



DR ANJANA

# Intake Questionnaire

PLEASE FILL AND EMAIL TO THE CLINIC



This document outlines Dr Anjana's Practice Policy. It is important that you spend a few moments reading this to ensure this clinic is the correct fit for you and give you an understanding on how clinic runs. By answering the short 10 questions we can ascertain where you are on your health journey and whether Dr Anjana has the skill set to help you.

Admin only:  
Approved by (Clinician's signature) \_\_\_\_\_  
Documents to be sent General [ ] A [ ] B [ ] C [ ] D [ ] VCSTEST.COM [ ] CFS [ ] ACR [ ] ROME [ ]  
Date given for appointment \_\_\_\_\_  
Documents sent (Receptionist signature) \_\_\_\_\_

## Patient Details

Name

Address

Date of Birth

Contact Details

Mobile

Email

How did you find us

Website

Natural therapy pages

Online forums

Word of mouth

Who:

Referral

Who:

Social Media

Dr Anjana is a functional (Integrative) doctor. Functional doctors are qualified medical professionals who understand the body as an integrated system rather than a collection of independent organs. This holistic approach aims to understand the underlying cause of medical illness. An integral aspect of Functional medicine is the patient doctor therapeutic relationship. Functional doctors take the time to listen and understand their patient's histories, lifestyles, environmental exposures and genetic risk factors to ascertain how these may influence their health and chronic medical conditions. Personalised investigations into patient's physiology, biochemistry and hormonal balance is used to understand the patient.

Dr Anjana has extensive medical training with an MBBS BSc at UNSW, a Diploma in Women's Health at the Royal Australian College of Obstetricians and Gynaecologists (RANZCOG) and is a Fellow of the Royal Australian College of General Practitioners (RACGP).

Her functional training consists of a Fellowship at the Australasian College of Nutritional and Environmental Medicine (ACNEM), a Metabolic Immunologic Neurologic Digestive Developmental (MINDD, MAPS) practitioner certification and a Bio-balance practitioner certification via the Walsh Research Institute. She is currently completing a Bachelor degree in Western Herbal Medicine at the Southern School of Natural Therapies. She has undertaken the 200 hour Zuna Yoga Teacher training.

**Reason for consultation**

Please list your health concerns?

What do you hope to achieve by seeing Doctor Anjana?

The therapeutic relationship between the patient and the doctor is at the core of our approach at Dr Anjana’s Clinic. The ultimate aim of the therapeutic relationship is to see improvements in our client’s wellbeing.

To ensure that this partnership is synergistic for your condition please fill in the below questionnaire:

**Answer the following questions honestly by scoring 1 (least prepared) to 10 (most prepared).**

How determined are you to overcome this health issue?

1      2      3      4      5      6      7      8      9      10

Healing can take time and is a journey, are you ready for this journey?

1      2      3      4      5      6      7      8      9      10

How willing are you to significantly change your diet?

1      2      3      4      5      6      7      8      9      10

How compliant are you to follow a mineral/supplement regime?

1      2      3      4      5      6      7      8      9      10

Are you willing to address lifestyle habits eg alcohol intake, smoking, screen time, sleep patterns?

1      2      3      4      5      6      7      8      9      10

How committed are you to attending regular appointments?

1      2      3      4      5      6      7      8      9      10

Are you open to addressing emotional aspects of your health?

1      2      3      4      5      6      7      8      9      10

Are you willing to be accountable to your responsibilities as a patient in therapeutic partnership with a doctor to address your health issues?

1      2      3      4      5      6      7      8      9      10

How prepared are you to strengthen the mind body connection to provide health and wellbeing by incorporating practices such as meditation & yoga?

1      2      3      4      5      6      7      8      9      10

How willing are you to spending time to investigate issues concerning your own wellbeing?

1      2      3      4      5      6      7      8      9      10

Do you have any questions for the clinic or Dr Anjana?

## Dr Anjana Practice Policies

Dr Anjana values honesty and transparency. This practice policy aims to clearly explain procedures, investigations, fees, appointments and clinic management to help you in your decision to join the Dr Anjana's clinic.

**Please sign below if you understand and consent to the following policy:**

I \_\_\_\_\_ (name) of \_\_\_\_\_ (address)  
understand and consent to the following policies;

### **Fees**

Dr Anjana charges \$67 per 10 minutes consulting blocks. Charging in time based blocks is standard practice within general practitioners in Australia with rates averaging \$60-\$70 for 10 to 15 minute blocks.

Initial appointments are generally 90 minutes duration and attract a \$600 fee. A Medicare rebate of \$105.55 is generally claimable for this initial consultation.

The total cost of the initial consultation may appear higher than what most people are used to paying for traditional general practitioner consultations due to the length and comprehensive nature of the initial consultation. As a Functional medical doctor, Dr Anjana requires a lengthy initial consultation to explore the various lifestyle, genetic, environmental and dietary risk factors which influence your wellbeing. The initial questionnaire will be used as a starting point, but Dr Anjana will elaborate through each section so that she can direct her approach, gain a deeper understand of you as a person and guide you through the most effective diagnostic and management protocol.

Follow up appointments are between 30-45 mins. Medicare rebates of \$105.55 for consultations over 40 minutes, \$71.70 for greater than 20 minutes and \$37.05 for less than 20 minutes may be applicable. Follow up appointments are an opportunity to monitor progress, reevaluate strategies, address concerns and personalise management to you. You can investigate your Medicare safety net which may entitle you to a greater rebate per session.

All other medical Reports, Insurance Reports, Centrelink Reports etc will be charged at the doctors' hourly rate.

### **Investigations**

Functional medicine is based on evidence based assessments of the chemical, hormonal and biological make up of your body. To understand how your symptoms relate to the underlying balance of your body, Dr Anjana may need to carry out investigative testing to understand how your body systems link together. Some of these investigations may be out of the scope of conventional medical tests in Australia but fall under the category of functional tests.

Investigative testing recommendations are based on Dr Anjana's experience and research. Some investigations where appropriate can be bulk billed. All investigations are performed by external laboratories with no financial connections to Dr Anjana. The clinic receives no financial remuneration or has any financial interests with these laboratories.

It is the responsibility of you, the patient, to investigate the costs of these tests and determine which tests you would like to have conducted. The clinic takes no responsibility for any costs incurred for these investigations. However, we understand that testing can be expensive, thus Dr Anjana can

guide you through this process and give her recommendations to prioritise testing to fit within your budget and level of clinical significance.

### **Natural Therapies**

Certain treatments and products administered by Dr Anjana may be outside the parameters of conventional medicine in Australia. These fall under the category of Natural, Complementary or Integrative (Functional) Medicine. Such practices are supported by study research data and are evidence based. They are safe, widely and successfully used by Integrative Medical practitioners in centres in Australia and overseas. They are only prescribed with utmost care and selected as appropriate to each patient's needs. Most supplements that may be prescribed by the doctor/health practitioner are pharmaceutical quality and TGA regulated supplements and most are practitioner-only which require a script for dispensing outside of the clinic's dispensary.

Dr Anjana may recommend and dispense items that are yet to be regulated by the Therapeutic Goods Administration (TGA) or from overseas, should Dr Anjana suggest that such products or treatments are most appropriate to your needs. If there are any risks associated with using unregulated products or treatments, Dr Anjana will make me fully aware of those risks and provide me with sufficient information to make an informed decision.

### **Skype and Phone Appointments**

All first appointments must be in person, subsequent appointments may be on skype or phone, however, this will not be eligible for Medicare rebate due to government policy. Interstate or country clients must attend in person at least twice a year. The clinic does not take on international clients as Dr Anjana's medical indemnity does not cover for this.

### **Appointments / Cancellation Policy**

Dr Anjana is heavily booked out with significant waiting lists. In order for her to provide the time and care for all the patients she takes on, it is the patients' responsibility to be committed and punctual to their appointments.

All initial appointments require a \$200 deposit. This will be forfeited in the event of failure to attend without 2 business days notice.

Failure to attend follow up appointments (without 2 business days notice) will incur the full attendance fee.

Missed appointments sacrifice the opportunity for other committed patients to see Dr Anjana. We appreciate your understanding in this matter.

### **Dispensary**

Dr Anjana may prescribe a treatment regimen that includes herbs and supplements. These are often available in house at the clinic for your convenience. Products sourced in house are selected based on their therapeutic value and quality.

You are under no obligation to purchase these therapeutic supplements in house and can choose to source them externally. However, we take no liability for the quality of products purchased outside of this dispensary. We do have a sales margin on these products.

## **Client Acknowledgement**

I have read and understand the procedures, policies and nature of Dr Anjana's Clinic. I am attending the clinic of my free will and understand that I have free choice in choosing my treatments, investigations and lifestyle changes.

### **To be signed electronically prior to appointment**

Signature (electronic):

Print Name:

Date:

### **To be signed on day of first consult**

Patient Signature (written):

Print Name:

Date:

Witness Signature (written):

Print Name:

Date: