

# **Labs: Ordering and Interpreting**

## **6 Hours ~ Marina Rose, DC**

### **Back To Chiropractic CE Seminars**

#### **Learning Objectives**

1. Identify the common indications for ordering lab; looking at what symptom picture indicates a need for lab evaluation.
2. Laboratory testing is increasingly accessible; this class covers the multiple ways labs can be ordered for a patient.
3. Review the normal and abnormal values for commonly ordered labs.
4. Learn to interpret commonly ordered tests to assess risk of diabetes, insulin resistance, cardiometabolic syndrome, inflammation, heart disease, liver and gallbladder dysfunction, kidney disease, thyroid disease and deficiency of certain nutrients.
5. Understand when it is appropriate to provide recommendations for dietary and lifestyle modification, including nutritional supplements, and when it is appropriate to refer out.
6. Introduction of specialized lab tests that the chiropractor may see in a patient's record.

#### **Outline**

##### Hour 1:

- Overview of how a chiropractor may receive lab reports as part of a patient's file
- Chiropractor's responsibility for interpreting lab work
- Indications for ordering lab work
- Options for ordering labs

##### Hour 2 -3:

- Review of reference ranges
- Understanding results:
  - CBC (Complete Blood Count)
  - CMP (Comprehensive Metabolic Profile)

##### Hour 4:

- Understanding results:
  - Blood sugar and insulin
  - Inflammation
  - Cholesterol
  - Liver and gallbladder

##### Hour 5:

- Understanding Thyroid hormones
- Auto-immunity
- Diet and lifestyle recommendations based on lab results

##### Hour 6:

- Tests of gut function/ microbiota
- Hormone tests
- Food allergy tests