

# Multi-Morbidity Protocol Prioritization Worksheet

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

Primary Diagnoses/Systems Involved: \_\_\_\_\_

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## Section 1: The Multi-Morbidity Map

List all presenting conditions, symptoms, and organ systems currently affected. Identifying the "Clinical Jigsaw" is the first step before applying the hierarchy.

1. \_\_\_\_\_ (System: \_\_\_\_)
  2. \_\_\_\_\_ (System: \_\_\_\_)
  3. \_\_\_\_\_ (System: \_\_\_\_)
  4. \_\_\_\_\_ (System: \_\_\_\_)
  5. \_\_\_\_\_ (System: \_\_\_\_)
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## Section 2: The Hierarchy of Healing (Prioritization)

Based on the **Hierarchy of Healing**, rank your clinical focus. *Rule: Do not move to Level 3 until Level 1 and 2 are stabilized.*

Priority Level	System Focus	Current Symptoms/Support Needed	Priority (1-4)
1. Foundational	GI / Assimilation		[ ]
2. Stability	Adrenal / HPA Axis		[ ]
3. Regulatory	Thyroid / Blood Sugar		[ ]
4. Specific	Sex Hormones / Immune		[ ]

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## Section 3: NEI Cross-Talk & Adaptation Check

Before finalizing the protocol, check for inter-system communication and life-stage requirements.

- **HPA-HPT-HPG Axis Check:** Is high stress (HPA) driving high rT3 or low progesterone?
  - ☐ Yes ☐ No *If yes, prioritize HPA before Thyroid/Sex Hormones.*
- **Life-Stage Adaptation:**
  - ☐ **Pediatric:** Focus on nutrient density/assimilation; avoid aggressive detox.
  - ☐ **Geriatric:** Add HCl/Enzyme support for Achlorhydria; increase protein for Anabolic Resistance.
  - ☐ **Standard Adult:** Follow standard R.O.O.T.S. dosing.

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## Section 4: Phase 1 Protocol Plan

Identify the **entry point** for the next 30 days. Focus on no more than TWO systems to avoid a healing crisis.

**Primary Focus System:** \_\_\_\_\_ **Key Interventions (Supplements/Lifestyle):** 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

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## Section 5: Clinical Pivot Point Tracker (Red Flags)

Monitor these "Red Flags" during the first 14 days. If any are checked, **Pivot the Protocol**.

Red Flag	Present?	Notes
<b>Paradoxical Reaction</b> (e.g., anxiety from calming herbs)	<input type="checkbox"/>	
<b>Detox Stall</b> (Headaches/Breakouts > 7 days)	<input type="checkbox"/>	
<b>Rapid Weight Shift</b> (>5% in 30 days)	<input type="checkbox"/>	
<b>Cognitive Shift</b> (New or increased brain fog)	<input type="checkbox"/>	

**Observations/Reflections:**

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## Next Steps:

- ☐ Schedule follow-up in \_\_\_\_\_ days.
- ☐ Client to track daily energy/GI symptoms.

[ ] If Red Flags appear: Reduce dosage by 50% or remove "Target" phase items.

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