

Tuesday Minute Transcript

This Week's Topic

Nutri-Q: An Online Nutritional Health Assessment Software

"The patients can fill out the questionnaire online and it comes back to the doctor scored with the foundational issues identified and prioritized."

Now that we are living in the age of Google and wireless smart devices, achieving health for patients has become more than sitting in an office one on one. Patients sometimes know more about their disease than their doctor. They may not know how to fix the problem, but often they know facts or have read about their condition online.

What's exciting is that we can integrate new technology into our practice and update our services for better results. First, I'd like to re-establish a concept that often gets lost in the high tech megasphere, but then show you how this core nutritional concept can be applied in a high tech way to approach your patients. My friends Gray Graham and Dr. Owen Miller articulated this naturopathic concept in a way that really resonated with me. They called it Foundational Healing.



Fix the foundations or pillars of health, they said, and the body will heal itself.

Yes, I know that is a familiar concept with all of us, but what made their concept unique was that they found a way to measure it using a series of in-office tests as well as a web-based questionnaire. Here's the high tech part. What makes this questionnaire unique is that patients can fill out the questionnaire online and it comes back to the doctor scored with the founda-

tional issues identified and prioritized.

The Nutri-Q Nutritional Assessment Questionnaire is the most comprehensive nutritional analysis application available. I like it because its been developed over 15 years and updated by Dr. Michael Owen and doctors from various disciplines. Their clinical experience and collaboration was the basis for the questions. It's important to ask the right questions.

Nutri-Q can:

- Enhance preventative intervention
- Prioritize patients' health concerns
- Create treatment protocols
- Generate product recommendations
- Save client information and questionnaire history
- Utilize professionally formatted reports and educational materials

Completing intake forms cost us time and hourly staff wages. Everybody wants to streamline their workflow. Before patients come in for their first visit, they can fill out the questionnaire online. Their evaluation is ready at your office when they come to see you.

If patients refer you to friends or family in other cities, you can send them a link and have them fill out the questionnaire and charge them for a telephone consultation. Another nice feature of this questionnaire is the diet, lifestyle, and medications section. Often patients neglect to inform you of the factors which in fact could be causing the underlying dynamics of their conditions.

The report generated takes into consideration the effects of medications and poor diet. For example if the patient admits to eating fried and or fast foods, it places extra emphasis on enhancing liver function.

Perhaps one of the most unique parts of this questionnaire is that each question has a page or two written about the physiology and why it connects to the symptoms. It also identifies various in-office functional tests that can be used to further explore the issue. For example, question #105: "Do you have sinus congestion or "stuffy head?" You can see below for the

complete answer from the manual. Here's the short version. "Chronic Sinus Congestion can be an indication of chronic dysbiosis in both small intestine and more importantly in the sinuses themselves. New research has linked a chronic fungal infection with chronic sinus infections. Many people with chronic sinus congestion have had numerous courses of antibiotics to treat the infection, with no success. This can also contribute to the dysbiosis in the small intestine. Another possible cause of sinus congestion is a need for HCL."

There are 321 questions with a physiological understanding for each of the questions and ways to determine therapies. It's a nice resource. As a side note the Nutritional Therapy Association teaches classes on the functional tests, and they are available as distance learning formats or in class room settings.

One way to learn about a new tool is to experience it. Click below and we will send you a link. You can fill out the questionnaire yourself. Once we get the results, someone from our office will contact you and discuss the results and discuss some of the bells and whistles of the program.

The software has a host of resources like protocols, diets, over 50 reports that help you educate your patients on various topics like adrenal health, tips for controlling blood sugar, dysbiosis, etc. Special trial offers are available.

HEY, if it works, use it. If it doesn't fit your office flow, at least you'll know about some cool technology. But give it a try. Take the test, and see how the questionnaire scores YOU. Smart technology is a good thing; it can be a real time saver for you and your staff.

Thanks for reading this week's edition. I'll see you next Tuesday.