



Nature Care College

Office Use
Only

NUTRITION CLIENT CASE TAKING FORM

Date: 13/4/18 Student's Name: Maere Beary

Client's Name: Emory Hankinson (child)

Date of Birth: 22/11/07

Address: 871 Pittwater Rd

Manly

Postcode: 2095

Phone: (H) _____ (W) _____

Mob: 0419 104 20 (mum)

Household

Situation: Mum + Dad recently separated

Children: 2 Siblings Brothers (12, 8)

75%
time w/
mum

Occupation: n/a

Referred By: Maere

? EOS - Disautonomia
? Migrating Motor Complex / cleansing wave / 90 min

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
Case Taking Sheet for Clinical Practice 2 (Nut) DL V1

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Strong constitution

PRESENTING SYMPTOMS

(P++/sensation, location, duration, what was happening when presenting symptoms began, better by/worse by, current treatment etc.)

Ut: age 2 1/2 (2010) UTI - suggested circumcision by med.
Aus: Circumcision - General A. (age 3 1/2) (2011)
Oct 2010 * moving over - soiling began. Dad couldn't cope
E soiled - Smacked. Paed. did exploratory
+ all normal during surgery.
Movicol - associated w/ toilet. (↑ and ↓)
since then. Breakthrough when Dad separated
for 8 mths - much less - reward system
less family pressure.
last 18 mths - pain high up ("I can't really
breathe properly") - GP ultrasounded. A lot
of gas. (more gas like you've had a bug) - but
he didn't have this
2016 Gastroenterologist Lemberg - physical
"haven't seen this this much constipation in
boy this age for v. long time" - Picosolax
osmolax x3 - refused after 1 week
referred to psy.
Distended tummy - sensitive? Yes.
Sometimes hurts - not every time -
GO TO RELEVANT SYSTEM  morn B/L school

Type 5 - soft blobs.
-?

after school Type 2 pellets / pebbles.
morning Type 6

Birth: Premature
4 weeks
jaundiced 23 days Breastfed
well only 7/6 12oz later correct.

NUTRITION CASE TAKING SHEET

Past history
0-10 years

10-20 years

20 - onwards

Family history

Mother: Endometriosis.

Vaginal Births x3
Knee.

Father:

Sinus v. Brad.
- Croop
- Blacked out 4-6 times

Siblings: heart valve.

Grandparents:

Cancer - adrenal + lung
breast cancer

Grandparents:

Dad - heart attack.
Mum - Parkinson's.

Sleep (how much, any problems, dreams, wake refreshed?)

Lead head (night owl) 9³⁰ - 8 11 hrs.
Reading. Pull-up - Soil Type 6 1/2 palm size.

Energy levels (0-10, any slumps, what time?)

Morn: 3-4 > up + down - slow to move.
Lunch: 8
Dinner: 5-6

Medications and supplements

Moriceol?

Allergies / intolerances (foods, alcohol, drugs, environmental)

What is the reaction like?

milk - feels sick - milk shake
yoghurt - can't eat alot.

Height

148cm tall 40 5

Weight

40T

Goal weight / dress size

Hypermobile R. Ankle.

Measurements

	1st visit	2nd visit	3rd visit	4th visit
Weight				
Bust				
Ribs				
Waist				
Hips				
Bum				
Thigh				

w/c Pancakes (Bacon + Eggs)

BREAKFAST	cereal - Just Right / Wheatbix / Rice Crispies won't eat oats. Toast, Egg (likes) x2 love all kind Fruit - goes for this
Morning snack	munch + crunch - carrot / Hummus / apple. Cookie, cheese + crackers, yoghurt, pasta + cheese
LUNCH	Roll. cheese + lettuce; Gnocchi sticks, diced apricots; corn chips, guacamole Sushi / Avocado / cucumber, chicken nuggets.
Afternoon snack	Banana Bread w/ Butter, muffin (not blueberries) not banana. mango, strawb. / berry smoothie
DINNER / dessert	Custards / Berries / Ice-cream (loves) Sorbet. (Bulle - Choc ice-cream)

taste sensitive

Sour dough - Apple B/L Bed

WATER

500-800ml

TEA / COFFEE / COLA

ALCOHOL

Big Drink Bottle to Bed? But doesn't like
no, cherry Tom / olives or tomatoes

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Dinner: Chicken Karage w/ rice (fave), carrot
Nachos / Beans - doesn't like red cap,
cooked, string beans, 1pc broccoli in big
pieces, raw carrot, cucumber
Japanese food

Smooze.

Fruit - Apple, Choc - Milo, Sour strips

CRAVINGS:

Lollies.

AVERSIONS / DISLIKES:

Sausages

lot milk, Banana, meat? - steak.
doesn't like texture, meat
chewed + spat out.

How often do you eat out and takeaway meals? Which meals?

1/week - Pizza, fish n chips.

What happens if you skip a meal?

Slump.

What is your energy like after a meal?

Slow eater, last to leave table.
no super energetic.

Do you eat when under stress / emotional eating (what type of food)?

There's a bit of that in our house - boys
raid cupboard.

When cooking do you use fresh, canned, frozen and packaged foods?

Mum

mostly Fresh, meat, veg.
stir fry veg.
frozen chips. x 1/week
frozen Pies. x 1/week.
loves meat pie.

Dad

fish fingers, nuggets
Steak; Salad.
↳ you're not eating
properly.

GIT

(Weight loss / gain, appetite, breath, cold sores, bleeding gums, nausea, P? reflux, vomiting, burping, flatulence, bloating, any reaction to fatty foods and what happens if you miss a meal?)

maybe - more than flatulence
flatulence - not really.

Sores on bum / in crack - Sudocream / Paw Paw.

Bowels

(How often, colour, float, sink, constipation/diarrhoea, blood/mucous, laxatives?)

yes

Respiratory

(Headaches/migraines, dizziness/vertigo, how many colds/flu per year and how long to recover? Do you smoke and how many? Marijuana/other recreational drugs? Swollen glands, hayfever, sinus, post nasal drip, nose bleeds, cough (when/colour/how long), S.O.B., asthma?)

no

Kidneys

(Thirst, nocturia, P++ on urination, bladder problems [cystitis, incontinence.] Reaction to loud/sudden noises?)

UTI (2^{Age}) - Day night

Female Reproductive System

(Menarche/Menopause, Cycle, No. of days bleeding,, clots/spotting, PMS, sore breasts, bloating, constipation/diarrhoea, mood changes. Pap smears? Any cervical changes, wart viruses, discharges, thrush? Contraceptive method?)

Male Reproductive System

(Infections, lymph swelling, impotence, hernias?)

Circumcised - testicles enlarged

Cardio-vascular

(Any heart problems. Chest P++, palpitations, cold hands or feet, varicose veins?)

SOB

Musculo-skeletal

(Cramps, back P++, stiffness, parasthesia?)

crampsR. ankle sore in morn - sports physio
unilateral impingement - orthotics - aching**Skin**

(Acne, eczema, psoriasis, warts & healing?)

hormonal 1porebruise easily**Lifestyle**

(Exercise, relaxation, job satisfaction, anxiety, depression, mood swings?)

Soccer, touch football, surf, swim (ocean),
skateboarding, bike, scooter.**Physical Examination**

(Observations: dandruff, hair, dark circles, skin, walking, sitting, tremors, smell?)

Nails:

Bites

Eyes: (Glasses/contacts, glare, night vision, swollen, infections, black shadows)

Dark circles / puffy

Ears: (hearing too acute, waxy, noises, infections)

one ear more waxy (R)
than other

Tongue:

?

Blood Pressure:

Pulse:

AB's - v. rarely (twice) not in last 2 years

- Complete Digestive Stool analysis - later
- ✓ FBC | Coeliac Serology (per Hamburg)
- Water ^{+ Make Repro} \uparrow $\frac{1}{2}$ L/day - 2 L
- ✓ Remove Dairy - 3 weeks
- IgG / IgA / IgE
- \uparrow Veggies | raw. \uparrow Fibre ^{Cauliflower} Berries / Avo / Pears / Broccoli
Brussels Sprouts
add Chia Seeds / Flaxseeds
- \downarrow fruit
- ✓ Pelvic Floor Exercise - specialist (Bondi Angela James)
- Paed.
- Bowel Transit Time | Corn + Beetroot Test
- Integrative Doc - ??
- Osmolax - side effects ??
- ~~Wheat~~

- Kiwi / Prunes / Apples
- Food Allergy IgG / IgA / IgE * Dairy / CBC / Testes
- Fast stool? - Osmolax 2-3 weeks
- Iberogast / Liquorice Tea / liquorice lollies ~~shots~~
- D milk to almond

• Toast w/ butter

Case Taking Sheet for Clinical Practice 2 (Nut) DL V1

- Valerian ^{Konic fernheraus system} looks up spiral to ^{panel}
- 20 drops Iberogast + Water + 3 drops Valerian (?) shot (or juice)

Coeliac - presents as ~~diarrhoea~~^{constipation}
more often than diarrhoea.

Date	13/4/18
Client Name	Emory Hankinson
DOB	22/11/07 <i>Scorpio - Bawels</i>
Address	8/71 Pittwater Rd, Manly
Ph	0419910420 (mum)
Children	n/a
Occupation	Child
Referred by	Maeve
Household Situation	Mum and Dad recently separated. Lives with mum 75% time. 2 siblings (brothers) - 1 older 1 younger (12,8)
Presenting Symptoms	Encopresis - day and night time. Ongoing, stomach cramps, constipation. Low energy. Distended tummy, sensitive area. Says sometimes hurts but not every time.
History	<p>Lived in UK until 2 1/2. Toilet trained ok. Got UTI, doc recommended he would be prone to UTIs and should have a circumcision. Left UK as Dad lost job and repat to QLD (Oct 2010). Soiling began after moving over to Aus. Underwent surgery in Aus for circumcision under General A. Paed did exploratory during surgery and reported all normal. Dad smacked badly when soiling bad, mum intervened. Dad doesn't cope with situation at all. Calls him dirty/disgusting/you're smarter than this. Mum and Dad separated for 8 months and mum felt she had breakthrough, reward system, lots of high 5s, things improved. Dad moved back in and since then up and down since then. Dad blames mum, says she didn't toilet train properly. As soiling continue took to Gastroenterologist in 2016. Lemberg. Did physical and said 'haven't seen this much compaction in a boy this age for a very long time'. Put him on Picosolax and Osmolax x 3. Helped a little but refused to take after 3 weeks. Mum tried to hide in other foods. Dr saw him again a few months later, hadn't improved. Referred to a psychol. Routing goes in morn b4 school. Type 5/6 Bristol stool, Type 2 pellets/pebbles after school. Mum took to diff psychologist closer to home, made small inroads, liked the psych. Dad removed care and sent legal letter. It's still in legal limbo.</p> <p><i>connective tissue disorder</i> Other - hypermobility ~ "Ehlers Danlos Syndrome?"</p>
Birth	4 weeks prem, jaundice 2-3 days, ok, breastfed well. Good weight 7lb 12oz. Dates were correct.
Family History	Mum - endometriosis, 3 vaginal births, bad knee/surgery Dad - bad sinus, croop, blacked out 4-6 times in past Grandparents (paternal) - heart attack, parkinsons Grandparents (maternal) - cancer adrenal and lung, breast cancer
Sleep	'lead head' - but night owl, lots reading. bed 9.30 - 8am - 11hrs sleep. Wears pull up for soiling - in morning Type 6 in pull up - leakage overnight
Energy levels	Morn 3-4. Lunch 8. Dinner 5-6. Slow to move, up and down
Meds/Supps	Movicol. Anti-biotics v rarely (twice). Strong constitution.
Allergies	Milk? Feels sick if he drinks a lot, milk shake doesn't like. Cant eat a lot of yoghurt.

Erin Lowley
Hirschsprung's Disease

Height/weight	148cm/ year 5, 40kg?
Breakfast	Cereal (Just right, wheetbix, rice crispies) – won't eat oats, toast, egg twice/week – loves all kinds eggs, fruit – always eats fruit.
Morning Snack	Carrot/hummous, apple, cookie, cheese and crackers, yoghurt pasta & cheese
Lunch	Cheese and lettuce roll, grissini sticks, dried apricots, corn chips, guacamole, sushi, avo/cucumber, chicken nuggets
PM snack	Banana bread w butter, muffin (not blueberries or banana), mango, strawberry smoothie.
Dinner	Fave is chicken garage w rice, lettuce, carrot, nachos/beans, doesn't like red caps cooked, string beans, broccoli in big piece, raw carrot, cucumber, Japanese Mum cooks mostly fresh, meat, veg, stir fry, frozen chips x 1 week, loves frozen pies x 1 week. Dad cooks fish fingers, nuggets, big steak, salad, - tells him 'your not eating properly' if doesn't eat steak
Alcohol	n/a
Water	Likes water 2 x 500ml per day. Takes drink bottle to bed bed doesn't wake so not sure why?
Aversions	Tomatoes of any kind, olives, lots milk, banana, not great w meat, doesn't like texture, often chewed and spat out.
Cravings	Fruit, apple, choc milo, sour straps, lollies
Takeaway	1/week – pizza, fish n chips
Skip meals	Slumps
Energy after meal	Slow eater, last to leave table, not super energetic
Stress eating	'There's a bit of that in our house' – boys raid cupboard
GIT	Burping a lot – more than flatulence. Not much flatulence, sores on bum, sudocream/paw paw helps. May be from pull up? <i>- fissures</i>
Bowels	Constipation/diarrhoea/soft/squishy.
Resp	No
Kidneys	UTI age 2, dry at night
Female/Male Repro	Circumcision age 3, not sure if testicles are enlarged?
Cardio	Short of breath
Musculoskeletal	Cramps, right ankle sore in morn, went to physio. Unilateral impingement – orthotics – hypermobility – now aching. Has to go back
Skin	Hormonal pores/ Bruises easily, always marked <i>- malabsorption</i>
Lifestyle	Lots sport, soccer, touch football, surf, swim, skateboard, bike, scooter
Nails	Bites
Tongue	?
Other	Eyes, dark circles/puffy, Ears – one ear more waxy (r)
Blood Tests	Needs to do
Treatment Plan	

Valerian *Scorpio*

Microbiome } - Explorer.
Genera } stool sample - gut species
Diagnostics } \$600- overview.

~~PHGG~~
PHGG Partially hydrogenated guar gum.
prebiotic - less bleeding

Homeopathy.