

**Text Chapter:** Initial Considerations in Patient Assessment and Management: An Overview of Key Concepts in History, Examination, Laboratory Interpretation, and Risk Management

- Moving past disease- and drug-centered medicine toward patient-centered health optimization: the goal is wellness
- Acute Care and Musculoskeletal Care as Opportunities for Health Optimization
- Clinical Assessments
- History taking & physical examination
- Orthopedic/musculoskeletal examination: Concepts and goals, Neurologic assessment: Review
- Laboratory assessments: General considerations of commonly used tests
- Clinical Concepts, Useful Mnemonics and Acronyms, Musculoskeletal Emergencies
- Brief Overview of Integrative Healthcare Disciplines: Chiropractic, Naturopathic Medicine, Osteopathic Medicine, Functional Medicine

**Presentation Slides:** Introduction to the Dr V's "Functional Inflammoly Protocol"—The Foundational Treatment Plan for Inflammatory Disorders including Metabolic Syndrome, Diabetes, Hypertension, Allergies and Autoimmunity, especially Rheumatoid Arthritis and Psoriasis

**About the author of these PreConference Notes:** Dr Alex Vasquez is the founding Program Director of the world's first fully-accredited university-based graduate program in Human Nutrition and Functional Medicine; he holds three doctoral degrees as a graduate of University of Western States (Doctor of Chiropractic, 1996), Bastyr University (Doctor of Naturopathic Medicine, 1999), and University of North Texas Health Science Center, Texas College of Osteopathic Medicine (Doctor of Osteopathic Medicine, 2010). Dr Vasquez is the author of more than fourteen textbooks—*Integrative Orthopedics* (2004, 2007, 2012), *Integrative Rheumatology* (2006, 2007), *Musculoskeletal Pain: Expanded Clinical Strategies* (published by the Institute for Functional Medicine, 2008), *Chiropractic and Naturopathic Mastery of Common Clinical Disorders* (2009), *Integrative Medicine and Functional Medicine for Chronic Hypertension* (2011), *Migraine Headaches, Hypothyroidism, and Fibromyalgia* (2012)—and approximately 100 letters and articles in professional magazines and medical journals such as *The Lancet* (online), *BMJ—British Medical Journal*, *Annals of Pharmacotherapy*, *Nutritional Perspectives*, *JMPT—Journal of Manipulative and Physiological Therapeutics*, *JAMA—Journal of the American Medical Association*, *Original Internist*, *Integrative Medicine*, *Holistic Primary Care*, *Alternative Therapies in Health and Medicine*, *JAOA—Journal of the American Osteopathic Association*, *Dynamic Chiropractic*, *Journal of Clinical Endocrinology and Metabolism*, and *Arthritis & Rheumatism*—Official Journal of the American College of Rheumatology. Dr Vasquez lectures internationally to healthcare professionals and practices in Oregon.



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**2013 PreConference Notes:** Comprehensive/Functional Patient Assessments and Introduction to the "Functional Inflammoly Protocol"

