

INTEGRATIVE CARE & ETHICAL BOUNDARY PLANNER

Practitioner Name: _____

Client Name: _____ Date: _____

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.

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	

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: _____

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)?*

Next Review Date: _____

AccrediPro Standards Institute Certified Tool (CPEB-2024)
