

Note: You must bring this questionnaire to your appointment.

(If there is a question you do not understand, place a question mark by it in the margin.)

Please use a blue or red pen.

Name _____ DOB _____ Age _____ Date _____

Person completing questionnaire if not the patient _____ Relationship _____

Spring Fall

circle the symptomatic months: Jan Feb Mar Apr May Jun Jul Aug Sept Oct Nov Dec year-round symptoms

ROS: check symptoms : (Please be as complete as possible.)

Eyes: itching burning redness watering swelling shiners (dark circles under eyes) dryness discharge visual problems

ENT: ears: itching pain infections tubes (year(s) _____) popping hearing loss fullness

nose: itching sneezing congestion (worse in the: AM PM all day) drainage (color _____)
postnasal drip snoring runniness apnea blood decreased smell year of last sinus X-ray _____

throat: soreness redness itching mucus throat clearing hoarseness bad breath

Resp: cough (worse in the: AM PM all day, cough wakes patient up at night (# of times waking up _____),
cough is: dry moist (color of discharge _____) cough is worse with exercise,
cough is worse with laughter, cough is worse with crying, cough is worse: lying down upright)
wheezing year of last chest X-ray _____ results of last chest X-ray _____

CV: tightness in the chest shortness of breath chest pain (location _____)

tobacco: cigarettes (number of packs per day _____ years smoked _____ year quit _____) cigars pipes
smokers in the home presently/previously (who _____) smokeless tobacco

GI tract: heartburn/stomach reflux: worse in the: AM PM after meals all day, heartburn/reflux makes the cough worse
hiatal hernia nausea vomiting diarrhea constipation pain (frequency _____)

Const: headache: dull throbbing pressure (forehead cheeks between the eyes behind the eyes)
temples "band-like" around head back of the head migraines frequency of headaches _____
fatigue irritability dizziness night sweats fevers sleeps poorly at night (# of times waking up per night _____)

Skin: eczema rash hives swelling itching dry skin (location _____)

All/Imm: insect reactions to: bees wasps hornets fire ants mosquitoes chiggers
with reactions, was there associated: large local swelling hives wheezing throat swelling nausea/diarrhea
unconsciousness emergency treatment required age at time of reaction _____
facial rash mouth ulcers easy bruisability dry eyes severe sun sensitivity

Mus/Skel: joint pain joint swelling muscle pains muscle weakness muscle wasting leg swelling

Endo: unintentional weight loss weight gain hot flashes goiter excessive hair loss
nursing pregnant planning pregnancy; when _____

Gen/Urin: blood in the urine foamy urine painful urination incontinence bedwetting
(all others negative)

Past Medical History:

birth weight _____ lbs. _____ oz. pregnancy complications delivery complications
 breast fed (how long? _____) formula fed (milk soy) colic feeding problems
 recurring infections (ear sinus tonsil throat chest skin)
 school problems _____

(All patients should answer the following questions):

immunizations: unknown DTP (year of last tetanus immunization _____) IPV MMR HIB hepatitis vaccine
 pneumonia vaccine (year _____) flu vaccine (year of last shot _____) reactions: _____

Medical History:

list major illnesses or diseases

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)

Surgical History:

year procedure

- 1) _____ tonsillectomy & adenoidectomy
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)

Present Medications: (including over-the-counter medications)

list names of medications dosage # times per day

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)

hospitalizations:

Family History:

marital status: M S D W Sep (marital status of the parent if the patient is under 21)

| | <u>age</u> | <u>name</u> | | <u>age</u> | <u>name</u> |
|----------------------------|------------|-------------|---------------------------|------------|-------------|
| Patient's children: | 1) | | Please list | 1) | |
| | 2) | | patient's brothers | 2) | |
| | 3) | | and/or sisters: | 3) | |
| | 4) | | | 4) | |
| | 5) | | | 5) | |

Check illnesses present in immediate family members (blood relatives) :

asthma hay fever or nasal allergy eczema hives food allergy insect allergy medication allergy

List Family Member: _____

(Draw arrows to family members with illnesses checked.)

lung disease heart disease diabetes cancer (type: _____)

other _____

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Environmental History:

home: townhouse apt house (age_____yrs, occupied by patient_____yrs) city/suburb country/farm
basement is: dry damp musty poured concrete rock/stone concrete block
basement is finished, dehumidifier is used in basement crawl space slab

windows: windows open during the spring summer fall never

attic fan: the attic fan is used in the: spring summer fall never used attic fan use makes symptoms **worse**

heating: natural gas (forced air) electric wood LP gas oil

humidifier: attached on furnace free-standing (location_____)

air conditioning: central window units (window unit in patient's bedroom) air conditioning makes symptoms **better**

air filter: disposable (how often is it changed?_____) HEPA filter electronic electrostatic

bedroom: location (above ground basement) wall-to-wall carpeting hardwood floor area rug

pillow: feather synthetic/foam (number of pillows_____, how old_____yrs, special dust proof covers over pillows,

spouse's pillow: feather synthetic/foam (number of pillows_____, how old_____yrs.)

mattress: inner spring mattress (how old is the mattress?_____yrs) standard waterbed soft-side waterbed

special dust proof cover over the mattress (zippered type) plastic cover over the mattress futon

mattress pad: cotton (washed how often_____, feather mattress pad egg-crate mattress pad

what temperature water is the mattress pad washed in?: hot warm cold)

sheets: washed how often_____, what temperature water are the sheets washed in?: hot warm cold

bed cover: comforter (feather fill synthetic/fiber fill cotton) blanket quilt bedspread

pets: cats (number_____ indoor outdoor), dogs (number_____ indoor outdoor), other pets_____

Where do the pets sleep at night? _____ Do the pets get into bedroom on bed

Diet: Do you/patient eat: chocolate peppermint fatty foods greasy foods spicy foods tomato products citrus juice?

Do you/patient eat 2-3 hours before bed? Do you/patient drink large glasses of water or fluid before bed?

Social History:

alcohol: beer wine liquor (drinks per week_____) tobacco: see HPI illicit drug use: _____

caffeine: tea coffee (cups per day_____ caf decaf) soda (number per day_____ caf caffeine free)

Occupation (or school & grade if a student): patient_____ spouse_____

(if infant/child: mother's occupation_____ father's occupation_____)

daycare/preschool: where_____ daycare hours_____ number of children present_____

hobbies/crafts: _____

Clinical Disagreements: (Please check the items that make your or the patient's symptoms worse)

Nasal/sinus symptoms are **worsened** by: smoke aerosols dust perfumes basements cats dogs cold air wind

beer wine(red white) temperature changes rain humidity season changes weather changes other_____

Lung symptoms are **worsened** by: smoke aerosols dust perfumes basements cats dogs cold air wind

beer wine(red white) temperature changes rain humidity season changes weather changes

exercise respiratory infections laughing crying aspirin products salad bars heartburn/reflux other_____

Skin symptoms are **worsened** by: poison ivy/oak/sumac cut grass leaves plants cosmetics

soaps wool others_____

food reactions: _____

Drug Disagreements or Reactions: (Please list all reactions.)

| <u>Year</u> | <u>Medication</u> | <u>Reaction</u> |
|-------------|-------------------|-----------------|
| 1) | | |
| 2) | | |
| 3) | | |
| 4) | | |
| 5) | | |
| 6) | | |

Skin History:

Hives and/or rash and/or swelling/angioedema:

features: date of onset _____ worse in: AM PM all day after meals
itching present affected areas: arms hands legs feet stomach back head/face,
appearance: red flat raised blistery leaves marks/bruises hives/rash move around
hives/rash stay in one spot how long do the hives/rash last? _____
hives or rash is described as mild moderate severe

triggers: heat exercise sunlight cold water pressure vibration rubbing/scratching
contact (what material/plant/food/animal/cosmetic? _____)
menstrual cycle/hormones stress food (which ones? _____)
infections/colds/flu medication (which one? _____)

symptoms: recent cold or flu joint pains joint swelling sun sensitivity facial rash fever foamy urine
blood in the urine hair loss abdominal pain fatigue mouth sores facial/sinus pain or pressure
nasal congestion postnasal drip sinus pressure/headache tooth pain
weight gain weight loss goiter diarrhea shakiness hot flashes

personal articles: soap _____ shampoo _____ conditioner _____
detergent _____ fabric softener _____ toothpaste _____
hairspray _____ cosmetics _____
hair gel _____ perfumes or colognes _____
new medications (prescription or over-the-counter) _____
new foods _____