



## Practitioner Case Session Preparation Sheet

The goal of this document is to help you build the skill of preparing and presenting your patient/client case succinctly and thoroughly.

*\*\*Please submit this form along with the labs a minimum of 48h prior to your Practitioner Case Session with a 4 Better Health Practitioner.*

1. What are your patient's top three goals in working with you as a practitioner?
2. What top 5 specific elements of this patient's history are of note in understanding and assessing their current state of dis-ease, and what they are trying to achieve? In your view, what matters most? (No more than 5 please).
3. What top 5 specific lifestyle choices do you think are most in the way at present of your patient achieving their goals? In your view, what matters most? (No more than 5 please).
4. From the available labwork, what are the top 5 notable lab markers and levels you have seen that help you understand the interconnectedness at play in this person's unique situation? In your view, what matters most? (No more than 5 please).
5. Succinctly list five key points of interconnectedness that you observe so far in this unique patient's case. (You may use symptoms, history, labwork, dietary choices, medications, or other key elements of the case, as appropriate, but state the points crisply and succinctly). In your view, what matters most? (No more than 5 please).
6. If you have already started doing sessions with this patient, what have you recommended thus far and what has worked/not worked? (Lifestyle, supplements, medications, diet, complementary therapies, etc.). What is your intuition for why they worked/did not work?
7. What are up to three specific questions you have about this patient's case that you wish to explore (no more than 3, so you can think through your priorities carefully)

Education, understanding, and effective interpretation implementation is more likely to occur when we are methodical and patient. This approach also brings with it the power to change so much more than a symptom. You will find that the effort helps to reinforce the value and purpose for adding functional medicine to your professional 'toolbox'.

Case sessions are reserved for professional query about patient cases and deeper exploration of clinical topics to include labwork. Patient lab reports (with all identifying information removed)

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in a format that will be easy for the “Team” to scan quickly. Practitioners are encouraged to do their own research and due diligence prior to sessions with 4 Better Health Practitioner Team.