# Functional Clinical Clues Assessment

**Client Name:** __ *Date:* _____

## Section 1: The "Windows" (Visual Inspection)

*Observe the fast-growing tissues for real-time cellular data.*

**1.1 The Nails & Skin** - [ ] **Koilonychia (Spoon Nails):** Suggests Iron Deficiency / Anemia - [ ] **Leukonychia (White Spots):** Suggests Zinc Deficiency / Malabsorption - [ ] **Slow Capillary Refill (>2 sec):** Suggests Poor Circulation / Thyroid function - [ ] **Follicular Hyperkeratosis (Back of arms):** Suggests Vitamin A or Omega-3 Deficiency - [ ] **Conjunctival Pallor (Lower eyelid):** Suggests Iron or B12 Deficiency

**1.2 The Tongue & Mouth** - [ ] **Scalloped Edges (Teeth marks):** Suggests Hypothyroidism / Sleep Apnea - [ ] **Geographic Tongue (Map-like patches):** Suggests Zinc or B-Vitamin Imbalance - [ ] **Atrophic Glossitis (Beefy red/smooth):** Suggests B12 or Folate Deficiency - [ ] **White Coating (Thick/non-scraping):** Suggests Candida / Oral Dysbiosis - [ ] **Angular Cheilitis (Cracks in corners):** Suggests B2, B6, or Iron Deficiency

**1.3 The Face** - [ ] **Queen Anne's Sign (Outer 1/3 eyebrow missing):** Suggests Hypothyroidism - [ ] **Facial Puffiness/Edema:** Suggests Thyroid or Kidney congestion

## Section 2: Functional Vitals & Autonomic Nervous System (ANS)

*Assess the balance between "Fight or Flight" and "Rest and Digest."*

| Test | Procedure | Finding/Result |
|---|---|---|
| **Ragland's Test** | Measure BP Lying vs. Standing | Lying: _ / *Standing: _ /* |
| **Pupillary Reflex** | Hold light to eye for 30 seconds | [ ] Constricted [ ] Pulsated/Dilated (Adrenal Fatigue) |
| **Orthostatic HR** | Measure HR Standing | [ ] Normal [ ] Tachycardia (>30bpm jump = POTS) |

## Section 3: Palpation (Congestion & Inflammation)

*Identify areas of metabolic or structural "backlog."*

- [ ] **Thyroid Palpation:** [ ] Normal [ ] Boggy [ ] Enlarged [ ] Tender (Refer for Ultrasound)

- [ ] **RUQ (Right Upper Quadrant):** [ ] Clear [ ] Tender (Suggests Gallbladder/Biliary Sludge)

- [ ] **ICV (Ileocecal Valve):** [ ] Clear [ ] Tender (Suggests SIBO/Gut Inflammation)

## Section 4: Clinical Synthesis & Reflection

**Top 3 Nutrient Deficiencies Suspected:** 1. _____ 2. _____ *3. _____*

**Correlation with Subjective History:** *(e.g., Client reports fatigue [Subjective] + Pale conjunctiva [Objective] = High suspicion for Iron deficiency)*

## Next Steps:

- [ ] Order Full Thyroid Panel (Free T3, Free T4, Reverse T3, Antibodies)

- [ ] Order Micronutrient Testing or Iron/Ferritin Panel

- [ ] Implement Digestive Support (Bitter herbs/Zinc)

- [ ] Referral to Primary Care Physician for: _____

*AccrediPro Standards Institute Certified Tool | Functional Medicine Clinical Competency Standard 1.6*