

SELF & FAMILY HISTORY

What is/are the main goals for your child's visit to our clinic today?

What are your child's most important health problems? List as many as you can in order of importance.

- 1) _____ This began _____
- 2) _____ This began _____
- 3) _____ This began _____
- 4) _____ This began _____
- 5) _____ This began _____
- 6) _____ This began _____

What hospitalizations or surgeries has your child had? _____

Please list any recent labwork with any abnormal results? _____

What diagnostic imaging studies has your child had?

- Electrocardiogram Electroencephalogram X-rays CT scan MRI
 Ultrasound Other

Medications and/or Supplements

Does your child take or use any of the following?

- Pain relievers (aspirin, ibuprofen) Antibiotics Laxatives
 Cortisone (cream or pills) Antacids

Please list any prescription medications, over-the-counter medications, vitamins, or other supplements your child is taking with dosages and brand names if possible:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Family History

Please list any major illnesses or disease for your child's first degree relatives: Mother, Father, Brother, or Sister, along with age of diagnosis or death if appropriate.

Prenatal History:

Mother's age at child's birth: _____ Prenatal care? Y N

Difficulty conceiving? _____ Infertility treatments used? _____

During pregnancy, did the mother experience?

- Bleeding Drug/Alcohol Abuse Hypertension Medications
 Physical Trauma Thyroid Problems Gestational Diabetes

Specific food cravings/dislikes during pregnancy: _____

Did the Mother use any of the following during the pregnancy? (Please give details)

Tobacco _____

Alcohol _____

Recreational drugs _____

Prescription drugs _____

Over-the-counter medication _____

Supplements _____

Other _____

Birth History:

Pregnancy length: Full Premature _____ wks Late _____ wks

Length of labor: _____

Birth weight: _____ Length: _____

Was the birth: Vaginal C-section Induced Forceps

Any problems? _____

Did the child experience any of the following symptoms after birth?

Jaundice Rashes Seizures Other

Feeding/Diet History:

Breast Fed? _____ How long? _____

Formula Fed? _____ How long? _____ What type? _____

What foods were introduced before 6 months (please list approximate months as well):

6-12 months?

Did your child ever experience colic? _____ How severe? mild moderate severe

Please list any food allergies or intolerances, along with the reaction they provoke.

What foods does your child crave/insist upon?

Does your child have any dietary restrictions(religious, vegetarian/vegan etc.)?

Describe Child's Typical Daily Diet:

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Number of bottles given per day: _____ Number of ounces per bottle: _____

Child's Past Medical History:

- Chicken pox Measles Mumps Rubella Scarlet Fever
- Strep throat Pneumonia Colic Croup Bronchitis
- Tonsillitis Asthma Allergies Ear Infection Roseola
- Impetigo Mononucleosis Whooping Cough

Immunization History: number received / number suggested by CDC

- Diphtheria: /5 Pertussis: /5 Tetanus: /5 Polio: /4
- Hepatitis B: /3 Measles: /2 Mumps: /2 Rubella: /2
- Rotavirus: /3 Pneumococcal: /4 Influenza: /yearly Varicella: /2
- H. Flu: /4 Tetanus booster? _____ Hepatitis A: /2 Other?

Please indicate any adverse reactions to vaccines

How many times has your child been treated with antibiotics? _____

When and for what reason? _____

Health and Development:

How was your child's health in the first year? Poor Fair Good Excellent Unknown

If poor or fair circled, please describe: _____

At what age did your child, first

Sit up _____ Crawl _____ Walk _____ Talk _____

Describe your child's sleep pattern:

How would you describe your child's temperament?

How would you describe your child's behavior and performance at school?

Environment:

Is your child in: school (grade _____), daycare/homecare, or other _____

What are your child's favorite activities?

Does your child exercise regularly? Y N

How much, how often? _____

How much television does your child watch? _____ hrs a day/ week

How often does your child read (not for school)/How often does someone read to your child?

Daily Several times a week Weekly Less than weekly

Does anyone in the child's household smoke, even just outside? Y N

Are there animals in the home? Y N

Type: _____

How is your child's home heated? _____

Thank you for taking the time to fill out this questionnaire. I look forward to working with you!

301 McLoughlin Blvd, Suite B
Vancouver, WA 98663

Nickels Natural Health Llc

Ph: (360) 818-4218
Fax: (360) 859-4536

CONSENT TO TREATMENT

I, the undersigned, understand that methods of treatment used in this practice may include, but are not limited to, acupuncture, moxibustion, cupping, electrical stimulation, herbal therapy, massage, Qi Gong, nutritional counseling, homeopathy, and hydrotherapy.

I understand that acupuncture, moxibustion, electrical stimulation, cupping and pricking are all safe methods of treatment. Potential risks include temporary bruising, swelling, bleeding, numbness and tingling, and soreness at the needling site that may last a few days. Unusual risks of acupuncture include dizziness, fainting or nerve damage. Infection is possible, although the clinic uses alcohol and sterile disposable needles and maintains a safe and clean environment. Potential risks of moxibustion health therapy are burns, blistering, or scarring. Temporary bruising or redness lasting a few days is a common side effect of cupping and gua sha, or spooning. I fully understand that there is no implied or stated guarantee of success or effectiveness of a specific treatment or series of treatments.

I will notify the practitioner should I become pregnant or if I am in the process of trying to get pregnant so that my practitioner can avoid points and herbs that could induce miscarriage. Otherwise, naturopathic and Chinese medicine treatment can be very beneficial in the pregnancy and birthing process.

I understand that herbal and nutritional supplements recommended to me by my practitioner are safe in the recommended doses. Large doses of herbs taken without my practitioner's recommendation may be toxic, and some herbs are inappropriate during pregnancy. Some possible side effects of herbs are nausea, gas, stomachache, vomiting, headache, diarrhea, rashes, hives and tingling of the tongue. I understand that I must stop taking any herbs and notify my acupuncturist as soon as I experience any discomfort or adverse reactions.

I understand that my practitioner may review my medical records and lab reports, but all my records will be kept confidential. If it becomes necessary to share my health information, this will be handled in accordance with the stipulations detailed in the Notice of Privacy Practices document that has been provided to me, and of which I have acknowledged receipt.

I understand that I can discuss risks and benefits further with my practitioner before signing if I so choose. However, I do not expect my practitioner to be able to anticipate and explain all possible risks and complications of treatment. I rely on the practitioner to exercise his or her judgment in my best interest during the course of treatment, based upon the facts then known.

I recognize that scheduling an appointment involves the reservation of time specifically for me, and that consequently, a minimum of 24 hours notice is required to reschedule or cancel an appointment. Unless otherwise agreed to in advance, a \$30 fee will be charged for sessions missed without such advance notification. I understand that most insurance companies do not reimburse for missed sessions.

In signing this form, I acknowledge any inherent risks, and give my consent for treatment, payment and healthcare operations received, incurred or carried out at this practice.

Patient Signature

Date

ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES

This notice summarizes how health data about you may be used and shared and how you can get access to this data. **IMPORTANT NOTE:** This does not include all of the details about our privacy policy. For more details, please read the NOTICE OF PRIVACY PRACTICES that your practitioner has provided you.

I. How we may use and share health data about you:

- a) Treatment - To give you medical treatment or other types of health services.
- b) Payment - To bill you or a third party for payment for services provided to you.
- c) Health Care Operations - For our own operations such as quality control, compliance monitoring, audit, etc.

II. Disclosures where we do not have to give you a chance to agree or object:

- a) To you
- b) As required by federal, state, or local law
- c) If child abuse or neglect is suspected
- d) Public health risks (for public health activities to prevent and control spread of disease)
- e) Lawsuits and disputes (in response to a court or administrative order)
- f) Law enforcement (to help law enforcement officials respond to criminal activities)
- g) Coroners, medical examiners and funeral directors
- h) Organ or tissue donation facilities if you are an organ donor
- i) To avert a threat to an individual or to public health safety

III. Disclosures where we have to give you a chance to agree or object:

- a) Patient directories - You can decide what health data, if any, you want to be listed in patient directories.
- b) Persons involved in your care or payment for your care - We may share your health data with a family member, a close friend, or other person that you have named as being involved with your health care.

IV. Other uses of health data: Other uses not covered by this notice or the laws that apply to us will be made only with your written consent.

V. You have the following rights relating to the health data we keep about you:

- a) Right to inspect your health record and to receive a copy of your health record upon request
- b) Right to amend information in your health record you believe is inaccurate or incomplete
- c) Right to know to whom we have disclosed your health information
- d) Right to ask for limits on the health information data we give out about you
- e) Right to receive communication from us about your health information in alternate ways
- f) Right to a paper copy of the complete Notice of Privacy Practices

I acknowledge that I have received the NOTICE OF PRIVACY PRACTICES of this practice.

Signature of patient or representative

Date

Print patient name

Patient Birth Date