



Confidential Patient Systems Review

Date _____

Full name _____

We appreciate you taking time to complete this questionnaire thoroughly - it provides important information of your or your child's overall health and wellbeing. Some of the symptoms or issues below have been purposely repeated in different sections as they can be associated with different systems of the body. The number of marks in each category indicates which systems may be more stressed.

Nervous System

PAST NOW

- Headaches
- Migraine
- Vertigo/dizziness
- Seizures/epilepsy
- Irritable/jumpy/restless
- Anxiety/panic attacks
- Stress/nervousness
- Depression
- Fatigue
- Learning difficulties
- Poor memory
- Sleeping difficulties
- Pins & needles (feet/hands)
- Burning feet
- Sciatica: right/left
- Carpal Tunnel Syndrome
- Electrocution/lightning strike
- Playing competitive sport - looking for performance improvement

Special Senses – Eyes

- Dry eyes
- Watery eyes
- Itchy eyes
- Burning eyes
- Poor night vision
- Sensitivity to light
- Blurred vision
- Eye strain
- Macular degeneration
- Far sighted
- Near sighted
- Prescription glasses
- Floaters
- Pain behind the eye(s)
- Nystagmus (eyes flicking)

Special Senses - Ears

- Deafness/poor hearing
- Congestion/fluid in the ears
- Industrial deafness
- Ear infections
- Glue ear
- Waxy ears
- Vertigo/dizziness
- Tinnitus (ringing)

Special Senses - Nose

- Hayfever
- Runny nose
- Dry nose
- Nose bleeds
- Loss of smell

Musculoskeletal System

PAST NOW

- Neck pain/stiffness
- Upper back pain/stiffness
- Mid back pain/stiffness
- Lower back pain/stiffness
- Scoliosis
- Uneven shoulders
- Uneven pelvis/hips
- Hip/knee pain
- Leg/foot pain
- Arm/hand pain
- Muscle pain/cramps/twitches
- Muscle weakness, fatigue
- Bone spurs
- Osteoporosis
- Fractures
- Sports injuries
- Arthritis/tendonitis
- Sprains/strains
- Repetitive Strain Injury (RSI)
- Abdominal/inguinal hernia(s)
- Jaw pain/stiffness/clicking
- Poor teeth
- Dental braces
- Playing competitive sport - looking for performance improvement

Respiratory System

- Asthma
- Hayfever
- Allergies
- Restricted breathing
- Sinusitis/sinus congestion
- Bronchitis
- Emphysema
- Chronic obstructive airway disease
- Upper respiratory infection (URTI's)
- Lower respiratory infection (LRTI's)
- Pneumonia/Pleurisy
- Pneumothorax (collapsed lung/s)
- Runny nose
- Dry cough
- Productive cough
- Smoker

Urinary System

- Bladder infections
- Kidney infections/disorders
- Kidney stones
- Incontinence/poor bladder control
- Urinary frequency/urgency
- Painful urination
- Bed wetting
- Fluid retention
- Unquenchable thirst
- No thirst
- Blood in urine

Circulatory System

PAST NOW

- Easy bruising
- Varicose veins
- Cold hands/feet
- Irregular heartbeat
- Atrial Fibrillation
- Tachycardia
- Palpitations
- Angina
- Blood clots (DVT)
- High cholesterol
- High triglycerides
- High blood pressure
- Low blood pressure
- Vertigo/dizziness
- Fainting
- Haemorrhoids
- Using blood thinners

Hormone System

- Low energy
- Hypothyroidism
- Hashimoto's thyroiditis
- Hyperthyroidism
- Adrenal exhaustion
- Diabetes
- Hypoglycaemia
- Fatigue
- Infertility
- Tired on waking
- More energy at night
- Body clock 'wrong'
- Low immunity
- Depression
- Overweight
- Underweight

Immune System

- Infections
- Tonsillitis
- Swollen glands
- Recurrent colds/flu's
- Recurrent ear infections
- Glue ear
- Antibiotic use
- Allergies/Hayfever
- Slow healing
- Cold sores
- Rheumatic Fever
- Organ transplant
- Cancer/chemotherapy

- Vaccinations Current
 Not current
 Not vaccinated

Digestive System – Flora Balance

- PAST NOW
- Fatigue/stress
 - Nervousness
 - Depression
 - Poor concentration
 - Mood swings
 - Antibiotic use
 - Sugar cravings
 - Coated tongue
 - Geographic tongue
 - Jock/anal itch
 - Parasites
 - Oral thrush
 - Vaginal thrush
 - Vaginal inflammation
 - Painful intercourse
 - Urinary tract infection
 - Kidney infection
 - Abdominal cramping/pain
 - Respiratory difficulties
 - Decreased or poor appetite
 - Nausea/vomiting
 - PMS/PMT

Digestive System – Elimination

- PAST NOW
- Constipation (<once/day)
 - Diarrhoea
 - Irritable bowel
 - Smelly wind
 - Explosive wind
 - Colitis
 - Colic
 - Diverticulitis
 - “Rabbit-poo” stool
 - Dark stool
 - Hard stool
 - Bloody stool
 - White/fatty stool
 - Anal fissures

Digestive System – Toxicity

- PAST NOW
- Allergies
 - Liver problems
 - Poor digestion
 - Anaesthetics
 - Vaccinations
 - Respiratory difficulties
 - Immune problems
 - Brown skin spots (café-au-lait)
 - Swollen glands
 - Amalgam fillings
 - Heavy metal poisoning
 - Long-term medication
 - Psoriasis/Eczema/Dermatitis
 - Severe acne
 - Cancer/chemotherapy
- Exposure to:
- Industrial or agricultural chemicals
 - Household: cleaners, insecticides, paint, new carpets
 - Environmental: air pollution, agricultural sprays, high tension power lines

Digestive System - Other

- PAST NOW
- Indigestion
 - Burping
 - Bloating
 - Gastric reflux
 - Heartburn
 - Hiatal hernia
 - Stomach ulcer
 - Duodenal ulcer
 - Allergies/hayfever
 - Food intolerance
 - Bad breath
 - Overweight
 - Underweight

Integumentary System - Skin

- PAST NOW
- Dry/cracked skin
 - Itchy skin
 - Oily skin
 - Acne
 - Rash
 - Psoriasis/Eczema/dermatitis
 - Bad body odour
 - Numbness/pins & needles

Integumentary System – Hair/nails

- PAST NOW
- Dry hair
 - Brittle hair
 - Oily hair
 - Brittle nails
 - Ridged nails
 - Flaking nails
 - White nail spots
 - Split cuticles

Adult Female

- PAST NOW
- Pregnant (___ weeks)
 - Miscarriage/Abortion(s)
 - Infertility
 - Contraceptive pill
 - Breast cancer/lumps/discharge
 - Hormone imbalance: PMS/PMT
 - Low libido
 - Painful intercourse
 - Prolapse
 - Menstrual problems: painful, heavy, prolonged, irregular, absent
 - Menopausal problems: hot flushes, vaginal dryness, changes to menstruation/libido/moods

Adult Male

- PAST NOW
- Impotence
 - Prostatitis (BPH)
 - Prostate cancer
 - Infertility
 - Low libido
 - Low energy
 - Male menopause
 - Difficulty starting/finishing urination

0-5 year olds

- PAST NOW
- Hole-in-the-heart
 - Frequent waking at night
 - Restless sleep
 - Poor day sleeps
 - Colic
 - Teething
 - Poor teeth
 - Separation Anxiety
 - ASD/Asperger’s
 - ADD/ADHD
 - ODD
 - Temper tantrums/easily upset
 - Misbehaviour
 - Non-communicative
 - Plagiocephaly (distorted head)

6-12 year olds

- PAST NOW
- Poor coordination
 - Poor balance
 - “Growing pains”
 - Clumsy/“Accident prone”
 - Frequent falls
 - Bed wetting
 - Separation Anxiety
 - ASD/Asperger’s
 - ADD/ADHD
 - ODD
 - Inattentive
 - Non-communicative
 - Temper tantrums/misbehaviour
 - Poor teeth
 - Social development concerns
 - Girls Started menstruating
 - Menstrual problems: irregular, prolonged, painful, heavy

Teens

- PAST NOW
- Study stress
 - Hormone imbalance
 - Relationship difficulties
 - Acne/skin problems
 - Sporting injuries
 - Girls Amenorrhoea (absent periods)
 - Menstrual problems: irregular, prolonged, painful, heavy, absent

Seniors

- PAST NOW
- Poor eyesight
 - Muscular aches/pains
 - Joint aches/pains
 - Urinary problems
 - Digestive problems
 - Fatigue
 - Memory difficulties
 - Osteoporosis
 - Medications
 - Vaccinations