



THE HOUSE OF FUNCTIONAL MEDICINE

HEALTH RE-BUILDING PROCESS FOR CHRONIC HEALTH CHALLENGES GOAL:
TO RESTORE HEALTH THROUGH ROOT CAUSE RESOLUTION

APPLICATION OF ACUTE MODEL OF CARE TO CHRONIC HEALTH CHALLENGES:
LEADS TO SYMPTOMS MANAGEMENT
OFTEN CREATING VICIOUS CYCLE

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FUNCTIONAL ASSESSMENT
STEP 1: DATA COLLECTION & ANALYSIS

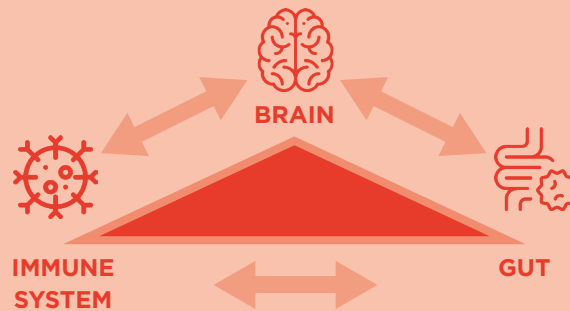


THOROUGH DATA COLLECTION AND ANALYSIS RIGHT AT THE START IS KEY!



ONLINE COLLECTION OF
- TIMELINE (YOUR STORY)
- HEALTH HISTORY
- LAB WORK

ANALYSIS: FM MATRIX +
CHRONOLOGICAL VIEW + HELICOPTER
SYSTEMS VIEW & INTERCONNECTEDNESS



A



DOCTOR'S VISIT (10-15 MIN)

- LISTEN TO SYMPTOMS
- DIAGNOSIS
- TREATMENT OF DIAGNOSIS

(OFTEN BASED ON PHARMACEUTICAL DRUGS,
OFTEN LEADING TO NEED OF MORE DRUGS TO
MANAGE SIDE EFFECTS > POLYPHARMACY)

2



FUNCTIONAL ASSESSMENT
STEP 2: SESSION WITH FM CONSULTANT
+ SESSION SUMMARY



GOAL: REFLECT ANALYSIS BACK TO
HEALTH SEEKER, GET CLARIFICATION
ON OPEN QUESTIONS, CREATE COMMON
UNDERSTANDING OF THE SITUATION AND
WHAT LED TO IT ► BASIS FOR ACTION

B



SILO APPROACH

- GASTROENTEROLOGIST
- ENDOCRINOLOGIST
- CARDIOLOGIST
- GYNECOLOGIST

...
(► MISSING BIGGER PICTURE
OF INTERCONNECTEDNESS)

3



ALLOCATION TO HEALTH
RE-BUILDING TEAM WITH ONE
RESPONSIBLE CASE MANAGER (FMC)
- AIM TO WORK WITH EXISTING
GP OR HELP FIND GP OPEN FOR
TEAM WORK.

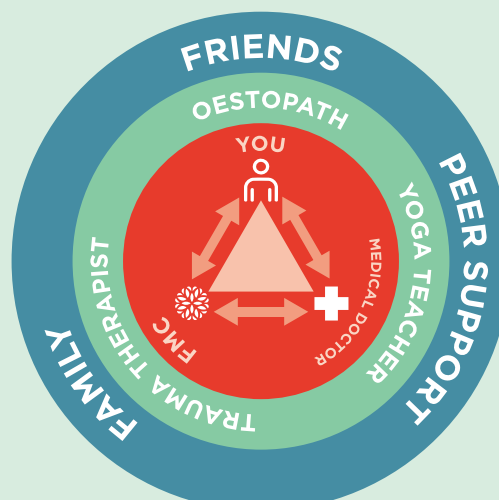
COMMUNICATION

- REGULAR COACHING
SESSIONS WITH FMC
- DOCTOR'S VISITS MORE
SPORADIC, AS NEEDED
- ADDITIONAL LAB WORK AS
NEEDED/APPROPRIATE



INTERVENTIONS - LIFESTYLE CHANGE

- DIET - SLEEP/REST - MOVEMENT
- STRESS MANAGEMENT
- SOCIAL CONNECTIONS
- SUPPLEMENT SUPPORT
- IF NECESSARY, MEDICATION



GOAL: SUSTAINABLE ROOT CAUSE RESOLUTION
= OPTIMAL HEALTH SUPPORT MAY MOVE FROM
FM CONSULTANT TO FM COACH TO CREATE
SUSTAINABLE, LASTING HABITS



C

DOCTOR ► PATIENT
RELATIONSHIP IS TYPICALLY
DIRECTIVE
(VS PARTICIPATORY)

D

NO SUPPORT BETWEEN
DOCTOR'S APPOINTMENTS
(LIFESTYLE CHANGE HAPPENS
IN REAL LIFE NOT IN THE
DOCTOR'S OFFICE)

▼
OUTCOME: RECURRING/
PERSISTENT SYMPTOMS,
RE-FILL PRESCRIPTIONS

