



LOTUS HOLISTIC MEDICINE

Dr Rashmi Cabena MBBS, DPC, PGDFM, FRACGP

5/13 Norval Court Maroochydore QLD 4556

Ph: 07 5313 3577

Fax: 07 5302 6468

New Patient Enquiry Form – Adult

This form is an editable word document – text can be added wherever you see the grey fields.

Please fill out the following information and save the document using your own name as the new file name, then email the form back to us at admin@lotusholisticmedicine.com.au

We will contact you within 7 days (usually much sooner) to advise if Doctor feels their areas of expertise is a good match for the issues you are seeking to address.

An individual form is required for each new patient enquiry.

Full Name:

Date of Birth:

Address:

Mobile Phone:

Home Phone:

Email:

1. Current Health Concerns/Symptoms/Diagnosed Conditions:



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2. Goals you hope to achieve from seeing Doctor:

3. On a scale of 1 to 5 how committed are you to achieving optimal health using a truly holistic approach?

A holistic approach to improving health and wellbeing may include, but is not limited to the following; changing your diet, taking nutritional supplements, remediating your environment, learning how to effectively manage stress, addressing current and/or past traumas or emotional issues and taking a high level of personal responsibility for achieving the outcomes you wish to achieve.

Please rate on a scale of: 5 (very willing/confident) to 1 (not willing/confident).

In order to improve your health, how willing are you to:

Significantly modify your diet?

Very willing/confident 5 4 3 2 1 Not willing/confident

Clean up your home environment from a mould/electromagnetic (EMF) perspective?

Very willing/confident 5 4 3 2 1 Not willing/confident

Modify your lifestyle? e.g. work demands, sleep timing, rest

Very willing/confident 5 4 3 2 1 Not willing/confident

Take multiple nutritional supplements each day?

Very willing/confident 5 4 3 2 1 Not willing/confident

Learn and practice relaxation, emotional release or stress release techniques if required?

Very willing/confident 5 4 3 2 1 Not willing/confident

Perform regular detox techniques? e.g. saunas, enemas, epsom salts baths

Very willing/confident 5 4 3 2 1 Not willing/confident

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Engage in regular gentle exercise?

Very willing/confident 5 4 3 2 1 Not willing/confident

Return for regular 2 – 3 monthly progress appointments?

Very willing/confident 5 4 3 2 1 Not willing/confident

Invest time into educating yourself about the first causes of health problems?

Very willing/confident 5 4 3 2 1 Not willing/confident

How confident are you of your ability to organise & follow through on the above health related activities?

Very willing/confident 5 4 3 2 1 Not willing/confident

If you are not confident of your ability, what aspects of yourself or your life lead you to question your capacity to fully engage in the above activities?

4. How did you hear about us?

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FACT AND DISCLOSURE SHEET

The purpose of this fact sheet is to explain Dr Cabena's qualifications, methods of diagnosis and management, and some of our clinic's policies and procedures so as to assist with your decision to become a client of the clinic.

- 1. Qualifications.** Dr Rashmi Cabena has been practicing medicine for over 30 years and has extensive experience in treating patients with chronic illnesses. She is friendly, easy going, always willing to help. She takes a patient centered integrative approach to treating her patients, maximising their chances of full recovery and well-being. She believes in finding and eliminating the source whilst treating her patients as naturally as possible. With great passion for furthering her knowledge and with pure dedication to help her patients, she is constantly attending courses, conferences, educational programmes and acquiring new certifications in order to keep up with the latest.
- 2. Fees.** Dr Cabena's fees at our Sunshine Coast Clinic are \$70 per 10 min block. For example, a standard intake consultation of 1.5 hours' duration at the Sunshine Coast clinic is \$630.00 . Intake consultation duration may range between 1 hour and 2 hours, depending on the complexity of your health issues. Medicare rebates are available and generally are an Item 44 (currently \$105.55) for a consultation over 40 min, Item 36 (currently \$71.70) for a consultation over 20 min and Item 23 (currently \$37.05) for a consultation under 20 min. Occasionally other item numbers such as chronic health condition item numbers can be used and attract a greater Medicare rebate. Those who have a high spend on out-of-pocket medical fees in a calendar year may attract a higher Medicare rebate under the Medicare Safety Net scheme.
Brief email questions clarifying a treatment regime are not charged for, however extensive emails or those requiring extensive replies or anything over a brief clarification or results phone call are charged at the usual consultation rate. **No Medicare rebates apply to email, SKYPE or telephone consultations.** Dr Cabena's fees per 10 min slot are standard for general practice in Australia. However, the total cost of a consultation may be higher than most people are used to paying, due to the long and comprehensive nature of the consultations. While a standard consultation in most practices is 10 - 20 mins, at Lotus Holistic Medicine it is 30 - 90 mins. Basically, this means this practice is a specialised medical clinic for those needing/seeking and willing to invest in a comprehensive and safe holistic medical program. If you are experiencing financial difficulty we encourage you to make this known to Dr Cabena so that your needs can be taken into account.
- 3. Consult format and methods of diagnosis.** Generally, Dr Cabena recommends a 90-min initial intake consultation. For especially complex cases Dr Cabena may request a 2-hour initial intake consultation. Follow up consultations are recommended every 1 - 3 months and these are usually 60 mins in length. Dr Cabena utilises all conventional medical methods such as history taking, physical examination and conventional blood tests, imaging and specialist reviews. However, she also uses some additional diagnostic modalities such as Visual Contrast Sensitivity (VCS) Testing, Autonomic Response Testing (ART) and Quantum Reflex Analysis (a form of kinesiological assessment) and Oligoscan, which is a form of thermal testing for minerals and heavy metals. These latter forms of assessment are considered outside the parameters of conventional medicine but considered by Dr Cabena to be very useful additional tools.

4. Treatment protocols. Dr Cabena's treatment plans include all of conventional medicine's tools such as medications, surgery and other procedures when necessary. However, also include following a tailored dietary regime, taking multiple nutritional supplements, getting sufficient sleep, exercising regularly, exercising and partaking in specific detoxification procedures. The latter forms of treatment are generally considered outside the parameters of conventional medicine however, considered by Dr Cabena to be extremely beneficial to the vast majority of people.

5. Acknowledgement by potential client. I have read the above fact and disclosure form and understand the nature of Dr Cabena 's practice as described in Points 1 – 4 listed above.

I have the following questions about Dr Cabena and the clinic:

I request the following diagnostic and assessment procedures to be performed on me (please check the box for these tools to be considered in your case. These will be only used if considered to be beneficial in your case by Dr Cabena):

- Quantum Reflex Analysis
- Hair Tissue Mineral Analysis (HTMA)
- Metabolic Typing

To sign this form electronically, place a slash before and after your name as: /client name/

Signed:

Full name:

Date: