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A warm welcome to you! In preparation for your first acupuncture appointment with Kristin Field, Holistic Healer, please be aware of the following:

After filling out the attached "Health History", please bring it with you at the time of your treatment.

Please bring with you any medications that you have taken, *even if you are not taking them currently*. Put them in a bag or box and *bring the actual substances with you*. Likewise, bring any vitamins, minerals, herbs, and food supplements, as well as any substances to which you are allergic. Dress in loose, comfortable clothing. Please do not wear a one-piece garment such as a jumper or dress which prohibits easy access to your abdomen and back.

An initial treatment for an adult will last approximately 2 hours; and 1 hour for a child. The treatment is generally a deep and profound experience. Clients have used the following words at the conclusion of the treatment to describe their feelings: "expansive", "light", "spacey", "sleepy", "relaxed", etc. It is thus advised that you not schedule any appointments following your treatment.

Before and after your treatment, it is best to avoid eating a big meal. Following your treatment, I recommend that you be gentle with yourself. Get plenty of sleep; drink lots of water; avoid drinking alcohol; avoid engaging with situations that cause you stress. Treat yourself to the kinds of things that are nurturing to you. Create the environment for yourself in which you can most benefit from this experience.

An initial appointment is \$425 for an adult (18 years and older); \$250 for a child (17 years and younger). Follow up appointments are \$175 for an adult; \$175 for a child. Payment by check, Visa, Mastercard or cash is due at the time of service. If you cannot make this appointment, please give me at least 24 hours notice, otherwise a fee of half the applicable amount will be charged.

Please refrain from smoking prior to your appointments.

You are welcome to call with any questions. Take good care!

HEALTH HISTORY QUESTIONNAIRE FOR PATIENTS

Welcome to our clinic! Please help us provide you with a complete evaluation by taking the time to fill out this questionnaire carefully. All your answers will be held absolutely confidential. If you have questions, please ask us. If there is anything you wish to bring to our attention which is not asked on this form, please note it in the COMMENTS section. Thank you!

Name: _____

Street: _____ City _____ State _____ Zip _____

Age: _____ Height: _____ Weight: _____

Home Phone: _____ Work Phone: _____

Date/Place of Birth: _____ Social Security Number: _____

Occupation: _____ Marital Status: _____

In Emergency Notify: _____

Referred by: _____

Family Physician: _____

Insurance Carrier: _____ Policy Number: _____

Have you tried acupuncture or Chinese herbal medicine before? _____

MAIN PROBLEM(S) YOU WOULD LIKE TO ADDRESS

To what extent does this problem affect your daily activities (work, sleep, eating, etc.)? _____

How long has it been since you first noticed any symptoms? _____

Have you been given a diagnosis for the problem by your family physician? _____

If so, what is it? _____

What kinds of treatment or therapy have you tried? _____

PAST MEDICAL HISTORY (PLEASE INCLUDE DATES)

<input type="checkbox"/> Allergies:	<input type="checkbox"/> Rheumatic fever	<input type="checkbox"/> Other significant illness
<input type="checkbox"/> Cancer	<input type="checkbox"/> Surgeries	(describe) _____
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Venereal disease	_____
<input type="checkbox"/> Hepatitis	<input type="checkbox"/> Thyroid disease	_____
<input type="checkbox"/> High blood pressure	<input type="checkbox"/> Birth trauma (prolonged	<input type="checkbox"/> Accidents or significant
<input type="checkbox"/> Heart disease	labor, forceps delivery, etc)	trauma (describe) _____
<input type="checkbox"/> Seizures	_____	_____

OTHER RELEVANT MEDICAL HISTORY

GASTROINTESTINAL

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Belching | <input type="checkbox"/> Rectal pain |
| <input type="checkbox"/> Vomiting | <input type="checkbox"/> Black stools | <input type="checkbox"/> Hemorrhoids |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Blood in stools | <input type="checkbox"/> Abdominal pain or cramps |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Chronic laxative use |
| <input type="checkbox"/> Gas | <input type="checkbox"/> Bad breath | |

Any other problems with stomach or intestines

GENITOURINARY

- | | | |
|---|---|--|
| <input type="checkbox"/> Pain on urination | <input type="checkbox"/> Urgency to urinate | <input type="checkbox"/> Decrease in flow |
| <input type="checkbox"/> Frequent urination | <input type="checkbox"/> Unable to hold urine | <input type="checkbox"/> Impotence |
| <input type="checkbox"/> Blood in urine | <input type="checkbox"/> Kidney stones | <input type="checkbox"/> Sores on genitals |

Do you wake up at night to urinate? If so, how often?

Any particular color to your urine?

Any other genital or urinary problems

REPRODUCTIVE AND GYNECOLOGIC

- | | | |
|---|---|---|
| <input type="checkbox"/> Premenstrual changes | <input type="checkbox"/> Heavy menstrual flow | <input type="checkbox"/> Premature births |
| <input type="checkbox"/> Menstrual clots | <input type="checkbox"/> Light menstrual flow | <input type="checkbox"/> Miscarriages |
| <input type="checkbox"/> Painful menses | <input type="checkbox"/> Irregular menses | <input type="checkbox"/> Abortions |
| <input type="checkbox"/> Unusual menses | <input type="checkbox"/> Other problems | |

Age at first menses

Age at menopause

Number of pregnancies

Time between cycles

Duration of bleeding

First day of last menses

Do you practice birth control? If so, what type? For how long?

Any other gynecologic problems

MUSCULOSKELETAL

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Neck pain | <input type="checkbox"/> Back pain | <input type="checkbox"/> Hand/wrist pains |
| <input type="checkbox"/> Muscle pains | <input type="checkbox"/> Muscle weakness | <input type="checkbox"/> Shoulder pains |
| <input type="checkbox"/> Knee pain | <input type="checkbox"/> Foot/ankle pains | <input type="checkbox"/> Hip pain |

Any other joint or bone problems

NEUROPSYCHOLOGICAL

- | | | |
|--|---|---|
| <input type="checkbox"/> Seizures | <input type="checkbox"/> Poor memory | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Lack of coordination | <input type="checkbox"/> Bad temper |
| <input type="checkbox"/> Loss of balance | <input type="checkbox"/> Concussion | <input type="checkbox"/> Easily susceptible to stress |
| <input type="checkbox"/> Areas of numbness | <input type="checkbox"/> Depression | |

Have you ever been treated for emotional problems?

Have you ever considered or attempted suicide?

Any other neurological or psychological problems

COMMENTS

Please list any other problems you would like to discuss:

PLEASE PUT A CHECK NEXT TO ANY CONDITIONS YOU HAVE EXPERIENCED WITHIN THE LAST THREE MONTHS. INDICATE THE LENGTH OF TIME YOU HAVE HAD THIS CONDITION.

GENERAL

- | | | |
|---|--|---|
| <input type="checkbox"/> Poor appetite | <input type="checkbox"/> Weight gain | <input type="checkbox"/> Night sweats |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Weight loss | <input type="checkbox"/> Fever |
| <input type="checkbox"/> Disturbed sleep | <input type="checkbox"/> Changes in appetite | <input type="checkbox"/> Chills |
| <input type="checkbox"/> Localized weakness | <input type="checkbox"/> Sweating easily | <input type="checkbox"/> Sudden energy drop
(time of day?) |
| <input type="checkbox"/> Cravings | <input type="checkbox"/> Tremors | <input type="checkbox"/> Poor balance |
| <input type="checkbox"/> Strong thirst | <input type="checkbox"/> Bleeding or bruising easily | |

Other unusual or abnormal conditions you have noticed in your general sense of health

SKIN AND HAIR

- | | | |
|--------------------------------------|------------------------------------|--|
| <input type="checkbox"/> Rashes | <input type="checkbox"/> Eczema | <input type="checkbox"/> Recent moles |
| <input type="checkbox"/> Ulcerations | <input type="checkbox"/> Pimples | <input type="checkbox"/> Changes in texture of hair
or skin |
| <input type="checkbox"/> Hives | <input type="checkbox"/> Dandruff | |
| <input type="checkbox"/> Itching | <input type="checkbox"/> Hair loss | |

Any other hair or skin problems

HEAD, EYES, EARS, NOSE, THROAT

- | | | |
|---|--|---|
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Color blindness | <input type="checkbox"/> Recurrent sore throats |
| <input type="checkbox"/> Concussions | <input type="checkbox"/> Cataracts | <input type="checkbox"/> Nose bleeds |
| <input type="checkbox"/> Migraines | <input type="checkbox"/> Blurry vision | <input type="checkbox"/> Grinding teeth |
| <input type="checkbox"/> Glasses | <input type="checkbox"/> Earaches | <input type="checkbox"/> Sores on lips or tongue |
| <input type="checkbox"/> Spots in front of eyes | <input type="checkbox"/> Ringing in ears | <input type="checkbox"/> Facial pain |
| <input type="checkbox"/> Eye pain | <input type="checkbox"/> Poor hearing | <input type="checkbox"/> Teeth problems |
| <input type="checkbox"/> Poor vision | <input type="checkbox"/> Eye strain | <input type="checkbox"/> Headaches (where? when?) |
| <input type="checkbox"/> Night blindness | <input type="checkbox"/> Sinus problems | <input type="checkbox"/> Jaw clicks |

Any other head or neck problems

CARDIOVASCULAR

- | | | |
|--|--|--|
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Swelling of feet |
| <input type="checkbox"/> Low blood pressure | <input type="checkbox"/> Fainting | <input type="checkbox"/> Blood clots |
| <input type="checkbox"/> Chest pain | <input type="checkbox"/> Cold hands or feet | <input type="checkbox"/> Difficulty in breathing |
| <input type="checkbox"/> Irregular heartbeat | <input type="checkbox"/> Swelling of hands | <input type="checkbox"/> Phlebitis |

Any other heart or blood vessel problems

RESPIRATORY

- | | | |
|--|--|--|
| <input type="checkbox"/> Cough | <input type="checkbox"/> Bronchitis | <input type="checkbox"/> Difficulty breathing when
lying down |
| <input type="checkbox"/> Coughing up blood | <input type="checkbox"/> Pain with deep inhalation | <input type="checkbox"/> Excessive phlegm (color?) |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Pneumonia | |

FAMILY MEDICAL HISTORY

- Allergies
- Diabetes
- Asthma

- Cancer
- Heart disease
- High blood pressure

- Seizures
- Stroke
- Other

OCCUPATION

Occupational stress factors (physical, psychological, chemical): _____

LIFESTYLE

Do you follow a regular exercise program? _____

If so, please describe: _____

Please describe your average daily diet: _____

Please check any of the following habits that apply. How much and how often do you use them?

- Cigarette smoking
- Coffee, tea or cola
- Alcoholic beverages

List medications taken within the last two months (vitamins, drugs, herbs, etc.): _____

Please describe any use of drugs for non-medical purposes: _____

PLEASE MARK PAINFUL OR DISTRESSED AREAS ON THE CHARTS BELOW

Symbol	Reaction
Pain on pressure	
x	little
xx	moderate
xxx	strong
Swelling	
^	slight
^^	moderate
^^^	severe
Tension/weakness	
~	weak
#	tense
Spontaneous pain	
†	slight
††	moderate
†††	severe
Pulsing	
o	slight
oo	moderate
ooo	strong
Temperature	
-	colder
+	hotter
Physical	
o	sores
*	rashes
<< >>	spasms

