CONFIDENTIAL PATIENT INFORMATION

Personal Information

Full name: **Date:**	
Address: Street Suburb Post Code	
Home phone:	**Work phone:**
Mobile phone:	**Email address:**
Date of birth:	**Age:**
No. of children:	**Pregnant? Yes ☐ No ☐**
Marital status: M S W D	**Spouse/guardian name:**
Occupation:	
Do you have insurance that covers Chiropractic care? **Yes ☐ No ☐**	**Do you have Medicare coverage?** **Yes ☐ No ☐**

Who may we thank for referring you? _____

Addressing What Brought You Into This Office:

*If you have no symptoms or complaints and are here for Chiropractic Wellness Services, please skip to the **"General Health History"**.*

Health Concerns

Please list your health concerns according to their severity	Rate of severity 1 = mild 10 = worst imaginable	When did this episode start?	If you had this condition before, when?	Did the problem begin with an injury?	% of the time pain is present
1.					
2.					
3.					
4.					

Is your pain dull? Or is your pain sharp? Does it radiate anywhere? If so, where?

_____

_____

Since the problem started is it: About the same? ☐ Getting better? ☐ Getting worse? ☐

What have you done for this condition? Was it of benefit?

_____

_____

I do (do not) have a family history of this or similar symptoms (Please explain):

_____

_____

Which activities aggravate your condition?

_____

_____

Other doctors you have seen for this condition:

"Limited Scope" Chiropractor (focuses mainly on neck and back pain)	☐
"Wellness" Chiropractor (focuses on health and well being as well as underlying cause of pain and health concerns)	☐
Medical Doctor	☐
Dentist	☐
Other (please describe)	☐

Doctor's details:

Name:	Address:
When did you see them?	
What did they say was wrong?	
Did it help?	What did they do?

Have you been "forced" or "felt the need" to make any "positive" changes in your life due to this pain, illness, condition, etc? (i.e., eat better, less alcohol or drugs, meditate or breathe more, less destructive sports, activities, etc.) If so, what?

_____

_____

Is this condition interfering with any of the following:

Work ☐	Sleep ☐	Daily routine ☐	Sports/exercise ☐	Other ☐ (please explain):

What lesson(s) have you taken home from your healing process to date?

_____

General Health History

Often times, accumulation of life's stress can lead to health problems and influence our ability to heal. Please pay close attention to this as it will help us help you!

Have you had any surgery? (Please include all surgery)

1. Type:	When?	Doctor
2. Type:	When?	Doctor
3. Type:	When?	Doctor
4. Type:	When?	Doctor

Have you had any accidents and/or injuries: auto, work-related, or other? (Especially those related to your present problems).

1. Type:	When?	Hospitalized? Yes ☐ No ☐
2. Type:	When?	Hospitalized? Yes ☐ No ☐
3. Type:	When?	Hospitalized? Yes ☐ No ☐

Have you ever had x-rays taken?

Area of body:	When?	Where?

Do you wear orthotics or heel lifts? Yes ☐ No ☐

Current Medicines and Supplements

Please list any medications/drugs you have taken in the past 6 months and why: (prescription and non-prescription)

_____

_____

Are you interested in knowing more about how your nutrition (food you eat) affects your overall health and well-being?	Yes ☐ No ☐ Maybe ☐
If dietary changes are indicated would you be willing to make changes in your diet?	Yes ☐ No ☐ Maybe ☐
Would you take whole food supplements if indicated?	Yes ☐ No ☐ Maybe ☐
If specific exercises or stretching would help would you consider adding them to your program?	Yes ☐ No ☐ Maybe ☐
If reducing stress would you help you would you like to know ways to reduce stress?	Yes ☐ No ☐ Maybe ☐

Past Health History

Please mark the following conditions you may have had or have now (- have had + have now):

☐ Allergies	☐ Anaemia	☐ Arteriosclerosis	☐ Arthritis	☐ Asthma	☐ Bowel Problems
☐ Back Pain	☐ Cancer	☐ Cold Sores	☐ Constipation	☐ Convulsions	☐ Depression
☐ Diabetes	☐ Diarrhoea	☐ Eczema	☐ Emphysema	☐ Epilepsy	☐ Gall Bladder Problems
☐ Gout	☐ Headaches	☐ Heart Attack	☐ Heart Disease	☐ High / Low Blood Pressure	☐ Gassy / Bloating after meals
☐ Irregular Periods	☐ Low Blood Sugar	☐ Frequent Colds / Lower resistance	☐Stress / Nervousness	☐ Menstrual Cramps	☐ Migraines
☐ Prostate Problems	☐Dysmenorrhea	☐ PMS	☐ Depression	☐ Insomnia	☐ Neuritis
☐ Miscarriage	☐Multiple Sclerosis	☐ Indigestion / Heartburn	☐ Neck Pain	☐ Flatulence	☐ Ulcers
☐ Pleurisy	☐ Pneumonia	☐ Frequent Urination	☐ Bladder infections	☐ Ringing in ears	☐Sinus Problems
☐ Stroke	☐ Thyroid Problems	☐Chronic Fatigue	☐ Ear infections	☐ Snoring	☐Chronic Fatigue

Other (please explain)

_____

Stressors – Please spend an extra minute or two on this section it's very important

Because accumulation of stress affects our health and ability to heal please list your top three stresses (you have ever had) in each category:

1. Physical stress (falls, accidents, work postures, etc.)
    a. _____
    b. _____
    c. _____
2. Bio-chemical stress (smoke, unhealthy foods, missed meals, don't drink enough water, drugs/alcohol, etc.)
    a. _____
    b. _____
    c. _____
3. Psychological or mental/emotional stress (work, relationships, finances, self-esteem, etc.)
    a. _____
    b. _____
    c. _____

On a scale of 1-10 please grade your present levels of stress (including physical, bio-chemical and psychological or mental/emotional):

At work:	At home:	At play:

On a scale of 1-10, (1 being very poor and 10 being excellent) please describe your:

Eating habits:	Exercise habits:	Sleep:	General health:	Mind set:

How do you grade your physical health?

Excellent ☐	Good ☐	Fair ☐	Poor ☐	Getting better ☐	Getting worse ☐

How do you grade your emotional/mental health?

Excellent ☐	Good ☐	Fair ☐	Poor ☐	Getting better ☐	Getting worse ☐

Is there anything else which may help to better understand you which has not been discussed?

_____

_____

_____

Why are you here at this point in time?

_____

_____

I consent to a professional and complete chiropractic examination and to any radiographic examination that the doctor deems necessary.

I understand that any fee for service rendered is due at the time of service and cannot be deferred to a later date.

Print Patient Name: _____ Date: _____

Signature: _____