Developing NCP with Functional Medicine. 24 mins

In this seminar, Dr. DeBusk spoke about "Developing a Nutrition Care Plan

Within the Functional Medicine Model". In functional medicine, the Nutrition Care Process uses the same approach by asking questions why? Looking for nutrition-related symptoms that can be treated via nutrition interventions.

Functional medicine includes gathering data, diagnosis, nutrition intervention, and monitoring to promote optimal health and prevent diet-and-lifestyle-related disease.

The most important key of functional medicine is to target the mechanisms of disease or dysfunction and interfere with the functional approach in that location.

1. **Assess the patient with ABCDs and see the snapshot of the patient's diet**

A-anthropometrics /vitals: Height & weight, calculating the BMI, waist circumference, waist to hip ratio, bioimpedance analysis: to see body composition -body muscle mass & body fat.

B-Biomarkers/labs: POMFAB -protein9 albumin), oil, and lipid profile(Omega-3 &6), M for minerals(Ca, Fe, Se, I, Chromium, Zn, Mg), F for fat-soluble vitamins(ADEK) & 7 fiber, A antioxidants, B-vitamins (proper methylation, DNA synthesis)

C-Clinical indicators: NFPE(nutriton related parameters: nails, mouth, hair,skin, tough)

D-Diet & lifestyle (how do people eat and their relationship, blood sugar, adequate calories, proteins, vitamins, minerals).

Food allergies and food sensitivities IgG).

2.Diagnosis

Use the PES statement.

3. Interventions

Knowing the genetic patient's makeup and crafting the food individually.

We need to use food to solve nutrition-related problems. Hydration status. is important. Giving a healthy path. The standard American diet is not healthy, and transitioning their diet. Lean protein, low fat, high in fiber, and various grains. Colorful rainbow foods are suggested every day.

4. Monitor

Monitor 7 Evaluate the patient's diet and health status. In Functional Medicine it is important to treat patients with interdisciplinary teams.

I enjoyed this lecture. I am planning this method for my future practice.