

Instructions:

The HCA Assessment is the central part of the HCA System and consists of an in-depth, 500 question, questionnaire that measure symptoms or distress in 10 major bodily systems. Although long, the questionnaire differs from other similar programs available in that it is more sensitive and specific, and gives much more attention to the hormonal system than any other like tool to date. The HCA allows me to get a detailed history from you, but in a more organized and time efficient manner.

The importance of a thorough history cannot be overstated, since a correct diagnosis will come from a proper history. A thorough history gives me a high index of suspicion of what areas need further investigation, and makes my approach more efficient and accurate. This not only translates into better care for you, but saves time and money. Finally, the value of the HCA Assessment is the ability to see patterns of disruption between the body systems as these are often the most vital clues to the cause of distress.

SEVERE				
MODERATE		40	35	33
				51
MILD				
		0	0	0
		0	0	0
1st	45	65	40	
2nd				
	1a	1b	1c	2a

The use of the HCA Assessment is very simple. Follow these simple steps, for greatest ease of use:

- (1) Open and Print the Patient Assessment Questionnaire.
 - (2) Fill out the entire questionnaire by answering all questions to the best of your ability.
 - (3) CIRCLE the number which best describes the frequency, or severity of your symptoms.
 - (4) If you do not know the answer to the question, or if the question does not apply, leave it blank.
 - (5) When you are finished, please total the number of points and write on the Part Score Line.
 - (6) Email your completed questionnaire to val@holistichealthonline.info
- When I have received your completed questionnaire I will respond with suggested appointment times for a face-to-face (on ZOOM platform) consultation.

The graph to the left is my part after receiving your completed questionnaire.

Note: *While the questionnaire may seem long, I am very thorough and my clients get good results when recommendations are followed. The questionnaire is reviewed before our call, which allows me to get an in-depth overview of what is going on with you.*

If you have any questions, don't hesitate to contact me at the above email address. I will respond promptly.

Sincerely,

Valerie Robitaille, PhD(c) , Your Holistic Nutritionist