

## Purpose

## IFM Tools (examples)

### GATHER

**GATHER ONESELF:** Mindfulness; optimizing the therapeutic relationship

**GATHER INFORMATION** through intake forms, questionnaires, the initial consultation, physical exam, and objective data. A detailed Functional Medicine history taken appropriate to age, gender, and nature of presenting problems.

- Mindful Meditation
- Health History and Intake Forms
- Medical Symptoms Questionnaire
- Timeline
  - Chronological Story
  - ATMs and the Patient's Story
  - ABCDs of Nutrition Evaluation
  - Request and Report
  - Nutrition Physical Exam Forms

### ORGANIZE

**ORGANIZE** the subjective and objective details from the patient's story within the Functional Medicine paradigm. Position the patient's presenting signs, symptoms, and ATMs, along with the details of the case history on the timeline and Functional Medicine Matrix.

- Functional Medicine Matrix
  - Antecedents, Triggers, Mediators
  - Modifiable Lifestyle Factors
  - Clinical Imbalances
- Organizing the Functional Nutrition Evaluation

### TELL

**TELL** the story back to the patient in your own words to ensure accuracy and understanding. The re-telling of the patient's story is a dialogue about the case highlights, including the antecedents, triggers, and mediators identified in the history, correlating them to the timeline and matrix.

- Acknowledge patient's goals.
- Identify the predisposing factors (antecedents).
- Identify the triggers or triggering events.
- Identify the perpetuating factors (mediators).
- Explore the effects of lifestyle factors.
- Identify clinical imbalances or disruptions in the organizing physiological systems of the matrix.

Ask the patient to join in correcting and amplifying the story, engendering a context of true partnership.

- The Patient's Story Reviewed & Shared with Integration of the Functional Medicine Perspective (i.e. ATMs, timeline, and matrix)
- Personal Development Exercises to Create and Strengthen the Therapeutic Relationship
  - Reflective Listening
  - Motivational Interviewing
  - Coaching & Behavioral Modifications

### ORDER

**ORDER** and prioritization emerges from the dialogue of professional and patient. The patient's mental, emotional, and spiritual perspective is of primary importance for prioritizing the 'next steps.'

- Matrix

### INITIATE

**INITIATE** further functional assessment and intervention based upon the above work:

- Perform further assessment
- Initiate patient education and therapeutic intervention
- Referral to adjunctive care if needed
  - Nutrition Professional
  - Lifestyle Educator
  - Healthcare Provider
  - Specialist

- Your Functional Medicine Prescription
- Referral for Functional Nutrition Evaluation
  - ABCD Order Form
  - Physical Exam Form
  - PFC-MVP Biomarkers
  - Diet, Nutrition, and Lifestyle Journal
- Patient Education Handouts (examples)
  - Mindful Eating
  - Relaxation Response
  - Functional Nutrition Fundamentals
  - Core Food Plan and Therapeutic Suites

### TRACK

**TRACK** further assessments, note the effectiveness of the therapeutic approach, and identify clinical outcomes at each visit—in partnership with the patient.

- Medical Symptoms Questionnaire
- Body Composition Tracking