

# INTEGRATIVE CARE & ETHICAL BOUNDARY PLANNER

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

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## SECTION 1: Scope of Practice & Safety Screening

*Before initiating any protocol, identify "Red Flags" that require immediate medical referral.*

**Immediate Referral Triggers (Check if present):** - ☐ New, unexplained bone pain (Oncology referral) - ☐ Fever + Hot, red, swollen joint (ER/Urgent Care referral) - ☐ Sudden vision changes (Medical evaluation) - ☐ Severe depression or suicidal ideation (Mental Health referral) - ☐ Client expresses intent to stop medications without MD supervision (Mandatory Scope Discussion)

**Ethical Boundary Confirmation:** - ☐ I have informed the client that I **cannot** advise on the cessation or alteration of prescribed medications (Tamoxifen, Methotrexate, etc.). - ☐ I have obtained a signed Release of Information (ROI) to collaborate with the client's medical team.

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## SECTION 2: Medication-Nutrient Integration Tracker

*Map the client's current medical regimen against functional support strategies to address drug-induced depletions.*

Current Medication	Known Nutrient Depletion / Side Effect	Functional Support Strategy (In-Scope)
Methotrexate	Folate / B12 depletion	<i>Example: Methylated Folate support</i>
Tamoxifen	Estrogen blockade / Insomnia	
Prednisone	Insulin resistance / Bone loss	
NSAIDs (Ibuprofen)	Gut barrier disruption	

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## SECTION 3: 3-Phase Functional Protocol

*Prioritize foundational support before moving to advanced interventions.*

### Phase 1: Foundation & Protection (Weeks 1-4)

**Focus:** Sleep, Anti-inflammatory Nutrition, and Basic Replenishment. - Nutrition Plan: \_\_\_\_\_ - **Key Supplements:** \_\_\_\_\_ - Lifestyle/Sleep Goal: \_\_\_\_\_

### Phase 2: Gut & Metabolic Repair (Weeks 5-12)

**Focus:** Repairing damage from chronic NSAID/Prednisone use. - Gut Support (e.g., L-Glutamine): \_\_\_\_\_ - Metabolic Support (e.g., Berberine/Inositol): \_\_\_\_\_

### Phase 3: Resilience & Long-Term Detox (Month 4+)

**Focus:** Liver support and hormonal synergy. - Strategy: \_\_\_\_\_

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## SECTION 4: Professional Diplomacy & Reflection

**Physician Outreach Log:** - Date Contacted: \_\_ **Provider Name:** \_\_ - Key Discussion Points: \_\_\_\_\_

**Practitioner Ethical Reflection:** *How am I balancing the client's desire for autonomy (natural healing) with the clinical necessity of non-maleficence (keeping them safe on their current meds)?*

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**Next Review Date:** \_\_\_\_\_

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*AccrediPro Standards Institute Certified Tool (CPEB-2024)*

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