

# Initial Case Record - Naturopathy

Patient Initials:

Age:

M/F/Preferred Pronoun:

Date:

DOB:

Patient Name:

Supervisor Name:

Student Name:

Student #:

Refer to the client intake form

Diagnosed medical condition/s:

Risks:

Notes:

Allergies/Intolerances		
Pregnancy		
Lactation		
Medical Devices		

Medications / Supplements

Drug Name & Class / Dose / Day / Week	Reason for Taking	Duration of TX	Result
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RA Dx) 2015, sick only in winter, every 3 weeks. 200mg. Good few years trying to manage.  
2017 so over it mum and her went to bali to see a healer. Made a big difference.  
After bali changed diet completely. (gluten dairy and lectins) biggest change.  
Was on this for about 2 years.  
2019 europe end of trip in italy ate gluten and was fine.  
And have been back on what ever, few flair ups but mainly changing the pill, have almost never had flair ups.  
Still have pain and sorenes. Methotrexate until last year. (cancer drug). 30mg of this. Plaquinol.  
If RA levels increase may not be approved.

Also the time of taking the pill. Poor immune system drinking at the same time.  
Estelle changed over to it now. Estelle linked to RA.  
No Ra in the family history. Diagnosed by blood test. Always hurting self just basic.

Side effects with this new med slinda.  
Coming off the pill. Scares you the long term side effects. Have been long term thinking about coming off it.

More inclined to try natural things and work with them.

	Location Onset Cause Duration Course Continual or intermittent Concomitants Assoc sx Timing When Cyclical Type Nature Sensation Severity Quality of Life Effects /10 Radiates Associated Factors > Better for < Worse for Relevant PHx Hospitalisation Surgery Accidents Relevant FHx Investigations By Who? How?
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## Systems Review

### Lifestyle

Energy levels ‘fucked’  
Suspects neurodiversity (ADHD). Can’t switch off and all you focus on. Freeze mode after work. And if has something to do, can’t do anything else. A bit higher now on holidays.  
Going to gym feels good but by lunch so tired and delusional.  
Poor concentration level 4/10. And 1% of the hyperfocus.  
Moving around antsy productive energy. And need to do in the moment.

Has a gym membership goes to emf. On the lesser membership.  
School this class this year and have a mental breakdown if you fit the gym in as well.  
Light weights then heavy weights.  
Can’t slow down and overwhelming. And builds more anxiety. Based on other posed.  
Refomer pilates.

#### Vitality (Seeds of Health)

Energy /10  
Stress /10  
Causes of Stress  
Occupation  
Exercise  
Relaxation  
Sleep (quality/quantity)  
Smoking  
Alcohol  
Recreational Drug Use

### Nervous System / Emotional Health

Mood / Concentration / Memory / Headaches / Migraine / Dizziness / Light-Headedness /  
Neuropathy / Parasthesia

### Digestion / GIT

Upper: Appetite, Burping, Reflux, Bloating / Fullness, Indigestion / Pain / Discomfort / Nausea  
Lower: Bowel Motions – regularity, colour, consistency, diarrhoea, constipation, straining,  
complete evacuation, flatulence, mucus / blood in stool

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What it was) it's good. But compared to when diet was clean.

Bloated all the time even from water. IBS. from a young age. Healed gut in 2 years made world of difference. And now listens more to body on what it feels it needs.

Bloated in upper stomach and bad back pain.

Digestive enzymes.

More so towards number 2 but never hard to pass.

More so 4 now and looser.

No undigested food.

## ENT / Respiratory

Ears, Nose, Throat, Allergies, Sinus, SOB, Wheeze, Cough

## Immune

Frequency of Infection / Resolution / Healing Time / Type of Infection (colds & flus / UTIs / skin / thrush / cold sores etc.), Convalescence?

ALways prone to thrush and would have antibiotics. 2014 in first year of uni had tonsillitis all the time 6 times on one year. And then tonsils out in 2014. Always progresses and would need abx then thrush. And then abx for thrush.

### Circulation / CVD

Peripheral, Palpitations, Dizziness, Tinnitus, SOB, Blood Pressure, Cholesterol, Oedema, Varicose Veins / Haemorrhoids, Easy Bruising

### Musculoskeletal

Muscle Tension / Cramps / Spasms / Pain, Joint Stiffness / Pain / Swelling, Injuries / Accidents, Posture

### Skin / Hair / Nails / Teeth / Gums

Quality, Condition, Changes, Imitation, Rash, Itch, Discharge

Brittle and hairloss from methotrexate, very thin now. And clumps coming out. New baby hair growing in.

Nice nail growth, Minimal ridging.

Skin) getting break outs in year seven but no acne or anything like that. Always had clear skin on the pill. So scared about going off the pill.

### Genitourinary

Hx UTIs, Location, Frequency, Urgency, Dysuria, Interrupted flow

No uti.

### Female Repro

PAP, Contraception, Infections, Thrush, Currently Menstruating, Menarche, Regularity of Cycle, Cycle Length, Duration of Flow, Quality, Colour, Consistency of Flow, Clots, PMx Sx, Menopausal Sx

Slinda) no periods, occasional spotting, no signs of period coming.

Period was more heavy than not, Frequently changing tampons for first few days. Now just wearing to be safe. Still dont get even though on sugars. Awful cramping and pain.

### Male Repro / Prostate

Frequency, Urgency, Dysuria, Discomfort, Pain, Nocturia, Problems Initiating or Stopping Flow, Dribbling, Incomplete Emptying, Discharge, Infections, Libido, Erectile Dysfunction, Andropause, Fertility

## Endocrine / Diabetes / Thyroid / Adrenals

### Diet

#### Food Allergies or Intolerances

(Known / Diagnosed / Suspected)

Allergic to Zucchini affects the RA. Nightshade vegetables and lectins. (can tolerate beans).  
Sensitive to G and D.

#### Special Diet Followed?

(vegetarian, vegan, gluten free, dairy free, keto, etc.)

What Do You Do Well With Your Diet?

What Can You Improve With Your Diet?

### 24hr Recall / Typical Day's Diet

Breakfast:

( am)

Snacks:

( am)

Lunch:

( am/pm)

Snacks:

( pm)

Dinner:

pm)

(	
Snacks:	
(                      pm)	

Food Frequency (e.g. 3/7, 1/30 AND number of serves)		
Animal	Dairy	Soy
(Meat, Fish, Eggs)	(Milk products, Butter / Spreads)	(Soy products incl. soy proteins / isolates)

Legumes	Fruit	Vegetables	
Nuts & Seeds	Grains/Cereals	Fats/Oils	Treats/Fast Food

### Fluids

(Water / Coffee / Tea / Herbal Tea / Soft Drinks / Energy Drinks / Milk Drinks / Other Fluids / Alcohol)

Drink so much water at least 2L per day. If goes to gym will definitely flush through. But if not can hold at school. Feels really dehydrated, dry mouth headaches.

Talks a lot at school.

### Likes / Dislikes.

Love meat, chicken salmon, steak, Likes mostly everything.

### Cravings

## Eating Habits

(e.g. chewing, eating on the run)

Vitality / Fresh vs Processed / Quality of Food / Raw vs Cooked / Thermogenics

Person responsible for shopping & cooking / Home Prepared vs Take-Away / Number of meals skipped per week

Macronutrient Micronutrient (excess / deficiency)		Phytonutrient (excess / deficiency)	
Physical Examinations (Biomedical)			
Blood Pressure (sitting)	Pulse	Temperature	Respiratory Rate
Fine BP. Thyroid tested all normal.			
Blood Pressure (supine)	Circulation	Nerve Testing	Abdominal
Ears / Mouth / Throat / Glands		Skin (note where)	
Weight (kg) Height (m)		Waist (cm)	Hip (cm)
BMI	WHR	BIA	



(weight / height m²)

Physical Examinations (Holistic)

Iris

Energetics

Student Signature:

Supervisor Signature:

Case Analysis

Naturopathy

Patient Initials:

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Supervisor Name:

Student Name:

Student #:

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### Naturopathic Understanding:

(What do you know? What do you understand? What is the cause for THIS patient?)

1.5 mths left.

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### Note:

(Predisposing/Excitatory/Sustaining Factors)

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### Treatment Considerations

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### Constitution/Vitality

### Factors Affecting Compliance

(e.g. budget, religious, cultural, absorption, complexity,  
chronicity, diet, travel, taste, form)

### Working Diagnosis & Differentials

(Including: worst case scenario)

### Concerns/Red Flags/Further Tests/Referrals Required

### Other

**Treatment Aims: Short and Long Term** (Novice may start with 2 short term 2 long term aims)

<i>Reduce depression</i>	<i>Systemic NS GIT</i>	<p>A) Support neurotransmitter production (esp. dopamine, GABA and serotonin) to enhance mood and reduce anxiety.</p> <p>B) Correct neurotransmitter imbalance by providing constituents and co-factors required in neurotransmitter</p>	<p>- <i>Improved stress adaptation</i></p> <p>- <i>Improved energy</i></p>	<p><i>Nervine Adaptogen Thymoleptic Anti-inflammatory</i></p>	<p>- <i>Nutritional Medicine</i></p> <p>- <i>Herbal medicine</i></p>
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		modulation and synthesis			
<i>Regulate and Support a healthy feminine cycle</i>	<i>Repro</i>	<ul style="list-style-type: none"> <li>• Modulate the HPO axis in order to bring cycle back to regular intervals and decrease menorrhagia.</li> </ul> <p><i>B) Reduce sympathetic dominance by balancing HPA axis hyperactivity through stress reduction techniques.</i></p>			- <i>Lifestyle</i>
<i>Improve energy levels</i>					
<i>Regulate blood sugar</i>		<p><i>a)</i> Modulate adrenal androgen production via regulation of insulin production and downregulation of 11b-hydroxysteroid dehydrogenase.</p>			-  Nutritional Medicine

		<i>b) Increase insulin sensitivity via</i> <i>c) Stabalise blood sugar levels by consuming foods in intervils of no longer then 3 hours</i>			- Dietary - Lifestyle

**Action / Reason**

**Prescription**

**Tx Timeframe /**

(Herbal, Nutritional, Energetics); include dose, range and dosage **Prognosis**

**/ Outcomes**

<i>Nervine</i> <i>Adaptogen</i> <i>Thymoleptic</i> <i>Anti-spasmodic</i> <i>Uterine tonic</i>	<i>Rhodiola rosea</i> (stimulating adaptogen, anti-depressant anti-fatigue and tonifying activity upregulates dopamine and serotonin in hypothalamus) <i>Rosemarinus officinalis</i>  Eleutherococcus senticosus, Schisandra chinensis <b>Vitex agnus-castus Paeonia lactiflora</b>   <i>omega-3 fatty acids exert antidepressant activity via beneficial effects on neurotransmission including modulation of neurotransmitter (noradrenaline, dopamine and serotonin) reuptake, degradation, synthesis and receptor binding, anti-inflammation</i>  <u>Metagenics</u> <b><u>MetaPure EPA/DHA</u></b>	
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**I have confirmed there are no herb / nutrient / drug interactions with my prescription.**

My source for this information was:

Click or tap here to enter text.

**Signature:**

**Date:**

**Dietary & Lifestyle**

A signed copy of any written instructions must be placed in client file; all handouts must be approved by the supervisor and a copy attached to this form)

## Further Notes

*Dietary & lifestyle) Herbal is above*

- *When meal planning, focus on adding more protein and essential nutrient to your meals, specifically focusing on chromium, tyrosine, magnesium, vitamin B3, B6, EPA and DHA. A handout has been attached with food sources from each of these nutrient sources.*
- *Eat foods more regularly, around every three hours. Focusing on three main meals and two snacks.*



- *Track menstrual cycle using handout provided. Alternative digital options include Flo, Clue, FMC (Free Menstrual Tracker), or the health app on Apple.*

- *Stress reduction techniques include meditations on Insight timer, exercise,*

**Issues to review next visit / Questions / Follow up requirements or referrals / Length of time until next app.**

- Next time complete Dass 21

- When was your first menstrual period? Does your mother experience any reproductive conditions?

- What other symptoms do you experience?

- Have you had A glucose tolerance test or H1abc If so what were the results?

- What investigations are you having? Do you have any pathology you can share with me?

- Referral? Are you seeing a counsellor?

Complete full details of prescription on Dispensing Record Form with instructions as they appear on dispensed items.

Student Signature:		Date:	
Supervisor Authorisation:		Date:	

*DDx thyroid disorders*