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This is a CONFIDENTIAL questionnaire to help determine the best treatment plan for you. Please fill it out as completely as possible even if you do not feel certain questions pertain to your present condition. Thank you.

Personal Information

Name _____ Date _____ Age _____

Gender _____ Pronouns _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone _____ Work Phone _____

Email _____

If under 18, person responsible for your account _____

Emergency Contact: Name _____

Emergency Contact Phone: _____

Occupation _____

Hobbies _____

Living situation _____

How did you hear about me? _____

Have you had acupuncture therapy before? How was it?

What would you like to achieve with acupuncture treatment?

Please CIRCLE if any of the following pertain to you (marking “yes” does not make you ineligible for treatment, however, it may restrict some of our treatment modalities):

Hepatitis B/C HIV/AIDS High Blood Pressure Seizures Blood-Thinning Medication
Pacemaker Current Pregnancy

Please indicate the use and frequency of the following:

Coffee _____ Soda _____ Tea _____ Water _____

Alcohol _____

Recreational drugs _____

Tobacco (include history) _____

Exercise _____

Name and phone number of primary care physician: _____

Please list any prescription or over-the-counter medications you are presently taking:

Medication & Dosage (incl. Supplements) Reason / How long

Health History

Please list your health concerns in order of priority:

1. _____
2. _____
3. _____

Please give answers about your primary complaint: When did it start?

What was happening in your life then?

What other forms of treatment have you sought?

What helps your condition?

What aggravates your condition?

How severe is it? Does it interfere with your daily life?

Is it worse or better at a particular time of day? _____

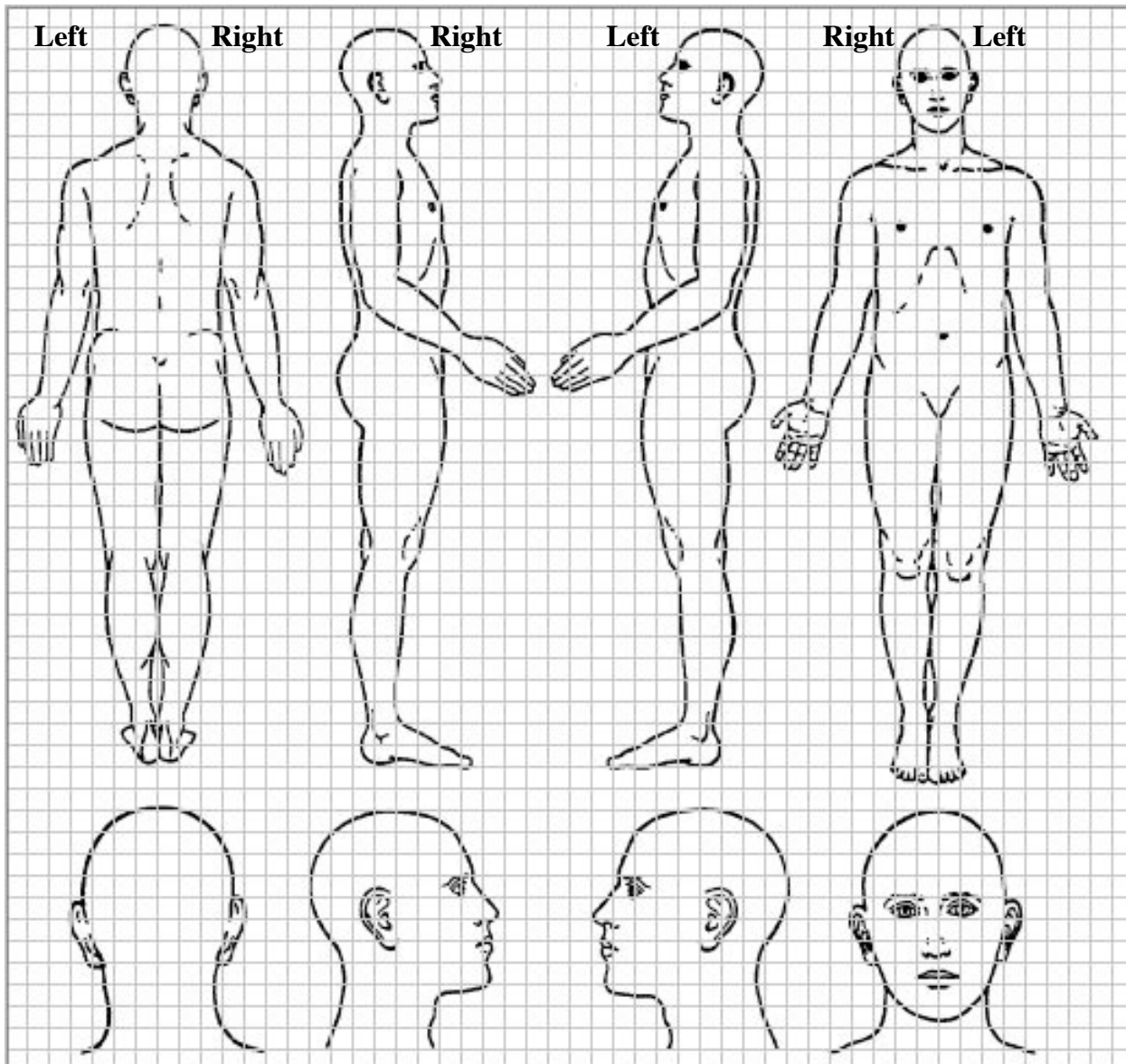
Please list any surgeries or major health incidents (accidents, etc.) in your life

Childhood illnesses

Adult illnesses

What do you believe is causing your most important health concerns?

PAIN PATIENTS, Please indicate on the figures below the areas of the body you experience your pain:



How would you characterize your pain?

dull/achy sharp/stabbing burning tingling numbness electrical

On a scale of 0-10, 0 being no pain, and 10 being the worst pain imaginable, how do you feel?

Family History

(indicate age at death, circled, if deceased)

Siblings / Children

	Mother	Father	Partner		
Age					
diabetes					
tuberculosis					
heart disease					
high/low BP					
stroke					
kidney disease					
cancer					
arthritis					
anemia					
headaches					
mental illness					
neurological problems					
other issues					

General:

Height _____ Weight _____ Recent weight changes _____

Energy level 1-10 ____ Do you tend to feel hot or cold compared to everyone else? _____

Nutrition:

What is your diet like? Do you have any allergies or sensitivities that you know about?

breakfast

lunch

dinner

snacks

Sexual Health:

I know some of these questions are highly personal, and **you may omit any that make you uncomfortable**. Please consider giving me as much information as possible: Chinese medicine is very holistic, and your answers here can help me determine the best way to treat other (seemingly unrelated) issues. Thank you!

Are you currently sexually active? _____
Any problems with sexual desire? _____
Any problems with sexual function? _____
Any history of sexual trauma? _____

Circle if you have/ have had the following: PMS - uterine fibroids - PID - endometriosis
ovarian cysts - polycystic ovary syndrome (PCOS)

Abnormal Paps? _____ Any gynecological cancer history? _____

Breasts:

Lumps Tenderness Swelling Nipple Discharge Fibrocystic breasts
Any personal history of breast cancer? _____

For people who menstruate (or used to)

Age of first period _____ Date of last period _____
Are you currently experiencing any gynecological symptoms or problems? _____
Number of pregnancies? _____ Births? _____ Abortions? _____ Miscarriages? _____
Any gynecological surgeries or C-sections _____
Number of days between periods (your cycle) _____ Number of days of flow _____
Discharge (describe) _____

Color of flow:

Amount

Pain / cramping:

- pale/light red
- red
- bright red
- dark red
- brown
- clots

- spotting
- light
- even throughout
- moderate
- heavy

- None
- before flow
- after flow
- during flow
- mild
- severe

If menopausal or perimenopausal

List any symptoms or concerns: _____

When did your regular periods stop? _____

For Everyone

CIRCLE any current complaint and UNDERLINE any past complaints, then provide details on the line below.

Neurological:

Headache Migraine Head injury Loss of Consciousness Stroke Fainting Dizziness Blackout
Seizures Paralysis Local weakness Numbness Tingling Tremors Difficulty thinking/ confusion
Difficulty with memory _____

Sleep:

Amount per night? _____ Fall asleep easily? _____ Wake easily during the night? _____
If so, is it to urinate? _____ If wake, fall back asleep easily? _____
Wake easily? _____ Feel rested in morning? _____ Sleep propped up? _____
Painful to lie down? _____ If so, what position do you sleep in? _____

Vivid dreams Nightmares Naps needed Night sweats /chills Apnea CPAP

Psychological:

Depression Anger Anxiety Stress Irritability Other emotional upset _____

Skin:

Rashes Lumps Itching Dryness Slow healing Easy / unexplained bruising Hair loss
Color change Nail problems _____

Eyes:

Last eye exam _____

Glasses/ Contact lenses Pain Redness Tearing Double Vision Glaucoma Cateract

Ears:

Hearing problems Tinnitus Vertigo Balance Earaches Infection Discharge

Nose & Sinus:

Sinus congestion Nose running Hay fever/ allergies Nosebleeds Loss of smell

Mouth & Throat:

Last dental exam _____

Bleeding gums Sore tongue Frequent sore throat Speech disorder Chronic halitosis

Neck:

Lumps Swollen glands Goiter Neck pain

Respiratory:

Last chest X-ray _____ Sputum (color, quantity): _____

Cough Difficulty breathing Shortness of breath Wheezing Asthma Bronchitis
Emphysema Pneumonia Tuberculosis Pleurisy

Cardiac:

Chest pain Palpitations Lightheaded / dizziness Heart Attack High /low blood pressure

Heart murmur Edema

Gastrointestinal:

Low appetite Excess hunger Nausea Vomiting Difficulty swallowing Indigestion

Heartburn / Reflux Gastric pain Abdominal pain Constipation Diarrhea Food allergies IBS Excess belching / gas Hemorrhoids Bowel incontinence

Rectal bleeding Black bowel movements

Gall bladder disease Gall stones Jaundice Liver disease Hepatitis

Freq of bowel movements: _____ Formed / loose / soft / hard

Recent change in BM _____

Urinary:

Frequency _____ Color _____

Cloudy Bloody Frequent urination At night Painful Burning Urgency Hesitancy
Trouble stopping Incontinence Urinary tract infection Kidney stones

Musculoskeletal:

Pain Stiffness Swelling Redness Weakness Limited range of motion Arthritis
Gout Neck Shoulders Arms Hands Upper back Middle back Lower back
Ribs Hips Legs Knees Ankles Feet

Peripheral vascular:

Cramps Hot/cold extremities Varicose veins

Endocrine:

Thyroid disease Heat/cold intolerance Excess sweating Diabetes / hypoglycemia
Excess thirst

Hematologic:

Anemia Easy bruising / bleeding Transfusion history

Immunity:

Frequent colds/flu HIV /AIDS Autoimmune disease Exposure to toxins

Anything else?

INFORMED CONSENT

I understand that although all efforts will be made to ensure that my treatment is as painless and side-effect-free as possible, sometimes life is not perfect.

I understand that although the acupuncture needles are sterile, and my skin will be cleaned, there is a small risk of infection.

I understand that there is a risk of bleeding, bruising, or pain with needling.

I understand there are a few serious risks associated with acupuncture, such as pneumothorax (punctured lung) or nerve irritation.

I understand that therapeutic bodywork (medical massage) may result in soreness or bruising.

I understand that there are no guarantees with regard to treatment outcome, and that symptoms may become worse after treatment.

I understand that I am free to withdraw this consent and stop treatments at any time.

With this knowledge, I voluntarily consent to acupuncture, moxibustion, cupping, and therapeutic bodywork, and agree to release Sharon Rose from any liability that may occur in connection with the above procedures, except for failure to perform the procedures with appropriate medical care.

CANCELLATION POLICY

I understand that if I cannot keep an appointment I need to call as soon as possible. I understand that cancellation within 24 hours of the appointment creates a hardship for both Rose City Acupuncture and for patients who may have wanted that time slot, and that I may be charged a \$35 cancellation fee for that appointment.

Date _____

Patient name (printed) _____

Patient signature _____

Parent / Legal Guardian's name (if applicable) _____

Parent / Legal Guardian's signature _____