

# PHYSICIAN REQUISITION



A teaching clinic of  
National College of Natural Medicine

Call 503-232-1100 or Fax 503-232-7751 to Schedule

Patient Name \_\_\_\_\_ DOB \_\_\_\_\_ Date \_\_\_\_\_

Diagnosis with ICD-9 \_\_\_\_\_

Present Rx \_\_\_\_\_

Other Pertinent info \_\_\_\_\_

Referring Dr. \_\_\_\_\_

Dr. Phone \_\_\_\_\_ Dr. Fax \_\_\_\_\_

Dr. Address \_\_\_\_\_

## CONSULTATIONS

Medical records are required during consultation

- Consultations & Second Opinions with Narrative Reporting

## CARDIAC

- Resting ECG with interpretation
  - with monitoring to capture arrhythmia frequency/severity if indicated
- 24 Hour, Holter Monitor with interpretation
- 48 Hour, Holter Monitor with interpretation
- Event Monitor for
  - 1 week  until arrhythmia is captured
  - chest plate  ongoing telemetry up to 30 days
- Resting Transthoracic Echocardiogram (off-site):
  - Adult  Pediatric
- Exercise Treadmill Stress Test (patient preparation instructions on reverse side)
- Exercise Tolerance Testing with ECG Monitoring (determines a safe and effective target aerobic heart rate)
- Exercise - Aerobic Cardiac Rehabilitation \_\_\_\_\_ times weekly for \_\_\_\_\_ weeks or choose duration & frequency based on tolerance
- Oxygen Multistep Therapy (oral antioxidants followed by aerobic exercise with hyperbaric oral)
- Live O<sub>2</sub> Adaptive Oxygen Therapy (Vasodilating)

## PULMONARY

- Spirometry (FVC, FEV 1 & 3 sec., FEV1/FVC, FEF25-75%, Max. Flow)
- Spirometry with post test bronchodilation (Pt must bring and list medicine with dosage to be used)

## VASCULAR ULTRASOUND (off-site)

- Abdominal Aortic Aneurysm
- Carotid Artery Duplex, Bilateral
- C.I.M.T. (Carotid Intima Media Thickness)
- Renal Artery  Mesenteric Artery

### Lower Extremity

- Arterial  Venous  Bilateral
- Unilateral  Left Leg  Right Leg

### Upper Extremity

- Arterial  Venous  Bilateral
- Unilateral  Left Leg  Right Leg

## OTHER VASCULAR STUDIES

### Audio Doppler, Plethysmography and Rheography

- Carotid arterial audio doppler (bilateral study of common, external & internal)
- Ankle/Brachial Index (ABI)
  - Resting  Exercise
- Arterial Audio Doppler/Rheography with Waveforms
  - Upper extremity  fingers
  - Lower extremity  toes
- Lower extremity venous photoplethysmography (refill time in venous insufficiency)
- Lower extremity venous doppler (with augmentation - DVT vs venous insufficiency)

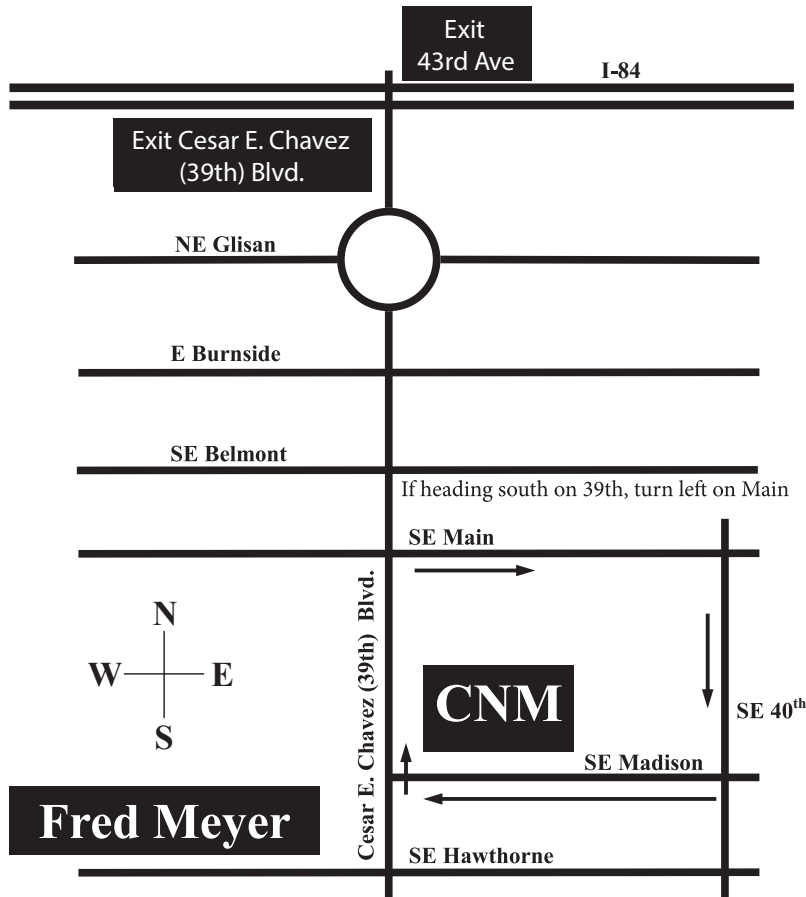
## ULTRASOUND - GENERAL (off-site)

- Abdominal Rt. Upper Quadrant / Limited
  - Abdominal Complete
  - Pelvic Trans-abdominal Only
  - Pelvic Trans-abdominal & Trans-vaginal
  - Thyroid & Parathyroid
  - Testicular & scrotum
  - Soft tissue (name specific anatomical structures)
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# Patient Preparation (please follow carefully)

## Exercise Stress - Exercise Tolerance Test

- Do not eat, smoke, or drink caffeinated beverages 2 or more hours before being tested.
- You may need to avoid some medications before being tested. Please ask your doctor to advise you about this.  
All vitamins, minerals and herbs should be avoided the day of the test.
- Wear loose fitting clothing and walking shoes or sneakers.  
You will sweat during the exercise and may wish to bring a change of clothing.
- Plan to arrive early for check-in.
- The test takes about 60 minutes.
- You will be asked to sign an informed consent before being tested.



Heart & Lung Wellness at the  
Center for Natural Medicine

1330 SE Cesar E. Chavez (39th) Blvd  
Portland, Oregon 97214

Phone: 503-232-1100  
Fax: 503-232-7751

Web: [cnmwellness.com](http://cnmwellness.com)  
Email: [hlresident@cnmwellness.com](mailto:hlresident@cnmwellness.com)

For more forms and info visit:  
[cnmwellness.com/heart-lung-wellness/](http://cnmwellness.com/heart-lung-wellness/)

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Cardiovascular & Pulmonary Care  
Please contact CNM (503) 232-1100 for  
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A COLLABORATIVE ALLIANCE BETWEEN

