

# Medication Integration & Collaborative Care Worksheet

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Section 1: Medication & Nutrient Depletion Mapping

Use this section to identify where conventional treatments may be creating nutrient gaps or where functional support is needed as an "adjunctive" strategy.

Current Medication	Purpose/Condition	Potential Depletions/Side Effects	Recommended Adjunctive Support
<b>Example:</b> Metformin	Type 2 Diabetes	B12 deficiency	Methylated B-Complex

**Adjunctive Protocol Check (Check all that apply):** - [ ] **Microbiome Protection:** Using *S. boulardii* (if on antibiotics). - [ ] **Mitochondrial Rescue:** CoQ10/PQQ (if on statins or fatigue-inducing meds). - [ ] **Barrier Support:** Demulcents like DGL/Slippery Elm (if tapering PPIs).

## Section 2: Tapering Readiness & Functional Goals

*Note: We do not manage medication. We prepare the body so the prescribing physician can safely reduce the dose.*

Target Medication for Discussion with MD: \_\_\_\_\_

**Functional Foundations Implemented (The R.O.O.T.S. Method™):** - [ ] **Root Cause Identified** (e.g., SIBO identified as cause for GERD). - [ ] **Organize:** Clinical documentation of symptom improvement is ready. - [ ] **Optimize:** Nutrient depletions addressed. - [ ] **Treatment:** Functional alternatives (Fiber, Omega-3s, etc.) are in place.

Tapering Risk (The "Rebound")	Functional Mitigation Strategy
<input type="checkbox"/> Acid Hypersecretion (PPIs)	Use Zinc Carnosine & Aloe Vera to soothe mucosa.

Tapering Risk (The "Rebound")	Functional Mitigation Strategy
<input type="checkbox"/> Rapid LDL-P Increase (Statins)	Increase soluble fiber and Magnesium.
<input type="checkbox"/> Discontinuation Syndrome (SSRI)	Optimize Methyl-B's and Omega-3s.

## Section 3: MD Communication Prep

Use these "Professional Humility" scripts to prepare the client for their doctor's appointment.

**Biomarkers to Highlight to MD:** \_\_\_\_\_ (e.g., Reduced HbA1c, improved LDL-P, stabilized B12 levels)

**The Script for the Client:** "Dr. [Name], I've been working on foundational lifestyle and nutritional factors to address the root of my [Condition]. Based on my progress in [Symptom/Biomarker], I've expressed a desire to eventually reduce my reliance on [Medication]. Would you be open to reviewing a slow tapering schedule with me?"

## Section 4: Practitioner Reflection & Progress Note

**Subjective (Client reported improvements):** \_\_\_\_\_ **Objective (Lab changes/Data):** \_\_\_\_\_  
**Assessment (Functional interpretation):** \_\_\_\_\_

**Next Steps for Client:** 1. \_\_\_\_\_ 2. \_\_\_\_\_

---

*AccrediPro Standards Institute Certified Tool Disclaimer: This tool is for educational purposes. Functional practitioners do not prescribe or alter medical prescriptions. All medication changes must be approved by the prescribing physician.*

---