



LOTUS HOLISTIC MEDICINE

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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 our Doctor feels his/her 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 a Doctor at Lotus Holistic Medicine:

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 our 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 here at the clinic.

- 1. Qualifications:** All of our doctors are General Practitioners, specialising in integrative or holistic medicine. Holistic medicine means an approach to medicine in which all factors contributing to wellness or un-wellness are included. Integrative medicine is another name for it. Holistic doctors are generally thoroughly trained in both conventional medicine and also in complementary medicine modalities.
- 2. Fees:** The fees at our Sunshine Coast Clinic are between \$60 and \$70 per 10 min block. For example, a standard consultation of 1 hr duration at the Sunshine Coast clinic is between \$360 and \$420. An initial consultation duration may range between 1 to 2 hours, depending on the complexity of your health issues. Medicare rebates are available and generally are an Item 44 (currently \$110.50 for a consultation over 40 min, Item 36 (currently \$75.05 for a consultation over 20 min and Item 23 (currently \$38.75) 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.** Our doctors fee 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 minutes. Here at Lotus Holistic Medicine, they are 30 - 90 minutes. 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 your doctor so that your needs can be taken into account. However, bulk billing should not be expected.
- 4. Consult format and methods of diagnosis:** Generally, our doctors recommend anywhere between 60 - 90 minutes for an initial consultation. For complex cases, a doctor may request a 2 hour initial consultation. Follow up consultations are recommended every 1 - 3 months and these are usually 30 minutes in length. Our doctors utilise all conventional medical methods such as history taking, physical examination and conventional blood tests, imaging and specialist reviews. However, they also use some additional diagnostic modalities, such as using the Biobalance protocol including testing of methylation status, copper testing and urinary pyrroles. The doctors also test some patients using the Bioscreen protocol for microbiome assessment. These latter forms of assessment are considered outside the parameters of conventional medicine but considered by our doctors be very useful additional tools.

4.Treatment protocols: Our doctors treatment plans include all of conventional medicine's tools such as medications, surgery and other procedures when necessary, however they 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 the doctors at our clinic 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 the practice as described in Points 1 – 4 listed above. I have the following questions for the doctors and the clinic:

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

Signed

Full name:

Date: