

Clinical Synthesis & Narrative Worksheet

Client Name: _____ Date: _____

Section 1: Identifying Nodes of High Leverage

Evaluate the client's presentation and lab findings to determine where the "ripple effect" will be strongest. Rank the primary area of focus (1 = Highest Priority).

Node	Clinical Indicators (Check all that apply)	Priority Rank
The Gut (Assimilation)	<input type="checkbox"/> Bloating/IBS <input type="checkbox"/> Food sensitivities <input type="checkbox"/> History of antibiotic use <input type="checkbox"/> Low sIgA	_____
Mitochondria (Energy)	<input type="checkbox"/> Chronic fatigue <input type="checkbox"/> Brain fog <input type="checkbox"/> Poor exercise recovery <input type="checkbox"/> Exercise intolerance	_____
HPA Axis (Stress)	<input type="checkbox"/> Insomnia <input type="checkbox"/> "Wired but tired" <input type="checkbox"/> High/Low cortisol <input type="checkbox"/> Blood sugar swings	_____
Biotransformation	<input type="checkbox"/> Chemical sensitivity <input type="checkbox"/> Skin issues <input type="checkbox"/> History of mold/toxin exposure	_____

Section 2: Pattern Recognition (Lab Synthesis)

Check the boxes if these disparate findings are present to identify systemic "stories" rather than isolated numbers.

☐ **The "Inflammatory Sweep" Pattern** * *Markers:* High Ferritin + High LDH + Low Albumin + Low Zinc. * *Synthesis:* Systemic inflammation is sequestering nutrients and driving chronic symptoms.

☐ **The "Stress Signature" Pattern** * *Markers:* Low Morning Cortisol + Low Secretory IgA + High Fasting Glucose. * *Synthesis:* HPA axis exhaustion has collapsed mucosal immunity and metabolic control.

☐ **The "Malabsorption Loop" Pattern** * *Markers:* Low Vitamin D + Low B12 + Low Iron + Normal Intake. * *Synthesis:* High-leverage gut dysfunction is preventing the "fuel" from reaching the cells.

Section 3: The Physiological Narrative

Bridge the Timeline and the Matrix into a cohesive story. Use the prompts below to draft the narrative you will present to the client.

The Story: "It started with your **Antecedents** (Genetics/History) of _____. Then, the **Trigger** (Event/Exposure) of _____ weakened your ____ (**High Leverage Node**). **This allowed Mediators (Ongoing Drivers) like** _____ to keep your body in a state of _____. **Now, this is causing the symptoms you feel today, specifically** _____ and _____."

Section 4: Clinical Intuition & Synthesis

Practitioner "Gut Feeling" (Non-linear observations):

The "Why" vs. The "What" (How I will explain the labs): *Example: "Your Zinc is low because your body is using it to fight the inflammation we see in your Ferritin."*

Next Steps (Initial 60-Day Focus):

1. _____
2. _____

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