Optimum Wellness
INTEGRATED CLINIC

Tel: 780 439-1200 Fax: 780 434-6800

# Confidential Health Questionnaire

| | | | | | |
|---|---|---|---|---|---|
| Name: | | | | Date: | |
| Email: | | | | Health Care #: | |
| Street Address: | | | | | |
| City: | | Province: | | Postal Code: | |
| Cell Phone: | | | | Home Phone: | |
| Work Phone: | | | | Occupation: | |
| Age: | | | | Birth Date(m/d /y): | |
| Gender: | | | | Marital Status: | |
| No. of Children: | | | | | |

Who are your other Health Care Providers?
(ie: MD, Naturopathic doctor, Chiropractor, Massage Therapist, Physiotherapist, etc)

| | | | | | |
|---|---|---|---|---|---|
| 1. | | 2. | | 3. | |
| Phone: | | Phone: | | Phone: | |

| | | | |
|---|---|---|---|
| How did you find out about our clinic? (ex. Print Ads, Facebook, Google) | | | |
| Who referred you? (ex. newspaper, internet, health food store, friend, another health care practitioner) | | | |
| Have you been treated by a Naturopathic Doctor before, Yes or No? | | | |
| If 'yes', by whom? | | When? | |
| For what reason(s)? | | | |

In Case of Emergency Contact:

| | | | | | |
|---|---|---|---|---|---|
| Full Name: | | Relation: | | Phone: | |

**List your health concerns and how long they have been occurring, in order of importance:**

| | |
|---|---|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |

**Note to patient:** Please complete this questionnaire with care. Successful health care and preventative medicine are only possible when the physician has a complete understanding of the patient physically, mentally, and emotionally. This is a confidential record of your medical history. It will not be released without your prior authorization.

## Medications

Check (✓) any of the following that you currently take or use.

| | | | | | |
|---|---|---|---|---|---|
| Laxatives | ☐ | Pain relievers | ☐ | Antacids | ☐ |
| Cortisone | ☐ | Appetite suppressants | ☐ | Antibiotics | ☐ |
| Tranquilizers | ☐ | Thyroid medication | ☐ | Sleeping pills | ☐ |
| Aspirin | ☐ | Diet pills | ☐ | Birth control pills | ☐ |

How many times have you been treated with antibiotics? ☐ When was the last time? ☐

Please list all **"current"** prescription medications

| Medication | Date started [m/y] | Dose | Effectiveness |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Please list all **"past"** prescription medications

| Medication | Date started [m/y] | Dose | Effectiveness |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Please list all **"current"** vitamins, herbs, homeopathics, non-prescription, etc

| Supplement / Vitamin (Brand Name) | Date started [m/y] | Dose | Effectiveness |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

# Health History

| Do you have any known contagious diseases at this time? | Y ☐ | N ☐ |
|---|---|---|
| If yes, what? | | |

How would you describe your current state of health?

| Excellent ☐ | Good ☐ | Fair ☐ | Poor ☐ |
|---|---|---|---|

Please indicate any serious conditions, illnesses, injuries, surgeries, and/or hospitalizations that you have had. Include approximate dates.

_____

_____

List any X-rays, CT scans, or other studies that you have had.

_____

_____

## Allergies

Are you sensitive or allergic to…

| | |
|---|---|
| Any drugs? | |
| Any foods? | |
| Any environmentals? | |
| Any chemicals? | |
| Any supplements? | |

## Immunizations

What immunizations have you had?

| | | | | | |
|---|---|---|---|---|---|
| DPT (diphtheria, pertussis, tetanus) | ☐ | Hepatitis A | ☐ | Flu shot | ☐ |
| Haemophilus influenza B | ☐ | Hepatitis B | ☐ | Polio | ☐ |
| MMR (measles, mumps, rubella) | ☐ | Hepatitis C | ☐ | Smallpox | ☐ |
| Chicken pox | ☐ | Other: _____ | | | |

Please indicate any adverse reactions you have experienced from an immunization.

_____

_____

## Illnesses

Which of the following conditions have you had?

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Alcoholism | ☐ | Eating Disorder | ☐ | Measles | ☐ | Shingles | ☐ |
| Allergies | ☐ | Gall Stones | ☐ | Mononucleosis | ☐ | Skin disease | ☐ |
| Arthritis | ☐ | Goiter | ☐ | Mumps | ☐ | Sinusitis | ☐ |
| Asthma | ☐ | Gout | ☐ | Parasites | ☐ | Stroke | ☐ |
| Cancer | ☐ | Hay Fever | ☐ | Pelvic inflammatory disease | ☐ | Tonsillitis | ☐ |
| Chicken pox | ☐ | Heart disease | ☐ | Pneumonia | ☐ | Venereal warts | ☐ |
| Cold sores | ☐ | Hepatitis | ☐ | Prostatitis | ☐ | Warts | ☐ |
| Depression | ☐ | Herpes genitalia | ☐ | Rheumatic fever | ☐ | Whooping cough | ☐ |
| Diabetes | ☐ | Kidney disease | ☐ | Sexual abuse | ☐ | | |

## Lifestyle

| Do you meditate or use any relaxation exercises? | |
|---|---|

What level of personal stress are you experiencing right now?

| *Minimal* ☐ | *Average* ☐ | *Considerable* ☐ | *Unbearable* ☐ |
|---|---|---|---|

Check those that apply. Main stressor:

| *Financial* ☐ | *Job related* ☐ | *Interpersonal* ☐ | *Marriage* ☐ |
|---|---|---|---|
| *Health* ☐ | *Family members* ☐ | *Spiritual* ☐ | *Unfulfilled expectations* ☐ |
| Other: | | | |

| Do you have regular sleeping habits? | | How many hours? | |
|---|---|---|---|
| Which if any apply to you? | *Early riser* ☐ | *Difficulty falling asleep* ☐ | |
| | *Wake in middle of night* ☐ | *Nightmares* ☐ | |
| Do you exercise regularly? | | How often? | |

For the following, **enter "Yes" "No" or "Past" where indicated.**

| Average 6-8hrs sleep per night? | | Do you have a religious or spiritual practice? | |
|---|---|---|---|
| Do you awake rested? | | ↳If yes, what? | |
| Have a supportive relationship? | | Do you drink Alcohol? | |
| Have a history of abuse? | | ↳What type? | |
| Do you use recreational drugs? | | ↳How many drinks/day? | |
| Do you eat out often? | | Do you smoke tobacco? | |
| Do you drink coffee/black tea/cola? | | ↳How many packs/day? | |
| Do you eat refined sugar? | | ↳How many years? | |
| Do you enjoy your work? | | Exposed to significant tobacco smoke (i.e., 2nd hand smoke)? | |
| Do you take vacations? | | Do you spend time outdoors? | |

**Diet -** Describe a typical day's diet.

| Breakfast | |
|---|---|
| Lunch | |
| Supper | |
| Snacks | |

How many cups/bottles/glasses do you drink on average per day?

| **Beverage** | **Amount** | **Beverage** | **Amount** | **Beverage** | **Amount** |
|---|---|---|---|---|---|
| Water | | Fruit juice | | Coffee | |
| Tea | | Vegetable juice | | Beer | |
| Soft drinks regular | | Herbal Tea | | Wine | |
| Soft drinks diet | | Milk | | Liquor | |

Do you have any dietary restrictions (religious, vegetarian, vegan, etc.)?

| |
|---|

## Family History

| | Father | Mother | Brothers | Sisters | Spouse | Child |
|---|---|---|---|---|---|---|
| Age (if living) | | | | | | |
| Health (G=Good; P=Poor) | | | | | | |
| Age at death (if deceased) | | | | | | |
| Check (√ ) those applicable | | | | | | |
| Allergies/Hay fever | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Arthritis | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Asthma | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Cancer | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Depression | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Diabetes | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Drug abuse/alcoholism | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Epilepsy | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Gonorrhea | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Gout | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Heart Disease | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| High Blood Pressure | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Kidney Disease | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Mental Illness | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Paralysis | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Pneumonia | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Skin Disease | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Syphilis | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Tuberculosis | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Other | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| Cause of Death | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |

# Review of Systems

### General

| | | | | | |
|---|---|---|---|---|---|
| Weight? | | lbs | Weight 1 year ago? | | lbs |
| Maximum weight | | lbs | Height? | | |
| ↳When? | | | | | |

### Skin – Indicate Y = Yes currently N = None P = in the Past

| | | | |
|---|---|---|---|
| Rashes? | | Lumps? | |
| Eczema, hives? | | Hair loss? | |
| Acne, boils? | | Dryness? | |
| Itching? | | Night sweats? | |
| Colour change? | | Change in a mole? | |
| Temperature change? | | Skin cancer? | |
| Nail changes? | | | |

**Indicate Y = Yes currently  N = None  P = in the Past**

### Head

| | | | |
|---|---|---|---|
| Headaches? | | Head Injury? | |
| Migraines? | | Jaw/TMJ problems? | |

### Eyes

| | | | |
|---|---|---|---|
| Impaired vision? | | Tearing or dryness? | |
| Blurred vision? | | Discharge? | |
| Eye pain? | | Itching/redness? | |

### Nose and Sinuses

| | | | |
|---|---|---|---|
| Frequent Colds? | | Nose bleeds? | |
| Stuffiness/Sinus problems? | | Loss of smell? | |

### Ears

| | | | |
|---|---|---|---|
| Impaired hearing? | | Ringing? | |
| Earaches? | | Dizziness? | |
| Discharge? | | Infections? | |

### Mouth and Throat

| | | | |
|---|---|---|---|
| Frequent sore throat? | | Loss of taste? | |
| Teeth grinding? | | Sore tongue/mouth? | |
| Gum problems? | | Metallic taste? | |

### Neck

| | | | |
|---|---|---|---|
| Lumps? | | Swollen glands? | |
| Goiter? | | Pain or stiffness? | |

### Respiratory

| | | | |
|---|---|---|---|
| Cough? | | Difficulty breathing? | |
| Spitting up blood? | | Pain on breathing? | |
| Asthma? | | Wheezing? | |
| Pneumonia? | | Bronchitis? | |
| Emphysema? | | Shortness of breath? | |

### Cardiovascular

| | | | |
|---|---|---|---|
| Heart disease? | | Angina? | |
| High/low blood pressure? | | Fainting? | |
| Blood clots? | | Palpitations/fluttering? | |
| Swelling in ankles? | | Chest pain? | |

**Indicate Y = Yes currently  N = None  P = in the Past**

### Gastrointestinal

| | | | |
|---|---|---|---|
| Trouble swallowing? | | Change in thirst? | |
| Nausea? | | Change in appetite? | |
| Vomiting? | | Indigestion? | |
| Vomiting blood? | | Heartburn? | |
| Blood in stool? | | Constipation? | |
| Abdominal pain or cramps? | | Diarrhea? | |
| Belching or passing gas? | | Gall bladder disease/gall stones? | |
| Black, tarry stools? | | Hemorrhoids/fissures? | |
| Jaundice (i.e., yellow skin)? | | Change in bowel movements? | |
| Liver disease? | | Bowel movements – how often? | |

### Urinary

| | | | |
|---|---|---|---|
| Pain on urination? | | Frequent infections? | |
| Increased frequency? | | Kidney stones? | |
| Urgency or hesitancy? | | Blood in urine? | |

### Musculoskeletal

| | | | |
|---|---|---|---|
| Joint pain or stiffness? | | Muscle weakness? | |
| Joint swelling | | Sciatica? | |
| Muscle spasms or cramps? | | Backache? | |
| Arthritis? | | | |

### Blood/Peripheral Vascular

| | | | |
|---|---|---|---|
| Easy bleeding or bruising? | | Cold hands/feet? | |
| Deep leg pain? | | Extremity swelling? | |
| Varicose veins? | | Lymph node swelling? | |
| Anemia? | | | |

### Neurologic

| | | | |
|---|---|---|---|
| Seizures/convulsions? | | Paralysis? | |
| Muscle weakness? | | Numbness or tingling? | |
| Vertigo or dizziness? | | Speech problems? | |
| Fainting? | | Involuntary movement? | |

### Endocrine and Immune

| | | | |
|---|---|---|---|
| Hypothyroid? | | Diabetes? | |
| Hyperthyroid? | | Heat or cold intolerance? | |
| Fatigue? | | Seasonal depression? | |
| Excessive thirst? | | Hypoglycemia? | |
| Excessive hunger? | | Excessive sweating? | |
| Excessive urination? | | Hormone therapy? | |
| Chronic fatigue syndrome? | | Chronic infections | |
| Chronically swollen glands? | | Slow wound healing? | |

**Indicate Y = Yes currently  N = None  P = in the Past**

## Mental/Emotional

| | | | |
|---|---|---|---|
| Treated for emotional problems? | | Memory problems? | |
| Mood swings? | | Anxiety or nervousness? | |
| Poor concentration? | | Depression? | |
| Tension and/or stress? | | Considered/attempted suicide? | |
| Phobias? | | Insomnia? | |

## Male Reproduction

| | | | |
|---|---|---|---|
| Hernias? | | Premature ejaculation? | |
| Are you sexually active? | | Testicular masses/pain? | |
| Sexually transmitted infections? | | Prostate enlargement or disease? | |
| ↳Type? | | Discharge or sores? | |
| Impotence? | | | |

| | |
|---|---|
| Do you use birth control? | |
| ↳What type? | |

| | | | | | |
|---|---|---|---|---|---|
| Sexual preference: | *Heterosexual* | ☐ | *Bisexual* | ☐ | Homosexual ☐ |

Is there anything else that you would like to add or comment on?_____

_____

**Thank-you for your time and effort.**
**I look forward to working with you on your journey to health and well-being.**

***"Those who do not find time every day for health must sacrifice a lot of time one day for illness."***
**-Father Sebastian Kneipp**

## Women's Health

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Are you pregnant, suspect you are pregnant, or breastfeeding? | | | | | | | | | | | |
| Age of first menses? | | Are your menses regular? | | | | Average number of days? | | | | | |
| Length of cycle? | | Last menstrual period? | | | | Age of cessation of menses? | | | | | |
| Blood flow during the menses is: | | | | | | | | | | | |
| *Not at all:* | ☐ | *Spotting* | ☐ | *Moderate* | ☐ | *Heavy* | ☐ | *Heavy and Clots* | ☐ | | |
| Do you have bleeding between periods? | | | | Any pain during intercourse? | | | | | | | |
| Pain with menses? | *Not at all* | ☐ | *Slight* | ☐ | *Moderate* | ☐ | *Severe* | ☐ | *Incapacitating* | ☐ | |

**PMS Questionnaire -** Rate each of the following symptoms of your last menstrual cycle only

| SYMPTOMS | 0, 1, 2, 3 | SYMPTOMS | 0, 1, 2, 3 |
|---|---|---|---|
| Abdominal bloating | | Forgetfulness | |
| Breast tenderness / lumps | | Headache | |
| Craving for sweets | | Increased appetite | |
| Crying | | Insomnia | |
| Depression | | Nervous tensions/anxiety | |
| Dizziness or faintness | | Mood swings | |
| Fatigue | | Weight gain | |

| | | | |
|---|---|---|---|
| Are you now on or have you ever taken birth control pills? | | What type? | |
| Are you now or have you ever used any hormone-modulating medications in the form of pills, patches, or creams [estrogen, progesterone, or birth control pills]? | | | |
| ↳If yes, please list the type, dosage and frequency. | | | |

**Y = Yes currently N = None P = in the Past**

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Fibrocystic breast disease? | | Endometriosis? | | | | | | | | | |
| Do you do self-breast exams? | | Uterine fibroids? | | | | | | | | | |
| Ovarian cysts? | | Cervical dysplasia? | | | | | | | | | |
| Vaginal discharge? | | Vaginal itching? | | | | | | | | | |
| Yeast infections? | | Difficult conceiving? | | | | | | | | | |
| Sexually transmitted infections? | | *Type?* | | | | | | | | | |
| Are you sexually active? | | Sexual Preference? | *Heterosexual* | ☐ | *Bisexual* | ☐ | *Homosexual* | ☐ | | | |
| Recurrent vaginal infections? | *Never?* | ☐ | *Rarely?* | ☐ | *Frequently?* | ☐ | *More than 3x/year?* | ☐ | | | |
| Any sexual difficulties? | | Last pap smear? | | | | | | | | | |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Number of pregnancies? | | *Deliveries*? | | *Miscarriages*? | | *Abortions*? | |
| Were there any complications associated with the above? | | | | | | | |
| Menopausal symptoms? | | | | | | | |

# CONSENT FORM

We would like to take this opportunity to welcome you to the Optimum Wellness Naturopathic Clinic. This clinic utilizes the principles and practices of Naturopathic Medicine and other supportive therapies to assist the body, mind and spirit in its own inherent healing power. We seek to improve your quality of life and health through natural means.

Naturopathic Doctors assess the whole person, taking into consideration the physical, mental, emotional and spiritual aspects of an individual. Gentle, non-invasive techniques are generally used in order to stimulate the body's inherent healing capacity. At the Optimum Wellness Integrated Clinic, a thorough case history will be taken, a complaint oriented physical exam may be performed and recent blood work and medical tests may be reviewed.

There are some slight health risks to naturopathic medical treatment. These include but are not limited to:

- Aggravation of pre-existing symptoms
- Allergic reactions to supplements, herbs and/or homeopathic remedies
- Pain, bruising or injury from intra-muscular injections or acupuncture
- Fainting or puncturing of an organ with acupuncture needles, accidental burning of the skin from the use of moxa

_____ Initials You understand that a record will be kept of the health services provided to you. This record will be kept confidential and will not be released to others unless so directed by yourself or unless law requires it. You understand that information from your medical record may be analyzed for research purposes and that your identity will be protected and kept confidential.

_____ Initials You understand that your naturopath doctor will answer any questions that you have to the best of their ability. You understand that treatment results are not guaranteed. You do not expect the Naturopathic Doctor to be able to anticipate and explain all risks and complications. With this knowledge, you voluntarily consent to diagnostic and therapeutic procedures, except for (please list any exceptions): _____.

_____ Initials You intend this consent form to cover the entire course of treatment for your chief health concerns. You confirm that you have the ability to accept or reject this care of your own free will and choice. You also acknowledge that you are not representing an agency (private, governmental or otherwise) attempting to gather information without so stating.

_____ Initials You understand that charges are to be paid at the time of the visit unless specific arrangements have been made prior to your scheduled appointment.

_____ Initials You understand that your credit card will be charged for the full visit fee if the appointment is missed or cancelled with less than 48 hours' notice. This fee is due at the time of the missed visit and must be paid before the patient's next appointment.

_____ Initials You will refrain from wearing scents/perfume due to the sensitivity of other patients.

Patient Name: (Please Print) _____ Date: _____

Signature: _____