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Naturopathy Intake #50482



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Actions ▼



CIC: 587663



Last Date Edited: 06/10/21

Last Edited by: Amy Phillips



Status: Requires Supervisor Approval



Consultation Date: 06/10/21

Consultation Time: 12:46



Student Practitioner: Amy Phillips

Student Observer: Zoe Rosa



Supervisor: Lisa McDonald

Approved/Rejected by:

Are you pregnant or trying to conceive? No

Weeks:

For the purpose of determining suitable treatment:

Is the inclusion of alcohol (ethanol) in your treatment / prescription permissible?

Yes

Is the inclusion of animal products in your treatment / prescription permissible? Yes

Health Priorities/Presenting Complaint: What are the main things that the client wants to work on? (Location, Onset, Provocation/Palliation, Quality, Radiations, Severity, Timing, Understanding, History of Complaint)

Priority	Health Priorities	System
1	Menstrual irregularities	Endocrine - Reproductive



Location	
Onset	Been around for a long time around the cycle More noticeable/increased significantly a few months
Provocation/Palliation	> stress, lockdown, < exercise (working out), being kind to self (read, sitting still), just trying to cope with them
Quality	Extreme highs & lows in mood/emotions Generally very happy (very excitable), withdrawal, not speak, teary (doesn't like to show it) Thinking patterns become more destructive Period came really early - used to be really regular
Radiations	
Severity	9/10 - trying to deal with emotional rollercoaster
Timing	Highs - 1 week or a few days Lows - could be 1 week (has once been 2-3 weeks)
Understanding	
History of Complaint	Last year working 2 full time jobs - 4 years One job ended suddenly - had to hold back emotions, exhale
Review of Relevant Systems	
Endocrine - Reproductive	Menses started - 15-16 years old Cycle length - 25-28 days length (22, 25, 27) 6-7 days - bleed - very heavy first 1-2 days (pads - super 3 x day & night) 3-4 day medium bleed (regular pads 2 x day) slows 5-6 days (regular - 1 x day) Very red at beginner - last 2 days - dark brown Clots - have had clotting 5c coin, once had 10c PMS - fluid retention, left breast very sore 1.5 weeks before, feels quiet big, acne (front & side chin), tired, depression mood (sadness), feels down Papsmear - January a few years STI/urinary tract - years ago Pain - lower abdominal - heat pack & nurofen - 6-7/10 - 1st day - drained & really tired, feel quite hot (few hours), cramping HX Pain so bad had to throw up - pain so bad - early to mid 20's - 9/10 - tension in feet
Digestive	Appetite - can be really hungry but eats a little & feels full - can get hangry - sometimes wakes hungry, some days (during holidays - can be slower) Dental work - braces, couple of fillings No nausea or abdominal pain Feels bloated around gluten/dairy (large amounts) 1 x BM a day or every second day - no blood, mucous, no undigested food - type 2-4/5 BSC Some days feels completely evacuated, doesn't always feel empty Antibiotics - Jan last year - for sinuses



Neurological	Stress - VERY LONG TIME - 10 years - holds it - doesn't let go - 6/10 - last year burn out Had to go see psychologist on a trip overseas - panic attacks first time - shortness of breath, really thirsty, not being in control of things, not getting enough water, toilet - haven't had for a while - one last year Anxiety - runs in family - can handle quite a lot, - sense of overwhelm, not being conscious of whats going on, to-do list, prioritising Concentration - little bit foggy recently, exhausted lately, multi-tasking (trying to improve) Memory - couldn't remember where put tea - missing things in memory (past events) February 2020 - moving from parents house, no leakages, dampness, mould in bathroom, lots of light & sun Joy list - singing, cleaning, baking reading, picnicing, shopping
Musculoskeletal	Hip & back pain - treated by osteo Disc buldge - lifting too much
Immune	Hayfever - sinuses - deviated septum - rinse every morning - lots of infections Noticed recently - more allergic - hayfever possibly Mozzie bites - really read & itchy
▼ Medications, Supplements and Herbal Medicines	
NOTE: Refer to the Client Registration form for medication, supplements and herbal medicine details. Ensure that you review the list, add any missing details and qualify for completeness and accuracy.	
Current Pathology Results/Recent Results	
Pathology Information:	
Current Medication	No medications Fish oil - JS health - 1 cap day Magnesium - herbs of gold - capsules - mag forte - 1 cap day Love your gut - fossil shell, diatomaceous earth, - capsules - 1 x day in morning Arma-force - taking for years for colds JS health - sleep relaxation - didnt do much
Date of Last Medical Check Up	
Last Medical Check Up Info	HX iron deficiney
Allergies or Intolerances	
▼ Personal Medical History major or recurring conditions)	
Birth - 5 years	



6 - 11 years				
12 - 17 years				
Adulthood				
Overseas travel (List location & date)				
▼ Family History				
Paternal		Maternal		Siblings
Father: Anxiety	GF: prostate cancer - 90's GM: Breast cancer - 80's	Mother: Myeloma - 2 x - overcome - in remission	GF: Cancer - 70's GM: Breast cancer - late 50's	N/A
Uncles, aunts, cousins: Uncle - anxiety, ADHD, dyslexia		Uncles, aunts, cousins:		Others:
▼ Lifestyle Factors				
Physical Activity Type, Duration, Frequency, Incidental				
Energy Levels Hrs, quality, quantity, waking times etc waking tired not above 7/10 Low point - mid morning & arvo - 4/10 Sometimes at school - kindy - 2/10 - last few years				
Sleep Type, Duration, Frequency, Incidental 6-8 hours Often broken - 1-3 times waking - vivid dreams - colour - happy/scary/sad - 3 xtimes week going to bed 9-3.0 - asleep 10-10.30 waking 7.15 - 6.15				
Social and Lifestyle Factors Relationships, occupation, chemical exposure, moods (x/10), hobbies, interests				



Drug Use

Tobacco – cigs/day:	How long have you been a smoker?
Recreational drugs (Type and frequency):	



▼ Dietary Analysis - Please record brands, portions and frequency

	Monday - Friday	Weekends
Breakfast Time:	Weetbix Rice bubbles With cows milk	
Lunch Time:	Leftovers Salad & chicken & dressing	
Dinner Time:	Hello Fresh Meat - all meats & veggies	
Snacks Time:	Yoghurt & banana - vanilla/berry - vaalia Rice cakes flavoured, chocolate milk Icecream - some nights	
Beverages Time Beverages (Water, Coffee, Tea, Soft drinks, Juices, Alcohol):	Tea - black tea - 3-4 cups (winter 6) - all throughout - with milk More into peppermint tea No coffee Alcohol - red wine, gin tonic (1 x week) 1L at the moment	
Eating Out (Frequency, Cuisine of choice):		
Food Cravings or Aversions?:	Chocolate - cravings Seafood - aversion	

▼ Bio Impedance Analysis

Body Fat	Body Muscle
Total Body Fat: %	Total Muscle Mass: %
Right Arm Body Fat: %	Right Arm Muscle Mass: %
Left Arm Body Fat: %	Left Arm Muscle Mass: %



Trunk Body Fat: %		Trunk Muscle Mass: %				
Right Leg Body Fat: %		Right Leg Muscle Mass: %				
Left Leg Body Fat: %		Left Leg Muscle Mass: %				
Physique Rating:						
Basal Metabolic Rate (kCal/ kJ)						
Bone mass (kg)						
H ₂ O Total Body Water Weight (%)						
Metabolic Age (yrs)						
Visceral Fat Rating						
▼ Dietary and Lifestyle Review						
▼ Iridology						
Colour:		Fibre:				
Constitution:						
Iris Registration:						
Sclera:		Pupil:				
						
▼ Anthropometric and Physical Examination						
BP	Pulse bpm	Temp °C	Resp. Rate	Weight kg	Height cm	BMI kg/m ²
Respiratory (wheezing, crackles):						
Cardiovascular (rhythm):						
Palpation (GIT, Lymph nodes, Endocrine):						
Neuro/Reflex:						
Skin (colouration, turgor):						
Nails (ridges, spots, capillary return):						



Other Assessment e.g. Zinc Tally:

▼ Review of Relevant Systems and Interaction Schematic

Timeline of Events

Year	Age	Event
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▼ Assessment

Holistic Assessment

Differential Diagnosis

Investigations required

Working Diagnosis

▼ Treatment Aims

Short Term What are the most important areas of the case to address?

- Increase parasympathetic nervous system activation
- Support progesterone production to improve mood & emotions
- Regulate bowel motions to increase elimination & detoxification
- Improve hormone metabolism
- Improve sleep maintenance to increase energy levels

Nevaton - 1 x twice a day
MagTaur - 1/2 scoop each morning
Fish oil - 2 x tabs
Fibre - cruciferous veggies
Water intake - 2L
Reduce dairy & gluten - handout
Sleep hygiene - handout
chamomile/peppermint tea
Stress support - 70% dark chocolate
Black tea - stop 4pm - glass of water with black tea

Long Term

Nevaton - 1 x twice a day MagTaur - 1/2 scoop each morning Fish oil - 2 x tabs
Fibre - cruciferous veggies Water intake - 2L Reduce dairy & gluten - handout
Sleep hygiene - handout - chamomile/peppermint tea Stress support - 70%
dark chocolate - Black tea - stop 4pm - glass of water with black tea

▼ Treatment Plan (Nutrient, Dietary and Lifestyle Recommendation)

Treatment Plan # ()

Health Goals:

Diet:

Lifestyle:

Health Priorities:

Referral/Investigations:

Barriers:

Strategies:

ATTACHED PRESCRIPTIONS



ID	Date	Script Number	
Intended Outcome			
<div> <div></div> <div>Liquid Herbs/Nutraceuticals Prescription</div> </div>			
Prescription # ()			
Quantity	Description	Dosage & Recommendations	
<div> <div></div> <div>Herbal Medicine Actions</div> </div>			
Actions of Herbs			
<div> <div></div> <div>Second Herbal, Cream, Compound, Flower Essence, Homeopathic, Tea and/or Other Recommendation</div> </div>			
Product/Ingredients/Brand	Action/Reason	Qty/mls	Dosage
Informed Consent			
<p>Lifestyle and dietary advice has been provided to assist with achieving your health goal. If you feel any of the recommendations are causing adverse responses or reactions discontinue them and we will discuss modification of them at your next appointment. If you are especially concerned about any adverse response contact the Endeavour Wellness Clinic for guidance.</p>			
<p>Herbal medicines have been prescribed as part of your treatment. As with any oral medication discontinue this prescription if you experience rashes, diarrhoea, digestive problems, allergic-type symptoms or any other adverse response that you feel may be connected with the prescription. Contact the Endeavour Wellness Clinic to notify us of this response.</p>			
<p>Nutritional supplementation has been prescribed as a part of your treatment plan to address your health condition. If you experience any signs or symptoms that you feel may be associated with this prescription discontinue the medication and contact the Endeavour Wellness Clinic.</p>			