

Carine Pediatrics / Ali M. Carine, D.O., LLC
Pro Parent Pre-Registration Form

(This form is ONLY for parents expecting their FIRST child!)

Congratulations and welcome to our practice!

Today's date: _____

PARENT/Guardian Information

Names: _____

Emails: _____

Phone #s: _____

Home address: _____

2nd Address (if not in same home): _____

Insurance Information

Insurance policy (name & ID #) the child will be added to: _____

Policy holder's name & date of birth: _____

CHILD/PATIENT Information

Patient due date: _____ Are you having a: BOY GIRL SURPRISE!?

Is this your first baby? YES NO If not, how many children do you have? _____

Where will the baby be born? _____

Are you planning to vaccinate? YES NO UNSURE/HAVE QUESTIONS

Do you plan on giving Vitamin K at birth? YES NO ORAL

Do you plan on giving Hepatitis B at birth? YES NO

Do you plan to: BREAST FEED FORMULA BOTH?

Were you referred to our practice? YES NO If yes, by whom? _____

Are you familiar with integrative medicine? YES NO

What interests you in our practice?

Is there anyone else, professionally, who you plan to involve in the care of your baby (Chiropractor, Naturalist, etc.)?

Feel free to jot down any specific questions you may have or ask them in the "Intro" meeting/(newborn) Well Check visit!

Carine Pediatrics / Ali M. Carine, D.O., LLC

Introduction to Office

Integrative Medicine

- Working with families to offer safe options for your children.
- We use standard medical care as a starting point to ensure safety and quality care. We then add to that knowledge of nutrition and complementary medicine, when medically appropriate.
- Emphasis on prevention and development, therefore Well Checks are of paramount importance.

Office Information

- Hours: Monday - Friday: 8am - 5pm, extended hours have been suspended temporarily.
- Address: Ali M. Carine, D.O., LLC / Carine Pediatrics, 3300 Riverside Drive, Suite 200, **Upper Arlington**, Ohio 43221
- Phone: (614) 459-4200 Fax: (614) 459-1589
 - mail@drcarine.com – for scheduling, billing questions
 - nurse@drcarine.com – for clinical questions
 - info@purelyintegrative.com – for supplement, purchasing questions
 - www.drcarine.com – website for our office
 - www.purelyintegrative.com – website for our supplement shop

Our Clinical Staff

- Ali Carine, D.O. (Dr. Carine): Performs OMT, manages patient's complicated health concerns, and oversees Nurse Practitioner (NP) staff.
- The NP staff see patients for well, sick, and conference visits, meet weekly with Dr. Carine to discuss patient care coordination, and consult her daily with any urgent concerns that arise.
 - Kimberly "Kim" Kopfman, RN, MS, CPNP-PC, RD, IBCLC
 - Elizabeth "Beth" Cunningham, RN, MS, CPNP-PC, IBCLC
 - Benjamin "Ben" Liston, RN, MS, CPNP-PC
 - Elizabeth Bariani, RN, MS, CPNP-PC (née Magree)
 - Geoffrey "Geoff" Hill, RN, MS, CPNP-PC

OMT (Osteopathic Manipulation Therapy)

- Performed at our office ONLY by Dr. Carine.
- Involves using the hands to diagnose, treat, and prevent illness or injury. Applies techniques to help balance muscle action using gentle pressure applied to coordinate motion in your whole body. You can learn more at:
 - www.cranialacademy.org
 - www.academyofosteopathy.org

Breastfeeding Support

- Beth Cunningham and Kim Kopfman are certified lactation consultant and meets with parents to help establish a healthy breastfeeding relationship, discuss the challenges of breastfeeding, and oversee your baby's weight management.
- OMT with Dr. Carine is helpful to relieve tension that can limit optimal latch and comfortable positioning.
- Allyson Wessells, PT, IBCLC: Provides lactation services outside of our office. Contact her directly at Natural Nurturing, LLC to discuss your specific needs and availability: (740) 710-1378 naturalnurturingllc@gmail.com

Appointment Types

- Well Check/Physical (20 minutes) - General health check (required within at least the last 12 months for most forms).
- Conference (20 minutes) - Detailed discussion or lactation visit.
- OMT (20 minutes) - Scheduled with Dr. Carine ONLY, NOT to be used for conference time.
- Same Day Sick or Recheck (10 minutes) - Focused discussion regarding acute concern. We leave spots open for Sick appointments for the **same day** so we can be available to see you.

On-Call for Emergency

- We are on-call for emergency whenever the office is closed.
- Simply call the main office line at (614) 459-4200] and the message gives you current information for the practitioner on call (specific name and phone number).
- You can call or text the practitioner on call with your questions.
- If for some reason you do not get a response within 1 hour, please call again.

Supplements/Vitamins/Essential Oils

- High quality options with hypoallergenic/dye free/fewer additives.

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Introduction to Office

- We want to ensure our patients are using safe, effective, and cost-effective options.
- We recommend probiotics and vitamin D supplements for infants.

Vaccines

- As a medical practice, we support vaccination. We recognize that parents have questions about vaccines and do our best to help answer those questions. For more information, please see our vaccine packet which outlines our policy (available on www.drcarine.com). You can also read about vaccines in “The Vaccine Book” by Dr. Sears.

What to Expect

- Visits other than OMT are generally scheduled with a Nurse Practitioner.
- We want to see your baby in our office around day 3-5 after birth.
- Call when you are being discharged from the hospital, or after your home delivery, to set up an appointment with us. We reserve appointments for newborns to maintain availability.

Screening

- **EPDS** (Edinburgh Postnatal Depression Scale): routinely recommended after delivery, and based on risk, for moms to complete. This is **required for primary care** at our office.
- At each well check appointment from 2 months to 5 years, parents fill out an **ASQ** (Ages and Stages Questionnaire), which is reviewed by the practitioner and is an important part of the visit. This is **required for primary care** at our office.
- At each well check appointment between 18 - 24 months, parents fill out an **MCHAT** (Modified Checklist for Autism in Toddlers) form, which is reviewed by the practitioner. This is **required for primary care** at our office.
- Other screening is performed based on the discretion of the health care provider.

Helpful Online Resources

- AAP.org
- academyofosteopathy.org
- cranialacademy.org
- drcarine.com
- drsears.com
- autism.com
- kidshealth.org
- lalecheleague.org