

What is Functional Medicine and how do I start?

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Declaration of Interests
British College of Functional Medicine: Vice President of the Board of Trustees
Human Health: CEO and Founder
SkinFit: CEO and Founder
Human Health Professionals: CEO and Founder



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Declaration of Interests

Mosaic Medical Director and doctor

Lead Appraiser for Dorset within NHS England

Wessex Appraisal Service appraiser

Quality and Governance Lead British College of Functional Medicine

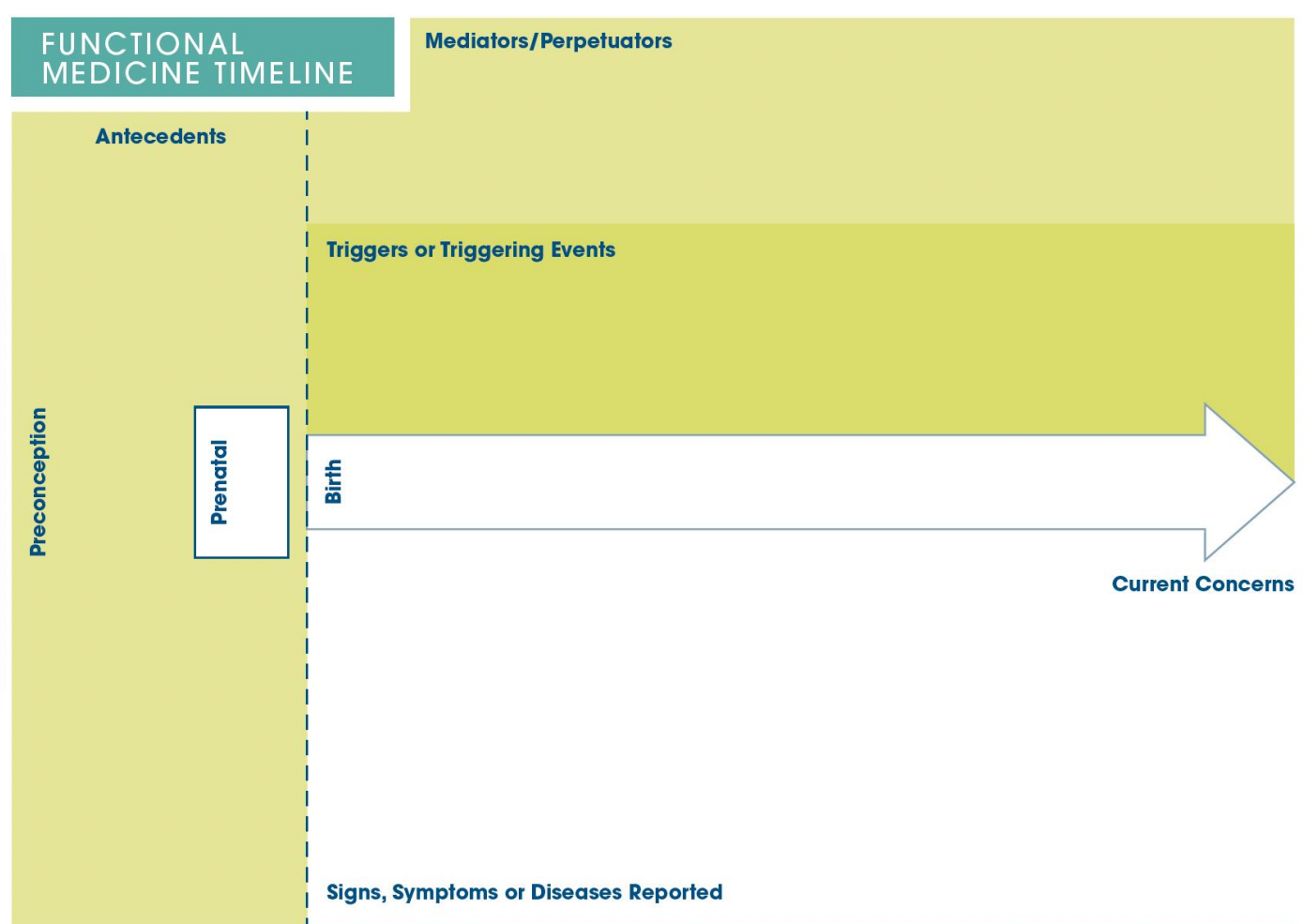
Definition of Functional Medicine

- While allopathic/ traditional/ western medicine ask '**what**' are the symptoms
- FM asks the question of '**why**' do you have the symptoms
- FM looks at root cause and uses a systems biology approach

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What does this mean at a practical level?



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Functional Medicine Matrix (Teaching)

Retelling the Patient's Story

Antecedents

(Predisposing factors)

- **Inherited (examples):** family history, genetics, maternal preconception, pregnancy environment/experience
- **Acquired (examples):** birth history, infant nutrition, ACEs, antibiotics, diet, lifestyle, SDOH, stress, environment

Triggering Events

(Activation)

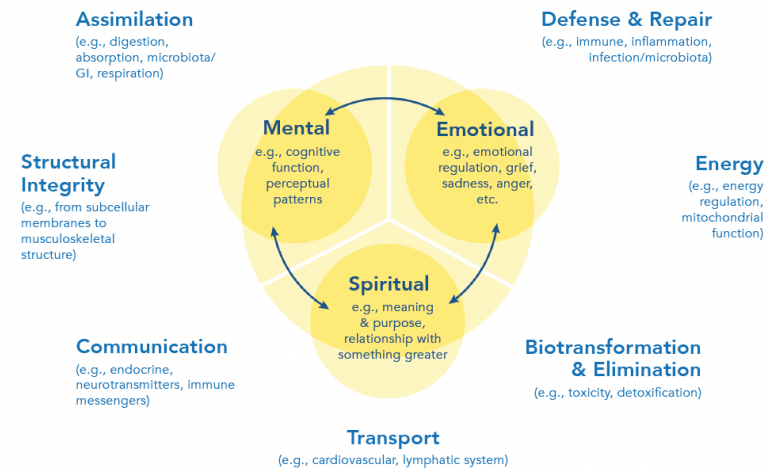
- **Description:** significant event with distinct start/end; onset of effect within seconds to days; transient or permanent effect; health never the same since
- **Examples:** injury, trauma, procedure, biochemical exposure

Mediators/Perpetuators

(Contributors to dysfunction)

- **Description:** current factors that perpetuate dysfunction/effects of disease; may be ongoing or recurring
- **Examples:** lifestyle, dietary pattern, medication, environmental exposure, stressful event, emotional state

Physiology and Function: Organizing the Patient's Clinical Imbalances



Modifiable Personal Lifestyle Factors (With Examples)

Sleep & Relaxation

- **Sleep quality:** time it takes to fall asleep; snoring/sleep disruption; wake up feeling rested?
- **Sleep quantity**
- **Sleep hygiene**
- **Sleep disorders:** insomnia, OSA, RLS, etc.

Exercise & Movement

- **Goals for movement**
- **FITT:** main types include cardio, strength, flexibility, balance
- **Obstacles for movement:** environment, pain, time, etc.

Nutrition

- **When you eat**
- **How you eat:** family meals, mindful eating, overeating, undereating
- **What you eat:** pattern, nutrients, phytonutrients, probiotics, fiber, processed foods, eliminated foods

Stress

- **Stressors:** money, work, family, etc.
- **Coping methods:** meditation, journaling, spiritual or religious practice, self-care, nature, deep breathing, visualization

Relationships

- **Support system:** loving, supportive friends and family
- **Community:** social time, group activities, loneliness
- **Communication:** ability to say no? ask for help?

How do we approach a case?

46 year old busy director of an IT start-up, mother of 3 young children, husband busy and has come to see you because of:

- Struggling with worsening anxiety
- Insomnia
- Brain fog
- Hair loss


PMHx of Covid and symptoms lasting for 6 months – untreated

Noticed increase bloating and alternating CIBH

No medication + NKDA

Go To It

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 GO TO IT <i>Steps: Practicing Functional Medicine</i>		
GATHER	<p>PURPOSE GATHER ONESELF: Mindfulness; optimizing the therapeutic relationship</p> <p>GATHER INFORMATION through intake forms, questionnaires, the initial consultation, physical exam, and objective data. A detailed functional medicine history taken appropriate to age, gender, and nature of presenting problems.</p>	<p>IFM TOOLS (examples)</p> <ul style="list-style-type: none">• Mindful Meditation• Health History and Intake Forms• Medical Symptoms Questionnaire• Timeline• Chronological Story• ATMs and the Patient's Story• ABCDs of Nutrition Evaluation• Request and Report• Nutrition Physical Exam Forms
ORGANIZE	<p>PURPOSE ORGANIZE the subjective and objective details from the patient's story within the functional medicine paradigm. Position the patient's presenting signs, symptoms, and ATMs, along with the details of the case history on the timeline and functional medicine matrix.</p>	<p>IFM TOOLS (examples)</p> <ul style="list-style-type: none">• Functional Medicine Matrix• Antecedents, Triggers, Mediators• Modifiable Lifestyle Factors• Clinical Imbalances• Organizing the Functional Nutrition Evaluation matrix.
TELL	<p>PURPOSE TELL the story back to the patient in your own words to ensure accuracy and understanding. The re-telling of the patient's story is a dialogue about the case highlights, including the antecedents, triggers, and mediators identified in the history, correlating them to the timeline and matrix.</p> <ul style="list-style-type: none">• Acknowledge patient's goals.• Identify the predisposing factors (antecedents).• Identify the triggers or triggering events.• Identify the perpetuating factors (mediators).• Explore the effects of lifestyle factors.• Identify clinical imbalances or disruptions in the organizing physiological systems of the matrix. <p>Ask the patient to join in correcting and amplifying the story, engendering a context of true partnership.</p>	<p>IFM TOOLS (examples)</p> <ul style="list-style-type: none">• The Patient's Story Reviewed & Shared with Integration of the Functional Medicine Perspective (i.e. ATMs, timeline, and matrix)• Personal Development Exercises to Create and Strengthen the Therapeutic Relationship• Reflective Listening• Motivational Interviewing• Coaching & Behavioral Modifications
ORDER	<p>PURPOSE ORDER and prioritization emerge from the dialogue of professional and patient. The patient's mental, emotional, and spiritual perspective is of primary importance for prioritizing the 'next steps.'</p>	<p>IFM TOOLS (examples)</p> <ul style="list-style-type: none">• Matrix
INITIATE	<p>PURPOSE INITIATE further functional assessment and intervention based upon the above work:</p> <ul style="list-style-type: none">• Perform further assessment• Initiate patient education and therapeutic intervention• Referral to adjunctive care if needed• Nutrition Professional• Lifestyle Educator• Healthcare Provider• Specialist	<p>IFM TOOLS (examples)</p> <ul style="list-style-type: none">• Your Functional Medicine Prescription• Referral for Functional Nutrition Evaluation• ABCD Order Form• Physical Exam Form• PFC-MVP Biomarkers• Diet, Nutrition, and Lifestyle Journal• Mindful Eating• Functional Nutrition Fundamentals• Core Food Plan and Therapeutic Suites
TRACK	<p>PURPOSE TRACK further assessments, note the effectiveness of the therapeutic approach, and identify clinical outcomes at each visit—in partnership with the patient.</p>	<p>IFM TOOLS (examples)</p> <ul style="list-style-type: none">• Medical Symptoms Questionnaire• Body Composition Tracking

Go To It

GATHER

PURPOSE

GATHER ONESELF: Mindfulness; optimizing the therapeutic relationship

GATHER INFORMATION through intake forms, questionnaires, the initial consultation, physical exam, and objective data. A detailed functional medicine history taken appropriate to age, gender, and nature of presenting problems.

IFM TOOLS (examples)

- Mindful Meditation
- Health History and Intake Forms
- Medical Symptoms Questionnaire
- Timeline
- Chronological Story
- ATMs and the Patient's Story
- ABCDs of Nutrition Evaluation
- Request and Report
- Nutrition Physical Exam Forms

ORGANIZE

PURPOSE

ORGANIZE the subjective and objective details from the patient's story within the functional medicine paradigm. Position the patient's presenting signs, symptoms, and ATMs, along with the details of the case history on the timeline and functional medicine matrix.

IFM TOOLS (examples)

- Functional Medicine Matrix
- Antecedents, Triggers, Mediators
- Modifiable Lifestyle Factors
- Clinical Imbalances
- Organizing the Functional Nutrition Evaluation

TELL

PURPOSE

TELL the story back to the patient in your own words to ensure accuracy and understanding. The re-telling of the patient's story is a dialogue about the case highlights, including the antecedents, triggers, and mediators identified in the history, correlating them to the timeline and matrix.

- Acknowledge patient's goals.
- Identify the predisposing factors (antecedents).
- Identify the triggers or triggering events.
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- Explore the effects of lifestyle factors.
- Identify clinical imbalances or disruptions in the organizing physiological systems of the matrix.

Ask the patient to join in correcting and amplifying the story, engendering a context of true partnership.

IFM TOOLS (examples)

- The Patient's Story Reviewed & Shared with Integration of the Functional Medicine Perspective (i.e. ATMs, timeline, and matrix)
- Personal Development Exercises to Create and Strengthen the Therapeutic Relationship
- Reflective Listening
- Motivational Interviewing
- Coaching & Behavioral Modifications

Go To It

ORDER

PURPOSE

ORDER and prioritization emerge from the dialogue of professional and patient. The patient's mental, emotional, and spiritual perspective is of primary importance for prioritizing the 'next steps.'

IFM TOOLS (examples)

- Matrix

INITIATE

PURPOSE

INITIATE further functional assessment and intervention based upon the above work:

- Perform further assessment
- Initiate patient education and therapeutic intervention
- Referral to adjunctive care if needed
- Nutrition Professional
- Lifestyle Educator
- Healthcare Provider
- Specialist

IFM TOOLS (examples)

- Your Functional Medicine Prescription
- Referral for Functional Nutrition Evaluation
- ABCD Order Form
- Physical Exam Form
- PFC-MVP Biomarkers
- Diet, Nutrition, and Lifestyle Journal
- Mindful Eating
- Functional Nutrition Fundamentals
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TRACK

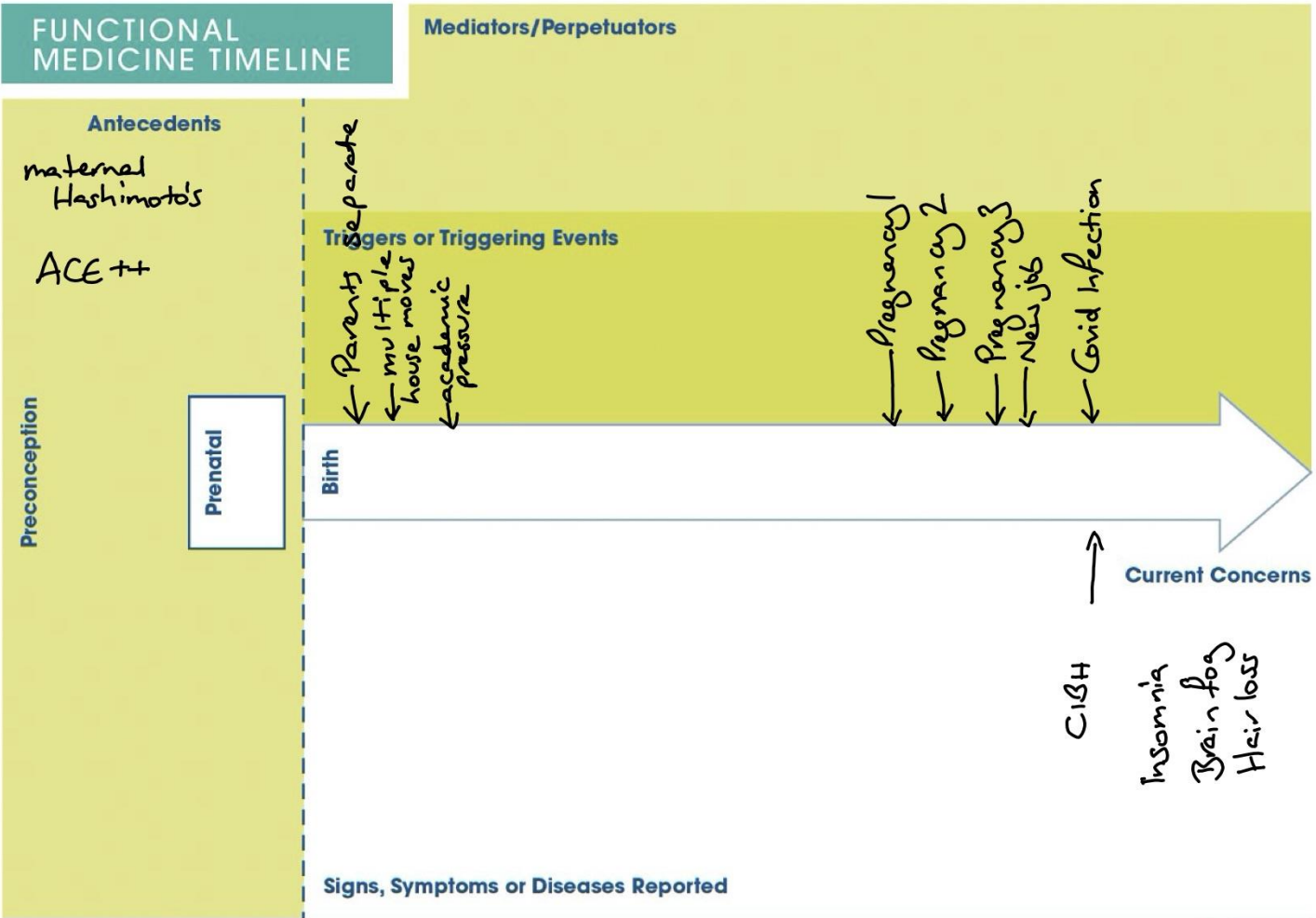
PURPOSE

TRACK further assessments, note the effectiveness of the therapeutic approach, and identify clinical outcomes at each visit—in partnership with the patient.

IFM TOOLS (examples)

- Medical Symptoms Questionnaire
- Body Composition Tracking

Use the FM timeline to tell the story back



Use the FM Matrix



Functional Medicine Matrix

Retelling the Patient's Story

Antecedents

ACEs ++
high achieving family
maternal hx Hashimoto's

Triggering Events

covid
motherhood
new job

Mediators/Perpetuators

marital difficulties
Workload increased
financial pressures

Physiology and Function: Organizing the Patient's Clinical Imbalances

Assimilation

first meal at lunchtime
bloating and heartburn
loose stools with inc frequency

Structural Integrity

eczema when stressed

Communication

periods changing
hair loss

Mental ↔ Emotional

↕

Spiritual

↕

Transport

recent bloods 'normal'

Defense & Repair

recurrent colds - worse post covid

Energy

tired all the time esp in afternoon

Biotransformation & Elimination

tends to buy food on the go from M+S
poor bowel patterns

Modifiable Personal Lifestyle Factors

Sleep & Relaxation	Exercise & Movement	Nutrition	Stress	Relationships

Name: _____ Date: _____ CC: _____

How is FM different?

- Functional Medicine includes Lifestyle medicine.
- Lifestyle medicine focuses on the creation of healthy lifestyles, nutrition & habits.
- Functional Medicine takes a more in-depth approach looking at potential root causes. Treatment focuses on lifestyle and also conventional & natural medicine.
- Integrative Medicine combines practices and treatments from conventional and 'alternative' medicine modalities.

What is the BCFM?



- A fairly new organisation to support FM doctors working in the UK
- Helping to raise the profile of this specialty
- Creating an ongoing culture of safe medicine just as in any other specialty
- Creation of a community of like-minded doctors
- Education specific to the needs of FM doctors



OUR VISION

**"Empowering Doctors, Improving Lives:
Personalised and Evidence-Based Healthcare that
connects you to your health, community, nature,
and our planet."**

**A scientific understanding of the uniqueness of
every person and our interconnectedness with
others, food, environment, lifestyle and societal
factors, as the foundation for healthcare systems
and policies."**



Any Questions ?

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