

SOAP - Herbal Follow Up Encounter

Herb Herbal a 46 years of age Female presents in the Traditional Herbal Medicine clinic
Patient identity confirmed by name and DOB
Initial visit date: 07/20/2019
Last visit date: 05/15/2020
Today 07/11/2020 is **VIRTUAL** follow up encounter # 10

Height: 5.8 feet
Weight: 147 pounds
Allergies reviewed: **Shellfish**
Medication reviewed: 07/11/2020
Armour Thyroid 120 mg
Omega 3
Biotin
Magnesium Citrate
Multivitamin

Chief complaint(s):

1. Hot flushes
2. Fatigue

SUBJECTIVE

Herb Herbal presents today in the herbal clinic to address hot flushes that started last year, the worst in day time especially if air is stuffy or she is irritated. At night mostly 5 minutes after she gets to bed. Fatigue is better but still crashes after dinner.

Digestion has occasional heartburn, then stressed had epigastric pain.

Bowels "rabbit pellets" without magnesium and herbs, occasionally alternating with "toothpaste"

Urination frequent, wakes up at night 1 time

Sleep "night awl, has difficulties to wake up, and has afternoon dip

Mood irritable, with "Monday" depression

Pain neck tightness – had few neck injuries. Has right side hypochondrium pain

Gynecology Scanty period, dark brown "tar like" thick blood, with visible clear pieces of endometrium

No other changes

Current and/or Prior treatment: Massage and Chiro for neck pain.

Relevant comorbidity: Hashimoto Thyroiditis

OBJECTIVE

Physical Exam:

Abdomen soft negative for GB, tender fascia over right side ribs, started after Breast implants, right one is slowly falling down.

Visual inspection:

Spirit/Shen: Alert

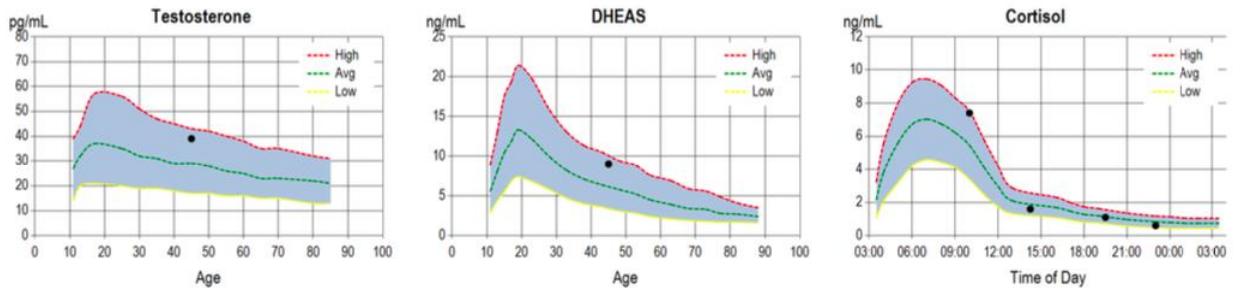
Qi: Normal breathing,

Labs/Imaging: 06/01/2020 - ZRT labs - Saliva

Menses Status: Pre-Menopausal - Irregular
 Gender: Female
 Last Menses: 03/17/2014
 DOB: 4/30/1968 (45 yrs)
 Patient Ph#: 3218051382
 Height: 68 in
 Weight: 145 lb
 Waist: 28 in

Test Name	02/17/2010	11/30/2010	10/23/2012	Current	Units	Range
Estradiol (saliva)	1.9	2.0	2.3	2.5	pg/mL	1.3-3.3 Premenopausal (Luteal)
Progesterone (saliva)	34 (1) L	1108 (2)	260 (2)	27 (1) L	pg/mL	(1) 75-270 Premenopausal (Luteal) (2) 200-3000 Topical, Troche, Vaginal Pg (10-30 mg)
Ratio: Pg/E2 (saliva)	18 L	554 H	113	11 L		Optimal: 100-500 when E2 1.3-3.3 pg/mL
Testosterone (saliva)	19	27	28	39	pg/mL	16-55 (Age Dependent)
DHEAS (saliva)	3.4	5.0	5.9	9.0	ng/mL	2-23 (Age Dependent)
Cortisol (saliva)	4.7	6.1	5.9	7.4	ng/mL	3.7-9.5 (morning)
Cortisol (saliva)		7.1 H	1.0 L	1.6	ng/mL	1.2-3.0 (noon)
Cortisol (saliva)	1.3 (1) H	1.9 (2)	1.5 (2)	1.1 (2)	ng/mL	(1) 0.4-1.0 (night) (2) 0.6-1.9 (evening)
Cortisol (saliva)	1.0	0.8	1.0	0.6	ng/mL	0.4-1.0 (night)
Free T4 (blood spot)	1.3	1.1	1.1	1.0	ng/dL	0.7-2.5
Free T3 (blood spot)	4.2	2.3 L	2.2 L	2.4 L	pg/mL	2.5-6.5
TSH (blood spot)	1.5	3.3 H	1.6	<0.2 L	µU/mL	0.5-3.0
TPO (blood spot)*	190 H	397 H	264 H	309 H	IU/mL	0-150 (70-150 borderline)

*For research purposes only.



TM Tongue: pink, redder tip, St crack with purplish tint on St; thin white coat,
TM Pulse: Slow (52) slightly vacuous, regular, rootless, uneven, rough on chi

Heart Rate: 52 bpm Duration: 30s



ASSESSMENT

Herb Herbal presents today in the herbal clinic to continue addressing peri-menopausal hot flushes that have stabilized. Fatigue is gradually improving.

Patient complaints, subjective symptoms and objective signs are reviewed and analyzed based in Traditional Chinese Medicine (TCM) Eight Principles strategy and consistent with below TM patterns.

Continue with the established treatment strategy: treat Manifestation/Branch and Cause/Root simultaneously

Multiple pharmaceutical medications and nutraceutical supplements reviewed and drug-herbs interactions risk involved in patient condition management is carefully evaluated.

Labs reviewed and assessed for herbal therapy safety.

The amount of data assessed at this encounter is consistent with the low complexity level of Traditional Medicine decision-making.

The following problems are addressed at this encounter.

ICD-10 Diagnosis: N95 Menopausal and other perimenopausal disorders
F48.0 Fatigue

ICD-11 TM pattern: SF50 Liver deficiency-heat pattern (TM1)
SF57 Liver qi stagnation pattern (TM1),
SF75 Spleen deficiency and blood depletion pattern (TM1)

TM Treatment Principle: Alleviate hot flushes, improve fatigue, clear deficient heat, promote smooth flow of Liver Qi, strengthen Spleen, nourish Blood.

PLAN OF CARE

Patient presents with signs and symptoms consistent with the diagnosis. Counseling and treatment instructions have been provided to patient, including but not limited to the need for herbal therapy, herbal intake instructions, explanation of possible contraindications and adverse reactions. Patient has been advised to inform their health care providers (physicians, pharmacists, etc.) about all the medications and supplements intake, including herbal formulae.

All questions were answered. Patient verbalized understanding and agreed to begin care.

Therapy goal: Therapeutic

HOME GOING INSTRUCTIONS

Appointments schedule:

Next follow up appointment in 6 weeks

Referrals: None

Traditional Medicine Recommendations:

Patient prefers powder

Nutraceutical Rx: continue current supplements regimen.

TM Dietary recommendations: continue blood nourishing foods such as beets, gelatin, baked granny smith apples, pomegranate. Specific recommendations were discussed, handout with detailed instructions was given.

TM Herbal Rx (Custom Compounded): Jia Wei Xiao Yao San mod 7/9/2020

Created: Jul 9, 2020 11:06 PM

Prescription Number: 15713386

Number of Days: 42

Dosage Instructions: Take 5 level spoons 2 times a day. Separate by 1 hour from your med's and supplements

Ingredients

Pin Yin	Pharmaceutical Name	
Jia Wei Xiao Yao San (5:1)		81.30%
Xi Yang Shen	American Ginseng Radix	2.44%
Dang Shen	Codonopsis Pilosulae Radix	7.32%
Huo Ma Ren	Cannabis Sativae Semen	4.07%
Xuan Shen	Scrophulariae Ningpoensis Radix	4.88%

KPC 5:1 concentrated water-extract granule

Carrier: non-GMO Potato starch

Herbal Formula Intake instructions are located on the label side bar on the bottle:

- Take # of level spoons # times a day diluted in small amount of warm water.
- To measure herbs, use attached plastic spoon, 1 level spoon equals ~ 1gramm of granulated herbs.
- Separate intake of your herbs at least 1 hour from your medications and/or supplements.
- If you forget/missed the herbal intake time, skip that dose. **NEVER double the prescribed dose!**

*You will receive an e-mail from Crane Herb Pharmacy with your herbal formula prescription pick up instructions. Please be advised to check your spam folder as well. Please verify shipping address. With the selection of priority shipping, you should receive the herbal product within 3-4 business days. **All herbal orders are final. No returns will be accepted by the pharmacy!***

What you should expect:

Traditional Chinese herbs can be used for a variety of complaints. Please understand that they are not a substitute for conventional medical diagnoses and treatment. Different disorders may require different length of the therapy that may range from few days to few years. Be aware that it may take few weeks to notice subtle changes and up to 3 months for herbal formula to reach its therapeutic potential. It is also important to note that everyone responds differently, therefore favorable outcomes of the therapy cannot be guaranteed in every case.

It is advisable to inform all members of your healthcare team (Medical Doctor, Pharmacist and Herbalist) about all the medications and supplements that you are taking, including any herbal formulae. If there are any changes in your medications and supplements please inform your prescribing licensed herbalist immediately.

Please be advised, do NOT buy any natural supplements over-the-counter or internet without prior consultation with your prescribing licensed herbalist. This is to prevent any potential interaction with your prescribed Chinese herbal formula, medication, and supplements. Also, the quality of herbal products purchased from outside sources may be questionable.

Herbs and nutritional supplements (which come from plant, animal, or mineral sources) are traditionally considered safe, but some allergic reactions or side effects (i.e. nausea, gas, stomach ache, vomiting, headache, diarrhea and rashes) may occur.

Adverse reaction instructions:

In case of any adverse reaction, new unusual symptoms, or recent contracted infectious disease (ex: common cold, etc.), please **STOP** herbs and contact me immediately via your patient's portal message or call: 888_TCM_HERB

If you are experiencing a life-threatening emergency, please call 911 or go to your nearest hospital. Please take all medications, supplements, and the herbal prescription bottle with you.

Having questions or concerns? Please, send me a message via your secure patient's portal, they will be answered within one business day.

Provider Name: *TCM Herb LAc. LCH*

30 minutes were spent face to face with the patient on Established Patient Present Illness Evaluation at this VIRTUAL encounter.

More than 50% of time was spent on patient education and counseling.

Additional 15 min were spent on drug-herb interaction review, and complex individualized TCM herbal formulae compiling and placement for custom compounding to "CraneHerb" Traditional Herbal Medicine pharmacy.

Coding:

99423 - 21 or more minutes - Online digital evaluation and management service, for an established patient

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