

Consultation Summary & Treatment Plan

Patient Name: Kerry Lewis

Date of Consultation: 1st April 2025



Consultation Summary

It was great to see you yesterday! Here is a quick rundown of what we discussed and the plan moving forward.

Firstly – you had a recent bout of constipation, seemingly from a gut bug as Stan was also experiencing some symptoms. Used Movicol and Magnesium for a few days and the constipation seems to be settling down. You mentioned that the Magnesium alone is starting to do the trick again so continue with that for now. Please let me know if the constipation symptoms come back and we can work on other solutions for longer term gut health.

You mentioned you are currently experiencing a persistent fungal toenail infection that has recently worsened despite using a topical antifungal solution. The doctor has since prescribed Grisovin (500mg) daily until the condition is resolved – I will look into ways I can support you through this treatment if you need to take it longer term. For now, keep up with the probiotics (as you have been).

Circulation appears good into the feet, and there are no signs of infection from your previously treated leg sore – which is great!

We also briefly discussed your husband's experience with gut symptoms and his use of your digestive enzymes, which he finds beneficial.

In terms of overall health, there may be some nutritional deficiencies (such as zinc or iron), which we can assess further with recent blood test results from your GP.

We also spoke some more about the personal and family stressors, particularly regarding your daughter Fiona and her partner Graham. Setting healthy boundaries within your home environment was a key focus, and we explored potential family counselling and professional decluttering services to help reduce stress (more info and contact details for services below).

Treatment Plan

1. Fungal Toenail Treatment

- **Foot Soak Routine:** Soak feet in warm water with apple cider vinegar (or baking soda) and a few drops of tea tree oil. This will help create an environment that discourages fungal growth (see instructions below)

Apple Cider Vinegar (ACV) Soaks:

- **How:** Mix 1 part ACV with 2 parts warm water in a basin large enough to cover your feet – if that is too much to do every day, do a shallow bath that you can at least cover your toes in.
- **Add a few drops of tea tree oil for added antifungal effects.**
- **You can also add some Epsom salts for calming and relaxation if you like.**
- **Why:** ACV and tea tree known for its antifungal and antibacterial properties.
- **How often:** Soak for 15-20 minutes daily.
- **Important:** Ensure the ACV is raw, unpasteurized, and organic.
- **Dry feet thoroughly after washing.**
- Allow feet to completely air dry before applying antifungal solution.

Important Considerations:

- **Consistency is key:**

Regular foot soaks, along with proper hygiene practices (drying feet thoroughly, changing socks frequently), are important for managing toenail fungus.

- **Patience:**

It can take several weeks or months to see noticeable improvements in toenail fungus, even with treatment.

- **Continue Topical Treatment:** Maintain the use of your current antifungal solution and medication as prescribed.
- **Hygiene Practices:**
 - Dry feet thoroughly after washing.
 - Use Canesten antifungal laundry sanitiser (~\$10) for washing socks and shoes.
 - Change socks daily to prevent reinfection and wear breathable footwear when possible.
 - Keep feet open and dry at home.

2. Nutritional Support

- **Zinc Supplementation:** Consider taking 15mg of zinc daily to support immune function, skin health, and digestive balance. (Thompson's – Purchased)
 - **Take 1 tablet with food (dinner is fine)**
- **Magnesium Supplementation:** Continue your current magnesium, as it is benefiting both sleep and digestion (Give Back Health – continue as usual).
- **Digestive Enzymes:** Replenish your supply as they have been beneficial. I will notify you when Enzymedica (stronger formula) is back in stock. In the meantime, Gut Relief tablets can be used.
- **Blood Tests:** Obtain recent results from your GP to check for potential deficiencies (e.g., iron, zinc).

3. Medication Review

- Valproate reduction. Unfortunately, I am not allowed to recommend that you change any of your pharmaceutical medications so that is something you will need to discuss with your prescribing doctor.

4. Stress Management & Lifestyle Recommendations

- **Family Boundaries & Support:**
 - Consider setting firmer boundaries regarding Graham potentially moving in – you and Stan need to be a united front with this one – which may be difficult but needed for your mental and physical health.
 - Explore family counselling to navigate household dynamics effectively – **Relationships Australia** is probably a good place to start.
 - **Lifeline** is always there if you need someone to talk to – any time of day or night.
 - **Relationships Australia:** If additional support is needed for managing family stress and boundary setting, you can reach out to their Elder Abuse Prevention and Support Service at 1300 364 277.
 - **Lifeline:** Available anytime, day or night, for general counselling and someone to talk to. Phone: 13 11 14 or TEXT: 0477 13 11 14 if you would prefer to message them.
- **Home Organisation:** If household stress is contributing to your overall well-being, a professional home organisation service may be beneficial. Below are some Gold Coast-based services that may assist:
 - **Try Aussie Organisers first** – I think they may be a good fit – they also work with elderly people so understand the struggles.
 - **Aussie Organisers: 07 5525 3107** | <https://aussieorganisers.com.au/in-home-care-services/>
 - Fresh and Functional: <https://www.freshandfunctional.com.au/>
 - Sort My Space: 0488 739 396 | <https://www.sortmyspace.com.au/>

- Organised Simplicity: 0411 926 558 | <https://www.organised-simplicity.com.au/>
 - The Nesting Mama: <https://www.thenestingmama.com.au/>
 - Little Home Organised: 0482 093 082 | <https://www.littlehomeorganised.com.au/>
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- **Personal Well-Being:** Continue your volunteer work on Mondays as it provides a valuable outlet for stress relief and personal fulfillment.
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Next Steps & Follow-Up

- Continue with the recommended antifungal routine and hygiene practices.
- Obtain and review your recent blood test results from the doctor to assess potential deficiencies.
- Keep using magnesium for digestion and sleep.
- Keep using digestive enzymes with meals for digestion.
- Start zinc (15mg) per day with meals (e.g. dinner)
- Check in with your doctor regarding any medication changes (e.g. Valproate).
- We will reassess your toenail infection and overall progress at your next appointment.

If you have any questions before then, please don't hesitate to reach out. Looking forward to seeing you at your follow-up!

Warm regards,

Mado Paulsen (BHSc Nat)

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