injuries to the skeletal muscles are common. Muscle strains usually happen when a muscle is stretched beyond its limit, usually after a sudden trauma like a fall or a blow to the body. These injuries are common in sports or at work. Muscle tears or strains often occur near the point where the muscle joins the tendon. Muscle or tendon strains can be partial or complete. Typical symptoms can include pain, muscle spasm, muscle weakness, swelling, inflammation, and cramping.

Ligament tear (sprain): A sprain is a stretch and/or tear of a ligament (a strong band of connective tissue that connects the end of one bone with another). Ligaments function to stabilize and support the body's joints. Sprains can occur when the ligament is stretched beyond its physiologic limits. The areas of your body most vulnerable to sprains are your knees, ankles, wrists, neck, low back, shoulders, and elbows. But any joint in the body can be sprained. For example, ankle sprains can occur when your foot turns inward (inversion sprain), which places extreme tension on the ligaments of your outer ankle. A sprained knee can be the result of a twisting injury with your foot fixed. A wrist injury typically happens when you fall on an outstretched hand.

Sprains are classified by severity. Grade 1 sprains are mild, with ligaments stretched but not torn. Grade 2 sprains are moderate, with some ligament fibers stretched and some torn. Grade 3 sprains are severe, with complete ligament tears.

Treatment options

Most strains, sprains, and inflammations are initially treated conservatively, with rest, ice, compression and elevation (RICE). Once the acute pain and swelling subside, simple exercises are started to help restore mobility and strength. Unfortunately, in some cases the condition(s) do not heal as quickly expected and may drag on. In these cases, more intensive treatment may be required.

- **Medications:** Both over-the-counter NSAIDs like aspirin, ibuprofen, naproxen, etc.; and prescription NSAIDs, like Celebrex, Mobic, Voltaren, etc. can be used to control joint pain and inflammation. Acetaminophen, which is *not* an anti-inflammatory, can be effective in controlling pain. NSAIDs have side-effects and can be unsafe in patients with asthma, liver disease, kidney disease, and ulcers.
- **Steroid injections:** Injections of “cortisone” into the joint may temporarily help to relieve pain and swelling. However, it is important to know that repeated or frequent injections into the same joint can cause damage and undesirable side-effects. Diabetic patients can often see a transient rise in their blood sugar after a steroid injection.
- **Aspirations:** In some cases, your surgeon may perform an aspiration to draw out excessive fluid from an inflamed region. This is common with bursal inflammations where fluid and sometimes infection develops.
- **Exercise, therapy, and bracing:** Canes, crutches, walkers, or splints may help relieve the pain. Activity modification can also be helpful. Physical therapy can be useful in many cases. Modalities such as ice or heat are other options.
- **Combination treatment:** In most cases, patients with these conditions can continue to perform normal activities of daily living. Exercise programs, NSAIDs, weight reduction, physical therapy, smoking cessation, infrequent steroid injections, bracing, or any combination thereof, can successfully reduce pain and improve function.
- **Surgery:** In general, an orthopedic surgeon will perform surgery for serious injuries, like an anterior cruciate ligament tear or a rotator cuff tear. Surgery might also be indicated for an infected bursa and a bursal inflammation that is recurrent. Surgery could be clinically indicated to address instability, such as an ankle or knee that repeatedly is unstable and causing functional problems. All surgeries have possible risks and complications that are covered by your surgeon before proceeding with the surgical procedure(s). Suffice it to say to any surgery can cause infection, nerve injury, vascular injury, blood clots, pulmonary embolism, and even death. Although surgery is designed to improve an underlying condition, no surgery can be absolutely guaranteed to improve or cure a condition. In some rare cases, surgery can even make your condition worse.
- **Stem cell injection:** According to a statement from FDA Commissioner Scott Gottlieb, MD from August 28, 2017, “One of the most promising new fields of science and medicine is the area of cell therapies and their use in regenerative medicine. These new technologies, most of which are in early stages of develop-

ment, hold significant promise for transformative and potentially curative treatments for some of humanity's most troubling and intractable maladies.

Recent advances in our basic knowledge of the pathways involved in tissue damage and regeneration have combined with remarkable progress in adult stem cell biology to put us at a genuine inflection point in the history of medicine..."

- *PRP (platelet rich plasma injections):* PRP is currently being investigated for its effectiveness in speeding the healing of a variety of tendon injuries. PRP is a preparation developed from a patient's own blood. It contains a high concentration of proteins called growth factors that are very important in the healing of injuries. Current research on PRP and lateral epicondylitis is very promising. A few treatment centers across the country are incorporating PRP injections into the non-surgical treatment regimen for lateral epicondylitis. However, this method is still under investigation and more research is necessary to fully prove PRP's effectiveness.
- *Non-intervention (do nothing):* It should be emphasized that doing nothing is an option. Other terms for this include: "just live with it" or "blind neglect." Should you choose this option, you should be aware that the natural history of osteoarthritis is continued degeneration of the affected area over time. It is impossible for physicians to say with certainty precisely how long your degenerative process will take to progress to the point of worsening symptoms.

Often the condition will wax and wane. Eventually, however, if left untreated the condition can cause progressive symptoms such as pain, swelling, loss of joint motion, feelings of instability, and interference with activities of daily living, recreational activities, or work-related activities.

What you should know about the proposed procedure

I understand that the following procedure is planned for me: **Blood will be drawn from a vein. The blood**

same will then be prepared and the PRP will be injected into my painful or damaged joint or damaged tissue.

I understand that I am being asked to voluntarily consent and to voluntarily authorize the procedure(s) described below. I am being informed that the proposed procedure(s) consists of two elements or phases. The first phase involves taking a sample of my blood, and the second phase involves the injection of the PRP into my painful or damaged joint or damaged tissue. The proposed procedure will be described in further detail below.

I. Primary proposed procedure platelet-rich Plasma (PRP) Injections

As the patient, you should understand that the primary proposed procedure is to remove of fraction of your blood (20-60cc) under sterile conditions, like what might occur when having samples of blood tested in a hospital or clinic. The sample of blood required for PRP is far less than what would be donated at a blood bank (500cc). The blood sample is then taken to our on-site processing center where it is spun in a special centrifuge to separate its components (Red Blood Cells, Platelet Rich Plasma, Platelet Poor Plasma, and Buffy Coat). The PRP and Buffy Coat are first separated, then combined, then activated with a small amount of calcium chloride which acts as an activation agent and scaffold to keep the PRP stable. You can comfortably rest during this preparation phase of the procedure

Once the PRP has been prepared, it is then injected under sterile conditions into the target area(s) using ultrasound or fluoroscopic guided imaging for precision. Platelets are very small blood cells that are normally involved in the clotting mechanism to stop bleeding. When PRP is injected into a damaged area, it causes a mild inflammatory response that triggers the healing cascade. As the platelets organize in the treatment area, they release enzymes that promote healing and tissue responses, including attracting stem cells and growth factors to repair damaged tissue. New collagen begins to develop, and as it matures it begins to shrink which causes tightening and strengthening of the damaged area.

PRP is currently being investigated for its effectiveness in speeding the healing of a variety of tendon injuries. PRP is a preparation developed

from a patient's own blood. It contains a high concentration of proteins called growth factors that are very important in the healing of injuries. Current research on PRP and lateral epicondylitis is very promising. A few treatment centers across the country are incorporating PRP injections into the non-surgical treatment regimen for lateral epicondylitis. However, this method is still under investigation and more research is necessary to fully prove PRP's effectiveness.

**II. Duration of procedure:
including Phases 1 and 2)**

The entire PRP sequence takes about an hour..

III. Near and long-term goals of procedure

The near-term goals of the procedure are to allow the PRP the opportunity to begin the process of renewal and regeneration. Your surgeon will provide you with very specific post-procedure instructions that should be followed. The long-term goals are to decrease pain and improve function. This, however, is not a guarantee or warranty that the procedure will serve its intended purpose.

**IV. Investigational procedure
acknowledgement:**

This medical procedure is still considered experimental and investigative. This means it has not yet met the standard of care in the medical community. While your surgeon believes that this procedure holds promise, there are no large research studies that have shown it to be conclusively effective.

The American Academy of Orthopedic Surgeons issued a position statement on the "Use of Emerging Biologic Therapies" in December 2017 that states:

"The increasing shift to therapeutic biologic products for restoring structure and function presents new questions of safety and effectiveness. No longer reserved for treating trauma and soft tissue injuries, biologic therapies are now explored as options for osteoarthritis. As we note in the statement 'Innovation and New Technologies in Orthopedic Surgery,' surgeons must be aware of the scientific basis for different treatment options offered to patients, including the benefits and risks. The varying regulatory pathways by which biologic therapies come to market require

additional burden for surgeons to become familiar with, the Food and Drug Administration's current thinking with respect to the source, retrieval and/or manufacturing methods, processing, storage, and use of these products, whether alone or as part of combination products. Emerging biologic therapies may lack the demonstrated safety and effectiveness profiles of many traditional orthopedic treatments. Patient education is needed for informed consent..."

**V. Possible risks or complications
of the procedure(s):**

PRP injections are generally safe procedures. Complications are rare but can include:

1. Excessive bleeding, particularly in people with low numbers of platelets.
2. Infection, especially in people with weakened immune systems.
3. Long-lasting discomfort at the aspiration site.
4. Numbness or tingling.
5. Blood clots in veins and lung.
6. Hemorrhage, allergic reactions, or even death.
7. Local pain.
8. Bruising.
9. Skin discoloration at the injection site.
10. Cellulitis.
11. Increased pain.
12. Hypertrophic scar formation or keloid.
13. Injury to bone, muscle, or nerve.
14. Drop in blood pressure.
15. Loss of consciousness.
16. Abnormal heart beat.
17. Vaso-vagal reaction with vomiting and possible aspiration.
18. Increased cancer risk.
19. Kidney failure.
20. Structural failure of the treatment site.
21. Bone or joint infection.
22. The above risks and complications are not the only possible side effects

VI. Contraindications to stem cell injections

Contraindications to PRP include: 1) Acute or Chronic infections; 2) Skin diseases (SLE, porphyria, contact dermatitis); 3) Cancer; 4) Chemotherapy; 5) Severe metabolic and systemic disorders; 6) Abnormal platelet function (blood disorders,

hemodynamic instability; hypofibrinogenemia, critical thrombocytopenia); 7) Chronic liver disease; 8) Anti-coagulation therapy; 9) Underlying sepsis; 10) Systemic use of corticosteroids within two weeks of the procedure.

We encourage you to discuss the informed consent with family members, friends, physicians, and other trusted sources.

VIII. Insurance coverage for this procedure

By signing this form, you understand that there is no insurance coverage for the stem cell procedure. This means that the costs for the stem cell procedure (that have been quoted to you by our office) will not be reimbursed by a health insurer. You are responsible for these costs.

That said, while a health insurer will not reimburse for the stem cell aspiration or injection, there may be ancillary elements of the procedure that might be reimbursable by a health insurer. These would include the following:

- a. Your initial orthopedic consultation.
- b. Any diagnostic studies performed as part of your initial evaluation, including x-rays or ultrasound diagnostic studies.
- c. Use of the mi-eye 2™ diagnostic arthroscopic needle scope.

Our staff will provide you with ICD-10 codes, CPT codes, consultation reports, ultrasound reports, x-ray reports, and diagnostic arthroscopic surgery reports to assist you in obtaining reimbursement from your insurance company should these procedures be covered under your policy.

By signing this form, you attest that you have been given the opportunity to ask questions about your diagnosis/condition, alternative forms of treatment, risks of non-treatment, the procedure(s) to be used, and the risks and hazards involved. By signing this form, you attest that you have been made aware that the use of adult mesenchymal stem cells is currently considered investigational. By signing this form, you attest that you have been given sufficient information to give this informed consent. Your physician has answered all your questions to your satisfaction.

I understand that I am free to refuse consent for any procedure.

Giving Consent

By signing below, I confirm that I have read: **What is Informed Consent?** (page 1)

By signing below, I confirm that I have read: **Informed Consent for inflammatory conditions, myotendinous injuries, & ligamentous injuries** (pages 1-6).

By signing below, I confirm that I have had: 1) each item explained to me; 2) a chance to ask questions; and 3) all my questions have been answered to my satisfaction.

Full name of procedure(s):

Platelet-rich Plasma (PRP) obtained from a blood draw, concentrated, then injected into the target site

Healthcare Professional performing procedure:

Patrick N. Bays DO

Patient Signature

Print Name

Date

Time

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Witness Signature

Print Name

Date

Time

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Interpreter Signature

Print Name

Date

Time

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Healthcare Professional's Statement

I explained the treatment/procedure(s) stated on this form, including the possible risks, complications, alternative treatments (including non-treatment) and anticipated results to the patient and/or his/her representative before the patient and/or his/her representative consented. If only the patient has signed

this form, in my clinical opinion, the patient is capable of making his/her health care decisions. If in my clinical opinion, the adult patient has questionable ability to make his/her own health care decisions, I discussed the above with the patient and with the patient's legally authorized representative.

Healthcare Provider Signature

Print Name

Date

Time

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