

EVIDENCE-BASED PROTOCOL WORKSHEET

Client Name: __ Date: __

Clinical Goal/Symptom: _____

Section 1: The PICO Framework (Defining the Question)

Use this section to narrow down the research search to ensure the protocol is tailored to the client's specific biochemical individuality.

- **P (Patient/Population):** (e.g., Female, 40s, Hashimoto's) _____
- **I (Intervention):** (e.g., 200mcg Selenium) _____
- **C (Comparison):** (e.g., Placebo or current diet) _____
- **O (Outcome):** (e.g., Lower TPO antibodies) _____

Section 2: Evidence Appraisal

Note the highest level of evidence found for this specific intervention.

Evidence Level (Check the highest found): - ☐ **Level 1:** Meta-Analysis / Systematic Review (The "Big Picture") - ☐ **Level 2:** Randomized Controlled Trial (Gold Standard for Efficacy) - ☐ **Level 3:** Cohort/Case-Control Study (Long-term Lifestyle impacts) - ☐ **Level 4:** Case Reports (Real-world "N-of-1" scenarios) - ☐ **Level 5:** Mechanistic/Animal Studies (The "Why/How" it works)

Key Statistics for Clinical Decision: * **NNT (Number Needed to Treat):** ____ (*Practitioner Note: How many people need to do this for 1 to see the result? Lower is better.*) * **Effect Size:** ☐ Small ☐ Medium ☐ Large / Clinically Significant * **Confidence Interval:** ____ (e.g., [45%-55%] = High Reliability)

Section 3: The Safety-Efficacy Matrix

Determine the clinical readiness of this intervention using the Precautionary Principle.

Safety Level	Evidence Level	Action Recommendation
High Safety	Low/Emerging	<input type="checkbox"/> Safe to Try: Logic holds; low risk.
High Safety	High/Established	<input type="checkbox"/> Highly Recommended: Strong personalization.

Safety Level	Evidence Level	Action Recommendation
Low Safety	High Evidence	<input type="checkbox"/> Medical Supervision Required: Proceed with caution.
Low Safety	Low Evidence	<input type="checkbox"/> AVOID: Experimental or unverified.

Section 4: Client Reflection & Education

The "Bus Analogy" Explanation: *"If __ people follow this protocol, _____ of them will likely see the specific outcome we are looking for."*

Client Questions/Concerns:

Practitioner Mechanistic Plausibility (The "Why"):

Next Steps:

- ☐ **Trial Duration:** __ weeks (until next review)
- ☐ **Specific Metric to Track:** _____
- ☐ **Follow-up Appointment Date:** _____

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