Aliso Creek Chiropractic Center

Patient Health Questionnaire

Account #:_____ Name: _____ Admit Date _____

Please Check All Answers and Fill in the Blanks Where Appropriate. In the space below, please describe the present complaint(s) which brought you to this clinic for care. After completing this first section, please complete the questionnaire on the reverse side. The information you provide concerning past and present symptoms and diseases assists your doctor in obtaining an early understanding of your state of health.

1. Present Complaint:_____

_____

_____

2 Please describe the character of your current pain (you may check one or more answers): ❑ Sharp/Dull ❑ Aches ❑ Dull ❑ Soreness ❑ Weakness ❑ Throbbing/Gnawing ❑ Numbness ❑ Shooting ❑ Gripping/Constricting ❑ Burning ❑ Tingling

3. How often are complaints present? ❑ Constant (76-100%) ❑ Frequent (51-75%) ❑ Occasional (26-50%) ❑ Intermittent (25% or less)

4. How bad is your pain or ache? Please circle a number: No Pain 0 1 2 3 4 5 6 7 8 9 10 Unbearable

5. Since your problem began is the pain: ❑ Increasing ❑ Decreasing ❑ Not Changing

6. When did your problem begin? Specific Date : _____

7. Did your problem begin: ❑ Immediately after a specific incident ❑ Multiple incidents

8. Describe how your problem began:_____

_____

What treatment have you received for this present condition? ❑ Surgery ❑ Spinal Injections ❑ Therapy from a PT ❑ A back support ❑ Other_____ ❑ None

9. Were your previously treated for a different occurrence of this same condition? ❑ Yes ❑ No If yes by: ❑ Chiropractor ❑ MD ❑ Therapist ❑ Other_____ (Specify Dates & Type of Treatment with Results) _____

_____

_____

11. What makes your problem better? ❑ Nothing ❑ Laying Down ❑ Walking ❑ Standing ❑ Sitting ❑ Movement/Exercise ❑ Inactivity ❑ Other_____

12. What makes your problem worse? ❑ Nothing ❑ Laying Down ❑ Walking ❑ Standing ❑ Sitting ❑ Movement/Exercise ❑ Inactivity ❑ Other_____

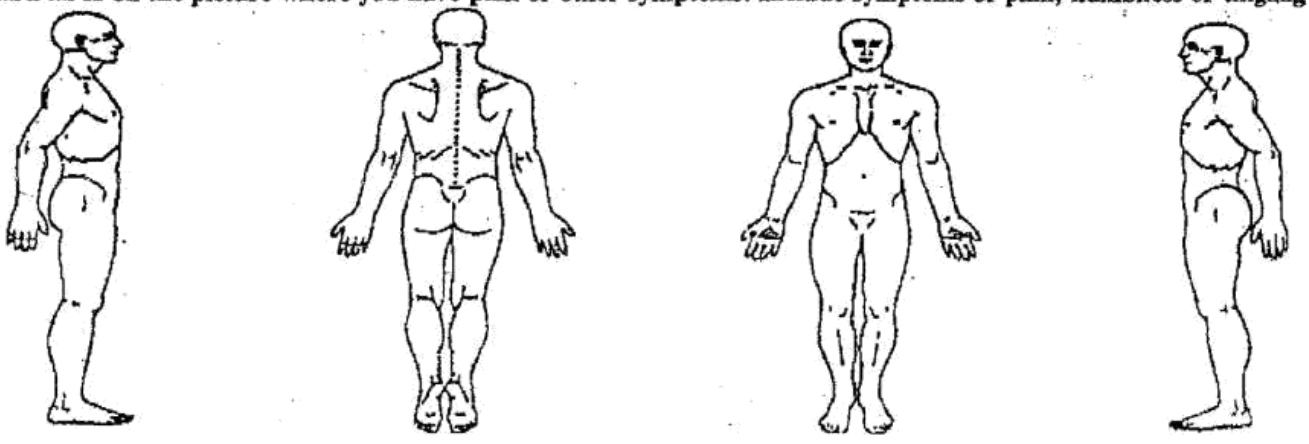
13. How would you grade your general stress level? ❑ No Stress ❑ Minimal Stress ❑ Moderate Stress ❑ Greatly Stressed

14. Physical activity at work: ❑ Sedentary (More Than 50% of Workday) ❑ Light Manual Labor ❑ Manual Labor ❑ Heavy Manual Labor

15. General physical activity: ❑ No Regular Exercise Program ❑ Light Exercise Program ❑ Strenuous Exercise Program

16. Are your complaints affecting your ability to work or otherwise be active?
❑ No effect ❑ Some physical restrictions (able to perform light duty work/household tasks)
❑ Need limited assistance with everyday tasks ❑ Need assistance often
❑ A significant inability to function without assistance ❑ I am totally disabled (impaired). Cannot care for self

Mark an X on the picture where you have pain or other symptoms. Include symptoms of pain, numbness or tingling



Patient's Signature:_____ Date:_____

PATIENT HEALTH QUESTIONNAIRE

Patient Name _____ Patient ID# _____

If you have *ever* had a listed symptom in the *past*, please check that symptom in the *Past Column*. If you are *presently* troubled by a particular symptom, check that symptom in the *Present column*. **KNOWLEDGE OF THESE CONDITIONS MAY INFLUENCE THE TYPE OF TREATMENT/THERAPY YOU RECEIVE.**

Past	Present	Condition
☐	☐	Neck Pain
☐	☐	Shoulder Pain (R_____ L_____)
☐	☐	Pain in Upper Arm or Elbow (R_____ L_____)
☐	☐	Hand Pain (R_____ L_____)
☐	☐	Wrist Pain (R_____ L_____)
☐	☐	Upper Back Pain
☐	☐	Low Back Pain
☐	☐	Pain in Upper Leg or Hip (R_____ L_____)
☐	☐	Pain in Lower Leg or Knee (R_____ L_____)
☐	☐	Pain in Ankle or Foot (R_____ L_____)
☐	☐	Jaw Pain
☐	☐	Swelling, Stiffness of Joint(s)
☐	☐	Fainting
☐	☐	Visual Disturbances
☐	☐	Convulsions
☐	☐	Dizziness
☐	☐	Headache
☐	☐	Muscular Incoordination
☐	☐	Tinnitus (Ear Noises)
☐	☐	Rapid Heart Beat
☐	☐	Chest Pains
☐	☐	Loss of Appetite
☐	☐	Anorexia
☐	☐	Abnormal Weight ☐Gain ☐Loss
☐	☐	Excessive Thirst
☐	☐	Chronic Cough
☐	☐	Chronic Sinusitis
☐	☐	General Fatigue
☐	☐	Irregular Menstral Flow
☐	☐	Profuse Menstral Flow
☐	☐	Breast ☐Soreness ☐Lumps
☐	☐	Endometriosis
☐	☐	PMS
☐	☐	Loss of Bladder Control
☐	☐	Painful Urination
☐	☐	Frequent Urination
☐	☐	Abdominal Pain
☐	☐	Constipation/irregular bowel habits
☐	☐	Difficulty in Swallowing
☐	☐	Heartburn/Indigestion
☐	☐	Dermatitis/Eczema/Rash

Past	Present	Condition
☐	☐	Depression
☐	☐	Aortic Aneurysm
☐	☐	High Blood Pressure
☐	☐	Angina
☐	☐	Heart Attack (date) _____
☐	☐	Stroke (date) _____
☐	☐	Asthma
☐	☐	Cancer, Explain_____
☐	☐	Tumor, Explain_____
☐	☐	Prostate Problems
☐	☐	Blood Disorder
☐	☐	Emphysema (chronic lung disorders)
☐	☐	Arthritis
☐	☐	Rheumatoid Arthritis
☐	☐	Diabetes
☐	☐	Epilepsy
☐	☐	Ulcer
☐	☐	Liver / Gallbladder problems
☐	☐	Kidney Stones
☐	☐	Hepatitis
☐	☐	Bladder Infection
☐	☐	Kidney Disorders (by condition)
☐	☐	Colitis
☐	☐	Irritable Colon
☐	☐	HIV/AIDS
☐	☐	Other_____

If a family member has had any of the following, please mark the appropriate box:

- ☐ Cancer
- ☐ Rheumatoid Arthritis
- ☐ Diabetes
- ☐ Heart Problems
- ☐ Lung Problems
- ☐ High Blood Pressure
- ☐ Epilepsy
- ☐ Chronic Back Problems
- ☐ Chronic Headaches
- ☐ Lupus
- ☐ Other_____

Yes	No	
☐	☐	Do you have a permanent disability rating?
		Location _____
☐	☐	Date rating received ____/____/____
☐	☐	Rating Percentage_____%

Present Weight _____pounds **Height** _____feet _____inches

Please check any of the following that apply to you

Past	Present	
☐	☐	Pregnancy, # births_____
☐	☐	Birth Control Pills, type_____
☐	☐	Medications (list if not listed elsewhere) _____ _____
☐	☐	Hospitalizations/Surgical Procedures (list if not described elsewhere)_____

Past	Present	
☐	☐	Tobacco
☐	☐	Alcohol
☐	☐	Drug or Alcohol Dependence
☐	☐	Coffee/Tea/Caffinated Soft drinks: cups/cans per day_____

I certify that the above information is complete and accurate to the best of my knowledge. I agree to notify this doctor immediately whenever I have changes in my health condition or health plan coverages in the future.

Patient's Signature: _____ Date: _____

Aliso Creek Chiropractic Center

Patient Information

Patient's Full Legal Name: _____
First Name Middle Initial Last Name

Nickname:_____ Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____)_____ Personal E-Mail / Pager_____

Sex: Female Male Marital Status: Single Married Divorced Widowed Birth Date: ____/____/____

Social Security #: _____ Driver's License #: _____

Patient's Occupation: _____ Full / Part Time

Employer: _____

Employer Address: _____

Work Phone: (_____)_____ Ext. _____ Work Fax: (_____)_____

Work E-Mail: _____

Who Referred you to our office?_____

Spouse's Full Name: _____
First Name Middle Initial Last Name

Spouse's Occupation: _____ Full / Part Time

Spouse's Employer: _____

Spouse's Social Security #: _____ Work Phone: (_____)_____

Date Symptoms Began: ____/____/____ Symptoms: _____

_____

Nearest Relative: _____ Phone: (_____)_____

Nearest Friend: _____ Phone: (_____)_____

Whom may we contact in the case of an emergency?

Name: _____ Phone: (_____)_____

I hereby certify that the above information is true and correct. I understand and agree that, (regardless of my insurance status), I am ultimately responsible for the balance of my account for any professional services rendered. I agree to notify this office immediately, of any changes in my health status and/or any of the above information. In signing this form, I authorize Aliso Creek Chiropractic Center to obtain a credit report, if necessary, to pusue final payment.

Signature: _____ Date: ____/____/____

Parent (if minor): _____ Date: ____/____/____

PATIENT CONSENT FORM

Our Notice of Privacy Practices provides information about how we may use and disclose protected health information about you. The Notice contains a Patient Rights section describing your rights under the law. You have the right to review our Notice before signing this Consent. The terms of our Notice may change. If we change our Notice, you may obtain a revised copy by contacting our office.

You have the right to request that we restrict how protected health information about you is used or disclosed for treatment, payment or health care operations. We are not required to agree to this restriction, but if we do, we shall honor that agreement.

By signing this form, you consent to our use and disclosure of protected health information about you for treatment, payment and health care operations. You have the right to revoke this Consent, in writing, signed by you. However, such a revocation shall not affect any disclosures we have already made in reliance on your prior Consent. The Practice provides this form to comply with the Health Insurance Portability and Accountability Act of 1996 (HIPAA).

The patient understands that:

- Protected health information may be disclosed or used for treatment, payment or health care operations
- The Practice has a Notice of Privacy Practices and that the patient has the opportunity to review this Notice
- The Practice reserves the right to change the Notice of Privacy Policies
- The patient has the right to restrict the uses of their information but the Practice does not have to agree to those restrictions
- The patient may revoke this Consent in writing at any time and all future disclosures will then cease
- The Practice may condition treatment upon the execution of this Consent.

This Consent was signed by: _____

Printed Name - Patient or Representative

Relationship to Patient (if other than patient): _____

Date: ____/____/____

In front of _____

Printed name – Practice representative

Informed Consent Form Chiropractic

The doctor of chiropractic evaluates the patient using standard examination and testing procedures. A chiropractic adjustment involves the application of a quick, precise force directed over a very short distance to a specific vertebra or bone. There are a number of different techniques that may be used to deliver the adjustment, some of which utilize specially designed equipment. Adjustments are usually performed by hand but may also be performed by hand-guided instruments. In addition to adjustments, other treatments used by chiropractors include physical therapy modalities (heat, ice, ultrasound, soft-tissue manipulation), nutritional recommendations and rehabilitative procedures.

Chiropractic treatments are one of the safest interventions available to the public demonstrated through various clinical trials and indirectly reflected by the low malpractice insurance paid by chiropractors. While there are risks involved with treatment, these are seldom great enough to contraindicate care. Referral for further diagnosis or management to a medical physician or other health care provider will be suggested based on history and examination findings.

Listed below are summaries of both common and rare side-effects/complications associated with chiropractic care:

Common [1, 2]

- Reactions most commonly reported are local soreness/discomfort (53%), headaches (12%), tiredness (11%), radiating discomfort (10%), dizziness, the vast majority of which resolve within 48 hours

Rare [3, 4]

- Fractures or joint injuries in isolated cases with underlying physical defects, deformities or pathologies
- Physiotherapy burns due to some therapies
- Disc herniations
- Cauda Equina Syndrome [2] (1 case per 100 million adjustments)
- Compromise of the vertebrobasilar artery (i.e. stroke) (range: 1 case per 400,000 to 1 million cervical spine adjustments [manipulations]). This associated risk is also found with consulting a medical doctor for patients under the age of 45 and is higher for those older than 45 when seeing a medical doctor.

Please indicate to your doctor if you have headache or neck pain that is the worst you have every felt[3]

I understand that there are beneficial effects associated with these treatment procedures including decreased pain, improved mobility and function, and reduced muscle spasm. I also understand that my condition may worsen and referral may be necessary if a course of chiropractic care does not help or improve my condition.

Reasonable alternatives to these procedures have been explained to me including prescription medications, over-the-counter medications, possible surgery, and non-treatment. Listed below are summaries of concern with the associated alternative procedures.

- Long-term use or overuse of medication carries some risk of dependency with the use of pain medication the risk of gastrointestinal bleeding among other risks
- Surgical risks may include unsuccessful outcome, complications such as infection, pain, reactions to anesthesia, and prolonged recovery[5].
- Potential risks of refusing or neglecting care may result in increased pain, restricted motion, increased inflammation, and worsening of my condition[6]

Neck and back pain generally improve in time, however, recurrence is common. Remaining active and positive improve your chances of recovery.

1. Thiel HW, Bolton JE, Docherty S, Portlock JC. Safety of chiropractic manipulation of the cervical spine: a prospective national survey. *Spine*. Oct 1 2007;32(21):2375-2378; discussion 2379.
2. Rubinstein SM, Leboeuf-Yde C, Knol DL, de Koekkoek TE, Pfeifle CE, van Tulder MW. The benefits outweigh the risks for patients undergoing chiropractic care for neck pain: a prospective, multicenter, cohort study. *J Manipulative Physiol Ther*. Jul-Aug 2007;30(6):408-418.
3. Cassidy JD, Boyle E, Cote P, et al. Risk of vertebrobasilar stroke and chiropractic care: results of a population-based case-control and case-crossover study. *Spine*. Feb 15 2008;33(4 Suppl):S176-183.
4. Boyle E, Cote P, Grier AR, Cassidy JD. Examining vertebrobasilar artery stroke in two Canadian provinces. *Spine*. Feb 15 2008;33(4 Suppl):S170-175.
5. Carragee EJ, Hurwitz EL, Cheng I, et al. Treatment of neck pain: injections and surgical interventions: results of the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders. *Spine*. Feb 15 2008;33(4 Suppl):S153-169.
6. Carroll LJ, Hogg-Johnson S, van der Velde G, et al. Course and prognostic factors for neck pain in the general population: results of the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders. *Spine*. Feb 15 2008;33(4 Suppl):S75-82.

PLEASE DO NOT SIGN THIS FORM UNTIL AFTER YOUR TREATMENT PLAN HAS BEEN REVIEWED WITH YOU BY YOUR DOCTOR

Please answer the following questions to help us determine possible risk factors:

QUESTION	YES	DOCTOR'S COMMENTS
GENERAL		
Have you ever had an adverse (i.e. bad) reaction to or following chiropractic care?	☐	
BONE WEAKNESS		
Have you been diagnosed with osteoporosis?	☐	
Do you take corticosteroids (e.g. prednisone)?	☐	
Have you been diagnosed with a compression fracture(s) of the spine?	☐	
Have you ever been diagnosed with cancer?	☐	
Do you have any metal implants?	☐	
VASCULAR WEAKNESS		
Do you take aspirin or other pain medication on a regular basis?	☐	
If yes, about how much do you take daily? _____		
Do you take warfarin (coumadin), heparin, or other similar "blood thinners"?	☐	
Have you ever been diagnosed with any of the following disorders/diseases?		
• Rheumatoid arthritis	☐	
• Reiter's syndrome, ankylosing spondylitis, or psoriatic arthritis	☐	
• Giant cell arteritis (temporal arteritis)	☐	
• Osteogenesis imperfecta	☐	
• Ligamentous hypermobility such as with Marfan's disease, Ehlers-Danlos syndrome	☐	
• Medial cystic necrosis (cystic mucoid degeneration)	☐	
• Bechet's disease	☐	
• Fibromuscular dysplasia	☐	
Have you ever become dizzy or lost consciousness when turning your head?	☐	
SPINAL COMPROMISE OR INSTABILITY		
Have you had spinal surgery?	☐	
If yes, when? _____		
Have you been diagnosed with spinal stenosis?	☐	
Have you been diagnosed with spondyliolithesis?	☐	
Have you had any of the following problems?		
• Sudden weakness in the arms or legs?	☐	
• Numbness in the genital area?	☐	
• Recent inability to urinate or lack of control when urinating?	☐	

I have read the previous information regarding risks of chiropractic care and my doctor has verbally explained my risks (if any) to me and suggested alternatives when those risks exist. I understand the purpose of my care and have been given an explanation of the treatment, the frequency of care, and alternatives to this care. All of my questions have been answered to my satisfaction. I agree to this plan of care understanding any perceived risk(s) and alternatives to this care.

PATIENT [or PARENT/GUARDIAN] SIGNATURE _____ DATE _____

INTERN SIGNATURE _____ DATE _____

DOCTOR'S SIGNATURE _____ DATE _____