



LOTUS HOLISTIC MEDICINE

Dr Rashmi Cabena MBBS, DPC, PGDFM, FRACGP

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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 graduated from medical school in India in 1995 and completed a post-graduate Diploma in Family Medicine (PGDFM) in 2002 and a Fellowship in General (FCGP) in 2003. She then completed the Fellowship of the Royal Australian College of General Practitioners (FRACGP) in Australia in 2009. After becoming interested in integrative medicine, she has subsequently studied with the Australian College of Nutritional and Environmental Medicine (ACNEM), the Walsh Research Institute and the Australian Chronic Infectious & Inflammatory Disease Society (ACIIDS).
- 2. Fees.** Dr Cabena's fees at our Sunshine Coast Clinic are \$60 per 10 min block. For example, a standard intake consultation of 1.5 hours' duration at the Sunshine Coast clinic is \$540.00. (IN SOME CHRONIC COMPLEX CASES, IT CAN TAKE MORE THAN 90 MINUTES FOR THE FIRST CONSULT). 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 \$108.85) for a consultation over 40 min, Item 36 (currently \$73.95) for a consultation over 20 min and Item 23 (currently \$38.20) 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. See <https://www.humanservices.gov.au/individuals/services/medicare/medicare-safety-net>.
- 3.** Brief email questions clarifying a treatment regime, are not usually charged. However, those requiring significant extra help outside consultations will need to book in for "clinical coaching" provided by the Naturopath, in conjunction with the doctors at a rate of \$90/hour. 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. Bulk billing should not be expected however.
- 4. 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, Quantum Reflex Analysis and Autonomic Response Testing (forms of kinesiological assessment) and salivary hormone testing. 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. A nutritional medicine program is offered to all clients and although optional, is a core component of Lotus Holistic Medicine's healing program. Supplemental formula's may cost somewhere between \$100 - \$500 per month and are offered by a separate business, Medical Nutrition Solutions Pty Ltd. The formula's we recommend are the formulas we believe to be of the best quality and so brand substitution is generally not recommended. Standard blood testing is bulk billed under Medicare, but advanced nutritional blood testing is also available, which is privately billed, as are many of the functional medicine tests offered. The cost of these tests will be discussed at the time of ordering.

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). Please place an X in the squares next to the testing:

Q RART - Quantum Reflex Analysis / Autonomic Response testing

Hair Tissue Mineral Analysis (\$75)

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

Signed

Full name:

Date:

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