

Treatment Plan

For: Jess Kernan

Date: 05/12/23

Current issues/symptoms:

4 mths postpartum, breastfeeding ~3 hrly.

Feels immune system has been challenged since 2nd bout of covid in 6 weeks, with period of secondary bronchitis.

Rated 2/10 energy, 3/10 sleep, 7/10 mood, 5/10 stress, 2/10 libido.

Looking for 'supplements to replenish my body'.

No blood tests since pregnancy.

Initial steps:

Blood tests: I'd like to assess your nutrient levels as a postpartum mum (incl 2 pregnancies in 2 years), plus check if there are any underlying insufficiencies or deficiencies that may be contributing to your overall energy, immune resilience/recovery and general wellbeing. I'd also like to check in on your thyroid function.

These include: iron studies, B12/active B12, vitamin D, folate, serum zinc

As mentioned, the GP may be reluctant to test all but what they don't request, I can instead (it will just be an out of pocket expense, ie. not covered by Medicare)

These include: TSH, T4, T3, Reverse T3, Thyroid antibodies.

The GP will likely to be reluctant to test anything but TSH and maybe T4 (they work from a very outdated paradigm around thyroid health!) But as mentioned, what they don't request I will instead.

***Keywords to mention to GP:**

"Tired all the time, especially since having 2 babies in 2 years.

Immune system feels really low, recent infections etc, don't feel I've fully recovered still (and wondering if its nutritional). Had low iron in pregnancy & B12 in past (and think its affecting energy & mood).

Still breastfeeding (so have increased demands on me).

Don't feel I'm eating well enough to meet these (due to being so exhausted)

Don't feel I get a lot of sun (for Vit D).

You're likely to have other basic tests included by the GP like Full Blood Count, Liver/Kidney Function, Lipid Studies (hopefully) etc which are all useful too. Again what is left off, I can request for you.

Once you have the blood test request form - do not have the blood test.

Instead, upload your Pathology request form to your My Appointments account for me, so I can request those that have been left off.

I'll email this to you, with further instructions and my **Blood Test Rules** to factor in before arranging your blood test.

I'll be able to view all the blood results results online (those requested by GP and myself) so once they're all through (1-2 weeks) I'll let you know so you can book a **First Follow-Up Appointment.**

Here, we'll discuss your results and we can then create a tailored plan of action for you.

Depending on your results, we can also begin to address additional issues like supporting your immune system directly, improving your nutritional intake/nourishment for breastfeeding via your diet etc.
