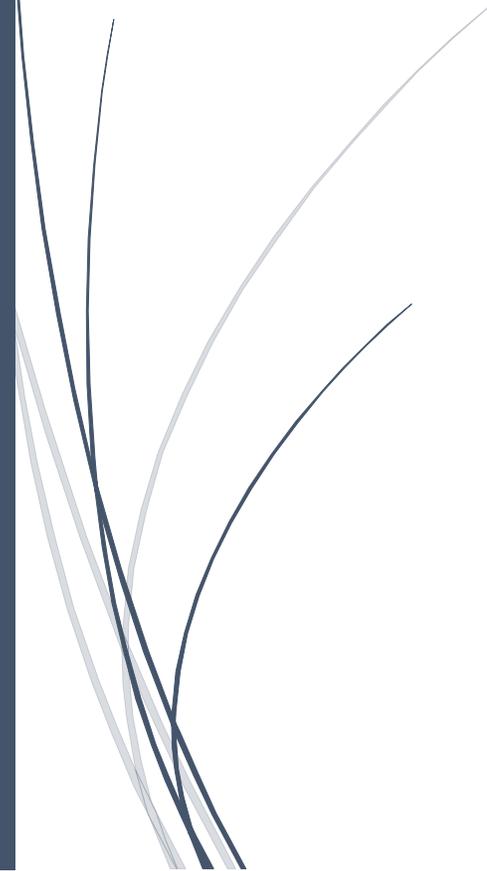




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# A Guide for Integrative practitioners



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AOMA QUALITY IMPROVEMENT PROJECT

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## INTRODUCTION

Chinese medicine is becoming widely accepted as a form of therapy for many conditions. Evidence based research continuously provides efficacy in Chinese medicine. This leaves room for eastern medicine within the western paradigm. Subsequently, this has created a need for integrative models in Chinese medicine.

As Chinese medicine practitioners, it is imperative that physical assessment not only be performed, but also properly charted to seamlessly communicate with biomed practitioners. In an integrative practice, it is important to have a referral list of biomed practitioners and know how to communicate effectively. The following is an illustration of examples to guide you.

Your Company  
1234 Your Street  
Your City, ST 12345  
(123) 456-7890  
Your email@example.com

Month ##, 20XX  
Western Medical Practice  
123 Address St  
Anytown, ST 12345

Doctor,

My name is \_\_\_\_\_. I am your local integrative physician of Traditional Chinese Medicine (TCM). I am reaching out to inform you of the ways in which TCM benefits patient care and whole health. TCM is a holistic approach that focuses on preventative care as well as aid in chronic pain and ailments. Acupuncture complements traditional modalities. By influencing the nervous system, TCM helps with inflammation, the source of most disease.

Acupuncture and Chinese medicine works well with allopathic medicine and is a good option for blood pressure, headaches, stress, pain, allergies, gastrointestinal issues, and much more. Studies show that by including it as a resource for patients with chronic conditions, together with your current treatment, patients do better long term.

Thank you for your time and I hope you will consider adding TCM and acupuncture as part of your patient care plan. I have enclosed my card and some brochures. I am available via email should you have any questions and would appreciate having you as a reference should the need to refer out arise.

Best regards,  
Your Name  
CEO, Your Company

[Date]

Re: [Patient's Name]

Dear Dr. [Name],

I am referring [patient's name] to your office for further evaluation. He is currently being treated for [ chief complaint] and it is my professional opinion that he get further testing.

I have been treating [patient's name] in my office for the past [length of time].

After re-evaluating, I want him to get further lab work and evaluation by your office to rule out any [suspected disease]. If you have any further questions, feel free to reach out at [enter contact info]

Sincerely,

[Physician signature]

Dr. [Physician's Name]

As Chinese medicine practitioners practicing in a health system dominated by allopathic medicine, it is important to understand how to chart assessments that follow western patterns. This allows us to be involved fluidly with allopathic practitioners. This form has basic assessment charting often missed by acupuncturist. When treating patients, use according to chief complaint relevance.

<u>Assessment</u>	<u>Chart</u>	Interpretation
General	Well appearing. No acute distress. Alert and oriented	Patient is responsive. All chart should state this unless in emergency
Blood Pressure	Hypertension controlled	If patient is on BP medication
Head	Note tenderness or lesions	Visual and palpation of scalp
Eyes	PERLA	Pupils equally responsive to light and accommodation
ENT	Ears: clear EAC Nose: clear or congested Throat: no exudate. Lymph nodes not palpable	Cleat external auditory canal redness or lesions Patient throat is clear and unremarkable
Lungs	Clear auscultation	No rails or wheezing
Abdominal	Soft on palpation, non-tender <i>OR</i> Noted firm, distended, and tender	Abdomen is non remarkable <i>OR</i> Bloating / constipation / other
Skin	Warm and Dry	
Psych	Mood stable, intelligence normal, affect appropriate, good reasoning	

*Note: for insurance purposes, you should have 2 or more systems checked for reimbursement*

Pain Assessment - PQRST

ROM

DTR: 1+ thru 4+

Myotomes:

Motor: 1 to 5 (non to against full resistance)

Sensory: 0-absent. 2-normal

Orthopedic Exam: + or –

## Summarizing a case presentation – For other practitioners

### Example:

- 25-year-old female has daily tension headaches, takes 500mg ibuprofen without relief, persistent for 2 weeks, with a severity of 2 on a 1 to 10 scale. No fever, chills, nausea, or trauma reported. General: well appearing. No acute distress. Eyes: No photophobia to light. PERLA. Denies smoking or drinking. Currently not on any prescription medication. Treatment plan: Treat twice a week for 3 weeks and re-evaluate. Referred to primary care for labs.

## Referral of other Health-care Professionals

<b><u>Specialty</u></b>	<b><u>Physician</u></b>	<b><u>Telephone</u></b>	<b><u>Address</u></b>
<b>Allergist</b>			
<b>Cardiologist</b>			
<b>Chiropractor</b>			
<b>ENT</b>			
<b>Endocrinology</b>			
<b>Family Medicine</b>			
<b>Gastroenterology</b>			
<b>Internal medicine</b>			
<b>Midwife</b>			
<b>Neurology</b>			
<b>OB/GYN</b>			
<b>Oncology</b>			
<b>Pediatrics</b>			
<b>Podiatry</b>			
<b>Orthopedic</b>			
<b>Psychologist</b>			
<b>Rheumatology</b>			

<b>Psychotherapy</b>			
<b>Urology</b>			