

**Why a professional level assessment is important.**

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Crisis Pain House Calls are a bit different than Wellness House Calls. The goals of the patient are usually quite different. Be mindful that this is a partial list. This document is not intended to be a teaching tool, but rather a document to impress upon readers that health issues are complex and a good reason to have several health professionals on one's health care team. Also keep in mind that relying on only one health care professional's opinions in these regards is fraught with the danger that they may have made mistakes, missed some things, or not evaluated some things. Thus, I would want to come to my own conclusions about the case because some medical opinions can be relied upon and some medical opinions cannot be relied upon.

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These are not questions for you to answer at this time. We will solve these questions on the house call. You only have to fill out our three electronic forms out as per instructions.

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**Crisis Pain House Calls**

Is pain involved with the condition in question that is being evaluated?

If yes, how many painful areas are there?

Is there any night pain?

Is there any recent more excruciating pain?

How excruciating? Grade it.

What is the distribution of those pain full areas?

Is there any physical disability associated with the pain?

Are any of the pains associated, or caused by the same thing?

Do any of the painful locations cycle with pain?

If yes, then how do they cycle?

What is the explanation for the recurrence or worsening of pain?

(This one is usually missed by medical doctors. Understanding the cycling of pain is a key point in understanding optimal health wellness. The 3 day, three-week, and three-month timing is important to grasp. Medical doctors usually have no concept of this timing.)

Is there a FoodPainConnection involved? How is that determined?

Is any low back pain worsened with low back flexion, extension, or both?

Are there any metabolic or endocrine issues involved?

What is the osteoporosis risk?

What are the Red Flags if any?

What are the Yellow Flags if any?

Are there any fatigue or tiredness issues involved?

Are there any digestive issues involved? This is also often missed by Medical doctors.

What is the status of the bowel movements? Bowel Transit Time?

Physical consistency nature of the bowel movements? Any recent changes?

Is there any fever, chills etc.? Evaluate whether endocrine involved or infection involved.

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What medical tests have been done so far?

Does the patient have their own copies of all reports? If not, then get them.

Does the patient have a CD or DVD copy of all recent X-rays? If not, then get them.

Has a medical workup been performed already by a licenced medical doctor?

Is there any pathology going on in this patient/client?

Has a nutrition supplementation contraindications screening been performed?

Has an overall wellness assessment been performed?

What are the 38 Wellness Calculator scores for this patient? <http://TheQ.ca>

What is more important for the patient/client to put money into at this time?

Eg. Red Flag analysis and prioritization.

**Wellness House Calls**

A Wellness Assessment requires a pain screening as well. The three electronic forms we use will cover the information necessary to screen for wellness and for pain.

Dr. Ouellette's Electronic Entrance Record (Delivered via email on booking.) Free

Dr. Ouellette's Wellness Calculator <http://TheQ.ca> \$9.95 paid online.

Dr. Ouellette's Nutrition Supplementation Contra-Indications Form \$5.46 paid online.  
(Sent by email after purchase.)

<http://www.painreliefstylestore.com/pay.html#whitepapersuppl>

When a House Call booking is made we will need the following information.

First Name:

Middle Initial:

Last Name:

Street Address:

City:

Province:

Postal Code:

Phone Number:

Whether it is a cell or land line:

Email Address:

House Call Date and time:

House Call bookings can be made via phone, text, or email. We will add the patient/client name to the Electronic Entrance Record and Contraindications forms before sending via email. The Wellness Calculator is anonymous and a code name will be chosen by the client at TheQ.ca.

**Data needed for the Wellness Calculator will be the following.**

On TheQ.ca web site select a Secret Codename on the Create Account register page. Then, after logging in, add your age, sex, height, weight, waist circumference, hip circumference, bowel transit time (BTT). Measure BTT using sunflower seeds or corn with the larger dinner meal.

[See House Call Fee Costs.](#)