

23 July 2024

Katrina Murison
73 Balfour Street,
Mornington,
Wellington 6021

Subject: Treatment Plan

TREATMENT PLAN:

Thank you for your visit today. Please see the below recommendations as discussed today during your consultation.

DIET:

Keep up the good work on your diet & lifestyle

Nutraceutical & Pharmaceutical Support:

I recommend the following:

- Vitamin D3 / K2 5,000 units / day - [Iherb](#) is the best place to go for this
- Continue your prenatal vitamin

I have attached your recent test results below. Prescription (s) have been sent to your local (Willis St.) pharmacy.

For questions with regard to the above treatment plan, please send an email to the following email address:
admin@carmenbarnes.com

Yours sincerely

Dr. Carmen Barnes

Lab Results

20/06/2024

Date created: 20th June 2024 12:06
Date received/imported: 20th June 2024 19:24
Message ID: U20240620123008.8557
Message Type : ORU v2.1
To Provider: LABRESULT
From Provider: wlgtnscl

Results

Patient Details

Name: KATRINA MURISON
NHI: VUN8257
Date of Birth: 06/12/1988
Sex: F

				Abnormal Flags	Result Status
APTT	26	seconds	(21 - 29)		Final

Please note: Effective 07/11/2023 APTT reference ranges and action limits have changed. Please contact the Wellington Hosptial laboratory on 04 245 0211 if required.

Ordered By: CARMEN BARNES
Observation Date: 20th June 2024 8:46
Laboratory: wlgtnscl
Result Status: Final
Filler Order Number: 24-27013669-CS-0
Identifier: CS
Subject: Coagulation Tests

Lab Results

20/06/2024

Date created: 20th June 2024 12:06
Date received/imported: 20th June 2024 19:24
Message ID: U20240620123008.8557
Message Type : ORU v2.1
To Provider: LABRESULT
From Provider: wlgtnscl

Results

Patient Details

Name: KATRINA MURISON
NHI: VUN8257
Date of Birth: 06/12/1988
Sex: F

				Abnormal Flags	Result Status
Haemoglobin	147	g/L	(115 - 155)		Final
Haematocrit	0.44		(0.35 - 0.46)		Final
MCV	95	fL	(80 - 99)		Final
MCH	32	pg	(27 - 33)		Final
RBC	4.65	x 10e12/L	(3.60 - 5.60)		Final
Platelets	201	x 10e9/L	(150 - 400)		Final
WBC	5.8	x 10e9/L	(4.0 - 11.0)		Final
Neutrophils	3.7	x 10e9/L	(1.9 - 7.5)		Final
Lymphocytes	1.4	x 10e9/L	(1.0 - 4.0)		Final
Monocytes	0.5	x 10e9/L	(0.2 - 1.0)		Final
Eosinophils	0.1	x 10e9/L	(0.0 - 0.5)		Final
Basophils	0.1	x 10e9/L	(0.0 - 0.2)		Final
NRBCS	0.00	x 10e9/L	()		Final

Ordered By: CARMEN BARNES
Observation Date: 20th June 2024 8:46
Laboratory: wlgtnscl
Result Status: Final
Filler Order Number: 24-27013669-FBE-0
Identifier: FBE
Subject: Complete Blood Count

Lab Results

20/06/2024

Date created: 20th June 2024 12:33
Date received/imported: 20th June 2024 19:25
Message ID: U20240620134507.3610
Message Type : ORU v2.1
To Provider: LABRESULT
From Provider: wlgtnscl

Results

Patient Details

Name: KATRINA MURISON
NHI: VUN8257
Date of Birth: 06/12/1988
Sex: F

HIV (1 + 2) Ag.Ab.

Not Detected

This test is performed using a 4th generation HIV combination assay, which will detect ~90% of infections by 28 days after exposure.

Ordered By: CARMEN BARNES
Observation Date: 20th June 2024 8:46
Laboratory: wlgtnscl
Result Status: Final
Filler Order Number: 24-27013669-HIV-0
Identifier: HIV
Subject: HIV Serology

Lab Results

20/06/2024

Date created: 20th June 2024 12:33
Date received/imported: 20th June 2024 19:26
Message ID: U20240620134507.3610
Message Type : ORU v2.1
To Provider: LABRESULT
From Provider: wlgtnscl

Results

Patient Details

Name: KATRINA MURISON
NHI: VUN8257
Date of Birth: 06/12/1988
Sex: F

Abnormal Flags				Result Status
Progesterone	4	nmol/L	()	Final
Oestradiol	309	pmol/L	()	Final

Interpretation: Progesterone Oestradiol
Follicular < 2 100 - 570
Mid-cycle 175 - 1150
Luteal 8 - 70 120 - 1090
Post Menopausal < 3 < 185

Ordered By: CARMEN BARNES
Observation Date: 20th June 2024 8:46
Laboratory: wlgtnscl
Result Status: Final
Filler Order Number: 24-27013669-HMA-0
Identifier: HMA
Subject: Reproductive Hormones

Lab Results

20/06/2024

Date created: 20th June 2024 12:33
Date received/imported: 20th June 2024 19:26
Message ID: U20240620134507.3610
Message Type : ORU v2.1
To Provider: LABRESULT
From Provider: wlgtnscl

Results

Patient Details

Name: KATRINA MURISON
NHI: VUN8257
Date of Birth: 06/12/1988
Sex: F

Hepatitis B s antibody

> 1000 IU/L

Comment

Anti-HBs reactivity (≥ 10 IU/L) indicates either past infection or immunisation. NZ introduced universal infant immunisation in 1988. If significant immune suppression is planned, please contact the laboratory to have Hep B core total antibody tested.

Ordered By:	CARMEN BARNES
Observation Date:	20th June 2024 8:46
Laboratory:	wlgtnscl
Result Status:	Final
Filler Order Number:	24-27013669-HPM-0
Identifier:	HPM
Subject:	Hepatitis B Serology

Lab Results

20/06/2024

Date created: 20th June 2024 12:33
Date received/imported: 20th June 2024 19:26
Message ID: U20240620134507.3610
Message Type : ORU v2.1
To Provider: LABRESULT
From Provider: wlgtnscl

Results

Patient Details

Name: KATRINA MURISON
NHI: VUN8257
Date of Birth: 06/12/1988
Sex: F

Syphilis EIA

Nonreactive

No treponemal antibodies detected by EIA. Antibodies normally appear about the time of a primary lesion. Repeat testing may be required after recent high risk exposure.

Ordered By:	CARMEN BARNES
Observation Date:	20th June 2024 8:46
Laboratory:	wlgtnscl
Result Status:	Final
Filler Order Number:	24-27013669-SY-0
Identifier:	SY
Subject:	Syphilis Serology

Lab Results

20/06/2024

Date created: 20th June 2024 12:33
Date received/imported: 20th June 2024 19:26
Message ID: U20240620134507.3610
Message Type : ORU v2.1
To Provider: LABRESULT
From Provider: wlgtnscl

Results

Patient Details

Name: KATRINA MURISON
NHI: VUN8257
Date of Birth: 06/12/1988
Sex: F

				Abnormal Flags	Result Status
TSH	0.76	mIU/L	(0.40 - 3.80)		Final

Comment

Consistent with euthyroidism.

Ordered By:	CARMEN BARNES
Observation Date:	20th June 2024 8:46
Laboratory:	wlgtnscl
Result Status:	Final
Filler Order Number:	24-27013669-TFM-0
Identifier:	TFM
Subject:	Thyroid Function Tests

Lab Results

20/06/2024

Date created: 20th June 2024 15:33
Date received/imported: 20th June 2024 19:26
Message ID: U20240620161511.465
Message Type : ORU v2.1
To Provider: LABRESULT
From Provider: wlgtnscl

Results

Patient Details

Name: KATRINA MURISON
NHI: VUN8257
Date of Birth: 06/12/1988
Sex: F

				Abnormal Flags	Result Status
Vitamin D	59	nmol/L	(50 - 150)		Final

Optimal range for bone health.

Ordered By:	CARMEN BARNES
Observation Date:	20th June 2024 8:46
Laboratory:	wlgtnscl
Result Status:	Final
Filler Order Number:	24-27013669-VIT-0
Identifier:	VIT
Subject:	Vitamin D

Lab Results

21/06/2024

Date created: 21st June 2024 09:15
Date received/imported: 24th June 2024 11:04
Message ID: U20240621100005.1004
Message Type : ORU v2.1
To Provider: LABRESULT
From Provider: wlgtnscl

Results

Patient Details

Name: KATRINA MURISON
NHI: VUN8257
Date of Birth: 06/12/1988
Sex: F

				Abnormal Flags	Result Status
Testosterone	1.9	nmol/L	(0.5 - 2.5)		Final

Specimen taken on 20/06/24 at 08:46

TESTOSTERONE

Validated by pholda, MLS

Ordered By:	CARMEN BARNES
Observation Date:	20th June 2024 8:46
Laboratory:	wlgtnscl
Result Status:	Final
Filler Order Number:	24-27013669-TTS-0
Identifier:	TTS
Subject:	Testosterone

Lab Results

19/07/2024

Date created: 19th July 2024 12:35
Date received/imported: 22nd July 2024 08:17
Message ID: U20240719134508.2862
Message Type : ORU v2.1
To Provider: LABRESULT
From Provider: wlgtnscl

Results

Patient Details

Name: KATRINA MURISON
NHI: VUN8257
Date of Birth: 06/12/1988
Sex: F

Hepatitis C Ab

Not Detected

No serological evidence of hepatitis C infection.

Copy To

CC Doctors: SEARLE.

Ordered By:	CARMEN BARNES
Observation Date:	19th July 2024 8:35
Laboratory:	wlgtnscl
Result Status:	Final
Filler Order Number:	24-27670856-HCV-0
Identifier:	HCV
Subject:	Hepatitis C Serology