

## **Initial Medical Visit For All Medical Problems**

### **The Initial In Office Medical Visit**

1. Patient will preregister on Dr. Chrono
  - a. This will include Name, Address, Personal Information,
  - b. Insurance and Payment Information
  - c. Chief Complaint (Current Signs and Symptoms, Medical Problems)
  - d. Medical History:
  - e. History of Chief Complaint,
    - i. Past Medical Problems
    - ii. Medication and Personal Allergies
    - iii. Past Surgeries
    - iv. Past Hospitalizations
    - v. Review of Symptoms
    - vi. Current Medications
    - vii. Past Hospitalizations
  - f. Statement of why patient wishes or needs to be seen at this time.
2. All of the above needs to be done prior to the patient Initial visit can be done from home, work or in our office. Usually, this will take, depending on patient, 30 to 60 minutes in time.
3. Basic Diagnostic Lab Testing for Initial Medical Visit
  - a. Ideally, this will be done prior to the physical visit so lab is available at the time of the Initial visit, however can be done at the time of the Initial Visit requiring a follow up visit for 7-10 days after the Initial Visit.
  - b. Basic Male Lab Testing:
    - i. See Lab testing Panel Attached
  - c. Basic Female Lab Testing:
    - i. See Lab testing Panel Attached
    - ii. BRACA Genetic testing if any issue with Breast CA or male family member with Prostate Cancer
4. Medical Evaluation history taking and establishment of Diagnoses.
5. Complete Physical Examination
  - a. Vital Signs (Height, Weight, Blood Pressure, Pulse rate, pO<sub>2</sub>.)
  - b. Obese Patients get BMI done
  - c. Basic Head, Neck, Heart, Lung and Abdominal Evaluation
  - d. Basic Neuromuscular and Range of Motion (ROM) Evaluation
  - e. Women are advised to have Annual Breast Exam (if high risk for Breast Cancer. That is, if they have a strong family history of Breast Cancer, mother, sister, grandparent, first cousins, family Hx of Prostate Cancer) or semi-Annual Mammography if low risk family history second causing, great grandmothers, family history of prostate cancer). Every 3 years if No Family History of Breast or Prostate Cancer.
  - f. Women are advised to have Pap smear yearly.
  - g. Men with elevated PSA, Prostate Exam and/or referral to Urologist
6. Establish Diagnosis
7. Determine if additional testing is needed
8. Treat Immediately treatable problems

- a. Rx Prescription medications
  - b. Counseling
  - c. Alternative Treatment
9. Begin process of Designing and Creating Healing/Life Plan
- a. Determine Short Term, Immediate Care Management, if needed and implement.
  - b. Determine Long Term Healing Process and Treatment Program, if needed and implement
    - i. ROM and Exercise Program
    - ii. Nutritional counseling
    - iii. Positive Thinking
    - iv. Problem Solving