

# Health History Questionnaire

Date: \_\_\_ / \_\_\_ / \_\_\_

<b>Patient's Name</b> (Last, First, M.I.)		<b>DOB</b> (mm/dd/yyyy)	<b>Sex</b> (M/F)	<b>Patient Status:</b> Single <input type="checkbox"/> Married <input type="checkbox"/> Other <input type="checkbox"/>	
<b>Patient's Address</b> (No. Street)		<b>Relation to Insured</b>		<b>Employed</b> <input type="checkbox"/> <b>Student:</b> F-Time <input type="checkbox"/> P-Time <input type="checkbox"/>	
<b>City</b>	<b>State</b>	<b>Zip Code</b>	<b>Phone</b> (10 digit)		<b>Patient's SSN:</b>
<b>Insured's Name</b> (Last, First, M.I.)		<b>DOB</b> (mm/dd/yyyy)	<b>Sex</b> (M/F)	<b>Insured's SSN:</b>	
<b>Insured's Address</b> (No. Street)		<b>Phone</b> (w/area code)		<b>Insured's Employer</b>	
<b>City</b>	<b>State</b>	<b>Zip Code</b>	<b>Insured's Claim #. or ID #.</b>		<b>Group ID Number</b>
<b>Insurance Company</b>			<b>Plan Name or Program</b>		
<b>Billing Address</b>			<b>Referral Number</b>		
<b>Onset/Injury Date</b>	<b>Similar Condition (Y/N)</b>	<b>Work related (Y/N)</b>	<b>Auto Accident (Y/N)</b>	<b>U.S. State</b>	<b>Other Acc. (Y/N)</b>

What is your main concern today? \_\_\_\_\_

When did this issue begin? (Please be specific) \_\_\_\_\_

What do you think caused it? Is the cause still present? \_\_\_\_\_

What treatments have you tried already? What were the results? \_\_\_\_\_

Have you been given a diagnosis for this concern? If so, what? \_\_\_\_\_

How would your life be different if this concern were no longer present? What would your life look like? What would you do differently? How would your relationships change?

Have you noticed what makes your concern better or worse?

Have you noticed if your concern is affected by stress or emotional changes?

What is the intensity of your concern right now? 1 2 3 4 5

Is there anything else you would like to focus on with treatment?

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Past Medical History** (please indicate by date(s):

- |                 |                           |                       |                        |
|-----------------|---------------------------|-----------------------|------------------------|
| Cancer _____    | High Blood Pressure _____ | Rheumatic Fever _____ | Venereal Disease _____ |
| Diabetes _____  | Heart Disease _____       | Seizures _____        | Asthma _____           |
| Hepatitis _____ | Stroke _____              | Thyroid Disease _____ | Pacemaker _____        |
| Other: _____    |                           |                       |                        |

Surgeries (type and date): \_\_\_\_\_

Significant Trauma (auto accidents, falls, etc.): \_\_\_\_\_

Significant Dental Work (type and date): \_\_\_\_\_

Birth History (prolonged labor, forceps delivery, caesarian section, other): \_\_\_\_\_

Allergies (drugs, chemicals, foods, animals): \_\_\_\_\_

**Family Medical History**

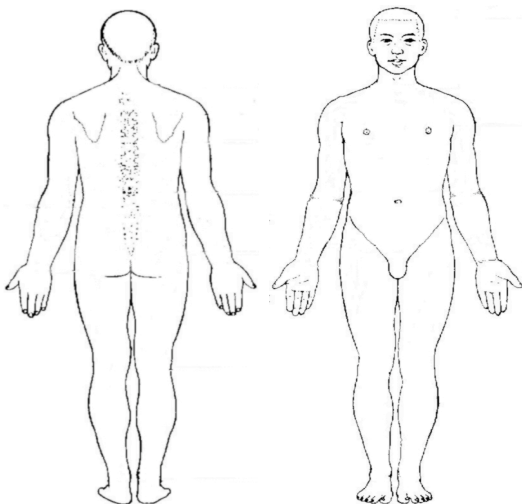
- |  |                                     |                                  |                                     |
|--|-------------------------------------|----------------------------------|-------------------------------------|
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Alcoholism | <input type="checkbox"/> Cancer: | <input type="checkbox"/> Allergies: |
| <input type="checkbox"/> Heart Disease       | <input type="checkbox"/> Seizures   | _____                            | _____                               |
| <input type="checkbox"/> Arteriosclerosis    | <input type="checkbox"/> Asthma     | _____                            | _____                               |
| <input type="checkbox"/> Stroke              | <input type="checkbox"/> Diabetes   | _____                            | _____                               |

Occupational Stress (chemical, physical, psychological, etc.): \_\_\_\_\_

Do you exercise regularly? Y or N Please describe: \_\_\_\_\_

Comments (please list any other problems you would like to discuss): \_\_\_\_\_

**Indicate Painful or Distressed Areas**



**What are Your Treatment Goals?**

- Temporary relief of symptoms/pain control
- Eliminate root or cause of problem (if possible)
- Lessen/eliminate habits which caused the condition or made it worse
- Maintenance care (periodic balancing/tune-up to keep in good health)

On the following page, please check any boxes of symptoms you have had in the past 2 weeks.

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

**General**

- Chills
- Fevers
- Sweat easily
- Night sweats
- Localized weakness
- Bleed or bruise easily
- Peculiar tastes or smells
- Strong thirst (cold / hot)
- Thirst, no desire to drink
- Fatigue
- Sudden energy drop  
*Time of day: \_\_\_\_\_*
- Edema  
*Where: \_\_\_\_\_*
- Poor sleeping
- Tremors
- Poor balance
- Cravings
- Change in appetite
- Poor appetite
- Weight change  
*Gain / Loss \_\_\_\_\_*

**Skin and Hair**

- Rashes
  - Itching
  - Change in hair or skin
  - Ulcerations
  - Eczema
  - Oozing skin lesion
  - Hives
  - Pimples
  - Recent moles
  - Loss of hair
  - Dandruff
- Other hair or skin problems*  
\_\_\_\_\_

**Head, Eyes, Ears  
Nose, and Throat**

- Dizziness
- Migraines
- Headaches  
*When: \_\_\_\_\_*  
*Where: \_\_\_\_\_*
- Facial pain
- Glasses
- Poor vision
- Night blindness
- Blurry vision

- Color blindness
  - Blind field
  - Spots in front of eyes
  - Eye pain
  - Eye strain
  - Cataracts
  - Eye Dryness
  - Excessive tearing
  - Discharge from eyes
  - Poor hearing
  - Ringing in ears
  - Earaches
  - Discharge from ear
  - Nose bleeds
  - Sinus congestion
  - Nasal drainage
  - Grinding teeth
  - Teeth problems
  - Jaw clicks
  - Concussions
  - Recurrent sore throats
  - Hoarseness
  - Sores on lips/tongue
- Other head / neck problems*  
\_\_\_\_\_

**Cardiovascular**

- High blood pressure
  - Low blood pressure
  - Chest discomfort/pain
  - Heart palpitations
  - Cold hands or feet
  - Swelling of hands
  - Swelling of feet
  - Blood clots
  - Fainting
  - Difficulty in breathing
- Other heart/blood vessel problems:* \_\_\_\_\_

**Respiratory**

- Cough
  - Asthma/wheezing
  - Difficulty in breathing when lying down
  - Phlegm *Color? \_\_\_\_\_*
  - Coughing blood
  - Pneumonia
  - Bronchitis
- Other lung problems:* \_\_\_\_\_

**Gastrointestinal**

- Bad breath
  - Nausea
  - Vomiting
  - Heartburn
  - Belching
  - Indigestion
  - Diarrhea
  - Constipation
  - Chronic laxative use
  - Blood in stools
  - Black stools
  - Abdominal pain/cramps
  - Gas
  - Rectal pain
  - Hemorrhoids
- Other stomach or intestinal problems:* \_\_\_\_\_

**Genito-Urinary**

- Pain on urination
  - Urgency to urinate
  - Frequent urination
  - Blood in urine
  - Decrease in flow
  - Dribbling
  - Kidney stones
  - Impotency
  - Change of sexual drive
  - Sores on genitals
- Do you wake to urinate?*  
 Yes  No
- How often?* \_\_\_\_\_
- What color is your urine?*  
\_\_\_\_\_
- Other genital or urinary system problems?* \_\_\_\_\_

**Pregnancy and Gynecology**

- # of pregnancies:* \_\_\_\_\_
- # of births:* \_\_\_\_\_
- # premature births:* \_\_\_\_\_
- # of miscarriages:* \_\_\_\_\_
- # of abortions:* \_\_\_\_\_
- Age at first menses:* \_\_\_\_\_
- Length of full cycle:* \_\_\_\_\_
- Length of menses:* \_\_\_\_\_
- Last menses start date:* \_\_\_\_\_

- Heavy periods
  - Light periods
  - Painful periods
  - Irregular periods
  - Changes in body/psyche prior to menstruation
  - Clots
  - Vaginal discharge:
  - Menopause:  
*Age: \_\_\_\_\_*  
*Year: \_\_\_\_\_*
  - Postcoital bleeding
  - Vaginal sores
  - Breast lumps
  - Nipple discharge
- Do you practice birth control?*  
 Yes  No
- What type and for how long?*  
\_\_\_\_\_

**Musculoskeletal**

- Neck pain
  - Shoulder pain
  - Back pain
  - Elbow pain
  - Hand/wrist pain
  - Hip pain
  - Knee pain
  - Foot/ankle pain
  - Muscle pain
  - Muscle weakness
- Other pain?* \_\_\_\_\_

**Neuropsychological**

- Seizures
  - Areas of numbness
  - Weakness
  - Sleep disorder
  - Concussion
  - Violence potential
  - Vertigo
  - Lack of coordination
  - Bad temper
  - Depression
  - Easily stressed
  - Loss of balance
  - Poor memory
  - Anxiety
  - Substance abuse
- Have you ever been treated for emotional problems?*  
 Yes  No

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Last Physical Date: \_\_\_\_\_ Doctor: \_\_\_\_\_ Results: \_\_\_\_\_

**Habits** Please indicate below: None, Light, Moderate, or Heavy. Please add comments where significant

	Excessive	Moderate	Minimal	None	
Alcohol:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Coffee:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Tea:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Tobacco:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Exercise:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Sleep:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Appetite:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Energy Level:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Medication:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Vitamins:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Food Intake:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Teeth problems:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Drugs:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Salt Intake:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....
Stress Level:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	.....

**Diet** Please give a general description of the food you eat during a "typical" day.

Morning: .....

Afternoon: .....

Evening: .....

Before bed: .....

Between meals: .....

Are you now, or have you ever been, on a restricted diet? Please describe the diet and give the start/stop dates:

\_\_\_\_\_  
\_\_\_\_\_

What medicines have you taken within the last 2 months? (prescriptions, vitamins, over-the-counter drugs, herbs)

\_\_\_\_\_  
\_\_\_\_\_

Do you have any allergies not yet listed? What reactions do you have to chemicals, foods, etc?

\_\_\_\_\_  
\_\_\_\_\_