



Experience

Working with other health care professionals



Anita Ralph MSc MNIMH MCPP

Practitioner since 1990

Integrated Gynaecology Clinic since 2006

Writing letters



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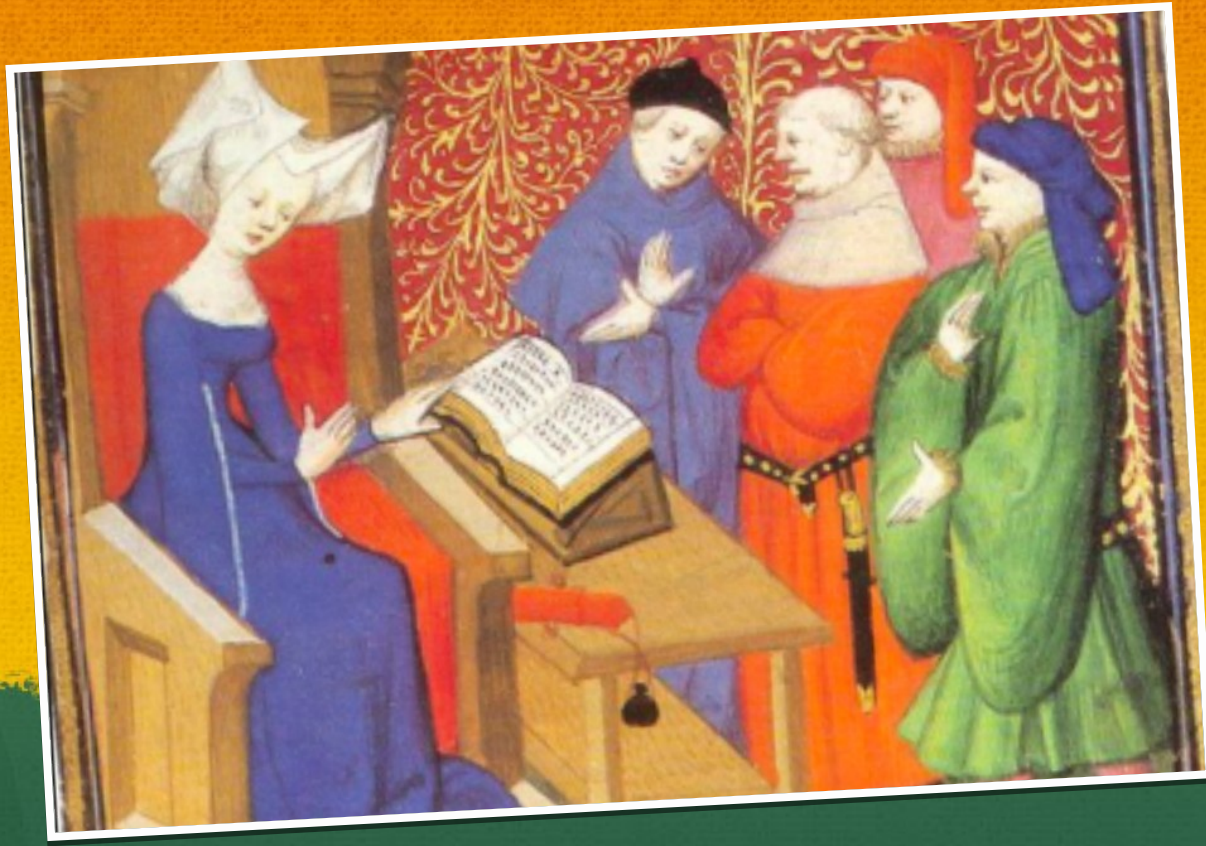
Hospital doctors have
traditionally learned to write
clinic letters by example.

<http://www.bmj.com/rapid-response/2011/11/02/write-patient-and-send-copy-gp>

“Referral to alternative practitioners...”

“Sometimes patients ask for or insist on these referrals even when you feel they may be of little value or they may ask for referral to forms of alternative care about which you are, at best, ill informed. In such circumstances I often simply provide a print-out of a patient’s key history by means of background information.”

[https://www.gponline.com/search/articles?
keywords=herbal%20medicine&headlinesOnly=False](https://www.gponline.com/search/articles?keywords=herbal%20medicine&headlinesOnly=False)



We are the consultant

We are the 'expert' in plant medicine.

What's in a letter?

- GP formal name/ address/ date/ reference
- Dear (first name)
- RE: Name/DOB/ Address of patient
- Summary of presenting issue from 1st consultation
- What significant background factors?
- Summary of treatment regimen/rationale
- Expectations, next plan, keep GP informed.

Example letter

Dr T Reichhelm

West Malling Group Practice

116 High Street

Kent

ME19 6NE

26th July 2017

Dear Thomas,

Example letter

Re: Julia EXAMPLE (DOB 19/08/1967)

33 The Street, A Village, Kent. POSTCODE

It was a pleasure to meet this lady today to discuss a way forward with her general health and wellbeing following a series of endocrine problems.

Example letter

Despite a total thyroidectomy in 2013, and subsequent thyroxine therapy following Graves disease diagnosed in 2011, Julia still experiences palpitations, malaise, with episodes of exhaustion. She has gained weight during this time, and suffers with poor sleep, eczema, fungal rashes and temperature imbalance.

Example letter

Julia had a hysterectomy (ovaries preserved) in 2011 after years of menorrhagia and menstrual problems following a ruptured fallopian tube and ectopic pregnancy in 2005.

Julia is currently medicated with bisoprolol, perindopril and thyroxine 125mcg.

Example letter

Due to so many hormone sites of disturbance, a rather global endocrine picture has emerged, and therefore we have embarked on a gentle programme of pituitary balancing using the very well studied medicinal plant *Vitex agnus-castus*.

I have also suggested we use two herbs (*Fucus vesiculosus*, *Eleutherococcus senticosus*) for adrenal support - a concept in Western herbal medicine we call 'adaptogenic' - and also digestive anti-inflammatories (*Chamomilla recutita*) and pre-biotics.

Example letter

I have suggested a low carbohydrate diet to further support the endocrine system. We plan to review things in about 4 weeks when we can take stock and add to this initial protocol if necessary.

I hope to keep you informed in that instance,

Yours sincerely,

What happens next?



Positive aspects

- We exist!
- Patients appreciate it
- Opportunity to question and clarify our own Rx
- Find our narrative!
- Conventionals have to deal with failure all the time!
- We have a right to be here!

Keep on writing!

