

Taking A History

- Family Medical History
 - Parents
 - Grandparents
 - Children
 - Siblings
 - If dead
 - when
 - why

- Personal Information
 - Name
 - Age
 - Sex
 - Address, Phone, Email, etc.
 - Emergency Information

- Chief Complaint
 - How the patient describes their problems
 - When it started / how long present
 - Location of pain
 - Severity of pain
 - Frequency of pain
 - constant or intermittent
 - History of complaint
 - What makes pain better or worse
 - Interventions to date and results
 - Doctor visits
 - Medicines
 - Herbs
 - Other acupuncturists
- Social Information
 - Travel Frequency
 - local and remote diseases
 - parasites
 - Environment hazard exposure
 - home, school, Job, etc.
 - mold exposure
 - Occupation
 - Exercise
 - Diet
 - Coffee
 - Substance use
 - Tobaco
 - Drugs
 - Alcohol
 - Home life and family
 - Hobbies and other activities
 - Daily routine

Additional Medical Information

- Previous diseases
 - Childhood diseases
 - Strep
 - Chicken Pocks
 - Mumps, etc.
 - Polio
 - Asthma
 - TB
 - Neumonia
 - Bronchitis
 - Diabetetes
 - Hypertension
 - Gall Bladder, Kidney diseases
 - Epilepsy
 - STD
 - Cancer
 - Stroke
 - Ulcers
 - Chronic fatigue
 - Other
- Allergies and Their Reactions
 - Food
 - Chemical
 - Environment
 - e.g. pollen, dust, grass, smoke, pets, mold
 - Medications
- Current drugs and medications
- Current herbs and vitamins
- Other alternative "medications"
- Nutritional supplements
- Over the counter drugs and products
- Surgical history
 - removal of organs
 - corrective surgeries
 - injury related
- Obstetric history
 - pregnancies
 - births
- Accidents
 - What
 - When