Dr. Robin Drury DC

Initial Intake Form

PATIENT INFORMATION

Name: _____ Birthday (M/D/Y): _____ Age: _____ Gender: _____

Address: _____

(Street) (City) (Postal Code)

Home Ph. #: _____ Cell: _____ Email: _____

Marital status: _____ # of Children: _____ Occupation: _____

Do you wish to receive Dr. Elliott's health E-Newsletter? Y/ N

Can Dr. Elliott use your email address to contact you concerning your care? Y/N

How did you hear about this clinic: ☐ Walk by ☐ Website ☐ Flyer

☐ Referral: _____ ☐ Newspaper ☐ Other: _____

Name of Medical Doctor: _____ Permission to contact for labs, etc. Y/N

MAIN HEALTH CONCERNS

My usual health is: ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Please list, in order of importance, your chief concerns:

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

FAMILY & PERSONAL HISTORY

Please list family members (or yourself) who have the following conditions:

Cancer:	Autoimmune disease:
Eczema:	Arthritis:
Diabetes:	Allergies:
Heart disease:	Asthma:
High blood pressure:	Addictions:
Stroke:	Liver disease:
Thyroid disease:	Mental illness:

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List major childhood illnesses: (ear infections, strep throat, tonsillitis, chicken pox, measles, etc.)

_____

Vaccinations: ❑ I have been fully vaccinated ❑ I get the flu shot regularly ❑ I have had some vaccines
❑ I haven't been vaccinated ❑ I have had travel vaccines (ie. Hepatitis) ❑ I don't know/don't remember

Successful health care and preventive medicine are only possible when I have a complete understanding of you – including your expectations and obstacles to cure. The nature of your responses to the following questions will go a long way in assisting how I can best help you. Your time, thoughtfulness and honesty in completing this overview are appreciated.

1. What do you know about the holistic chiropractic approach?

2. What expectations do you have from **this** visit to our clinic?

3. What **long term** expectations do you have from working with our clinic?

4. What expectations do you have **of me personally** as your health care provider?

5. What is your present level of commitment to address any underlying causes of your symptoms that relate to your lifestyle? Circle level of commitment:

   0% 1 2 3 4 5 6 7 8 9 10 (100%)

6. What behaviors or lifestyle habits do you currently engage in regularly that you believe **support** your health?

7. What behaviors or lifestyle habits do you currently engage in regularly that you believe are **self-destructive?**

8. What potential **obstacles** do you foresee in adhering to the therapeutic protocols that I will be sharing with you?

9. Do you feel you are fulfilling your purpose in life? If no, what is standing in your way?

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Please list hospitalizations, surgeries, major accidents/injuries, x-rays, CAT scans, MRIs, EKGs, etc.

Year: _____ Description: _____

Year: _____ Description: _____

Year: _____ Description: _____

Year: _____ Description: _____

Major mental/emotional traumas: (loss of loved one, divorce, career change, miscarriage, major disease, etc.)

_____

List any real or suspected allergies/sensitivities to drugs, food, alcohol, caffeine, chemicals, perfumes, smoke, environment, or other: _____

_____

Please list supplements you are currently taking:

1. _____ (Brand) (Supplement Name) (Daily Dose)
2. _____ (Brand) (Supplement Name) (Daily Dose)
3. _____ (Brand) (Supplement Name) (Daily Dose)
4. _____ (Brand) (Supplement Name) (Daily Dose)
5. _____ (Brand) (Supplement Name) (Daily Dose)
6. _____ (Brand) (Supplement Name) (Daily Dose)
7. _____ (Brand) (Supplement Name) (Daily Dose)
8. _____ (Brand) (Supplement Name) (Daily Dose)
9. _____ (Brand) (Supplement Name) (Daily Dose)
10. _____ (Brand) (Supplement Name) (Daily Dose)

Read the following questions and fill in the number that applies:

0 (leave blank) = Never consume or use
1 = Consume or use several times per month
2 = Consume or use weekly
3 = Consume or use daily

DIET

____ Alcohol
____ Artificial sweeteners
____ Candy or other sweets
____ Pop/soda
____ Chewing tobacco
____ Cigarettes
____ Cigars/pipes
8. _____ Coffee
9. _____ Fast food
10. _____ Fried foods
11. _____ Luncheon meats/hot dogs
12. _____ Margarine
13. _____ Milk/cheese/yogurt, etc.
14. _____ Non-herbal tea
15. _____ Refined flour/baked goods
16. _____ Refined sugar
17. _____ Vitamins and minerals
18. _____ Water, distilled
19. _____ Water, tap
20. _____ Water, well
21. _____ Diet often (Y or N)

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LIFESTYLE

_____ Exercise (3 = 5+ times per week, 2 = 2-4 times per week, 1 = once per week, 0 = none)
_____ Stress (3 = heavy/chronic, 2 = moderate/often stressed, 1 = light/occasionally stressed, 0 = none)
_____ Changed jobs (3 = within last 2 months, 2 = within last 6 months, 1 = within last 12 months)
_____ Divorced (3 = within last 6 months, 2 = within last year, 1 = within last 2 years, 0 = never)
_____ Work over 40 hours/week (3 = always, 2 = usually, 1 = occasionally, 0 = never)

MEDICATIONS

Indicate with a check mark any medications you're currently taking or have taken in the past month:

_____ Antacids	_____ Birth control	_____ Laxatives
_____ Antibiotics	_____ Chemotherapy	_____ Insulin
_____ Anticonvulsants	_____ Cortisone	_____ Recreational drugs
_____ Antidepressants	_____ Diabetic medications	_____ Relaxants/Sleeping pills
_____ Antifungals	_____ Diuretics	_____ Thyroid medication
_____ Aspirin/Ibuprofen	_____ Heart medications	_____ Tylenol/acetaminophen
_____ Asthma inhalers	_____ High blood pressure	_____ Ulcer medications
_____ Beta blockers	_____ Hormone Therapy	Other: _____

Read the following questions and circle the number that applies:

0 (leave blank) = Do not experience
1 = Minor or mild symptom, or it rarely occurs (once a month or less)
2 = Moderate symptom or it occasionally occurs (weekly)
3 = Severe symptom or it frequently occurs (daily or almost daily)

UPPER GASTROINTESTINAL SYSTEM

Belching or gas within 1 hr. of a meal	0 1 2 3		Do you feel better if you don't eat?	0 1 2 3
Heartburn or acid reflux	0 1 2 3		Sleepy after meals	0 1 2 3
Bloating shortly after eating	0 1 2 3		Fingernails chip, peel or break easily	0 1 2 3
Are you a vegan	No Yes		Anemia unresponsive to iron	0 1 2 3
Bad breath	0 1 2 3		Stomach pains or cramps	0 1 2 3
Loss of taste for meat	0 1 2 3		Diarrhea, chronic	0 1 2 3
Sweat has a strong odor	0 1 2 3		Diarrhea shortly after meals	0 1 2 3
Nausea from taking vitamins	0 1 2 3		Black or tarry stools	0 1 2 3
Sense of excess fullness after meals	0 1 2 3		Undigested food in stool	0 1 2 3
Do you feel like skipping breakfast?	0 1 2 3			

LIVER/GALLBLADDER

Pain between shoulder blades	0 1 2 3		Bitter taste in mouth, esp. after meals	0 1 2 3
Stomach upset by greasy foods	0 1 2 3		Become sick if drinking wine	0 1 2 3
Greasy or shiny stools	0 1 2 3		If drinking alcohol, easily intoxicated	0 1 2 3
Nausea	0 1 2 3		Alcoholic beverages per week	0 1 2 3
Motion sickness (air, car, boat)	0 1 2 3		Recovering alcoholic	No Yes
History of morning sickness (pregnancy)	No Yes		Hangovers after drinking alcohol	0 1 2 3
Light or clay colored stools	0 1 2 3		History of drug or alcohol abuse	No Yes
Dry skin, itchy feet or skin peels on feet	0 1 2 3		History of hepatitis	No Yes
Headache over the eye	0 1 2 3		Long term use of Rx medications	No Yes
Gallbladder attacks (past or present)	0 1 2 3		Sensitive to chemicals (perfume, etc.)	0 1 2 3
Gallbladder removed	No Yes			

Sensitive to tobacco smoke	0	1	2	3	Nutrasweet (aspartame) consumption	0	1	2	3
Exposure to diesel fumes	0	1	2	3	Bothered by aspartame	0	1	2	3
Pain under right side of rib cage	0	1	2	3	Chronic fatigue syndrome or fibromyalgia	0	1	2	3
Hemorrhoids or varicose veins	0	1	2	3					

SMALL INTESTINE

Food allergies	0	1	2	3	Crohn's disease	No		Yes
Abdominal bloating 1-2 hrs after eating	0	1	2	3	Wheat or grain sensitivity	0	1	2	3
Specific foods cause fatigue or bloating	0	1	2	3	Dairy sensitivity	0	1	2	3
Pulse speeds after eating	0	1	2	3	Are there foods you could not give up?	No		Yes
Airborne allergies	0	1	2	3	Asthma, sinus infections, stuffy nose	0	1	2	3
Experience hives	0	1	2	3	Bizarre, vivid or nightmarish dreams	0	1	2	3
Sinus congestion, "stuffy head"	0	1	2	3	Use over-the-counter pain medications	0	1	2	3
Crave bread or pasta	0	1	2	3	Feel spacey or unreal	0	1	2	3
Alternating constipation and diarrhea	0	1	2	3					

LARGE INTESTINE

Anus itches	0	1	2	3	Less than one bowel movement every day	No		Yes
Coated tongue	0	1	2	3				
Feel worse in moldy or musty places	0	1	2	3	Stools have corners, or edges are flat and/or ribbon shaped	0	1	2	3
Taken an antibiotic for a length of time of 1 = < 1 mo, 2 = < 3 mos., 3 = > 3 mos.	0	1	2	3	Stools are not well formed (loose)	0	1	2	3
Fungus or yeast infections	0	1	2	3	Irritable bowel syndrome	0	1	2	3
Ring worm, "jock itch", athlete's foot, or nail fungus	0	1	2	3	Blood in stool	0	1	2	3
					Mucus in stool	0	1	2	3
Eating sugar, starch or drinking alcohol increases yeast symptoms	0	1	2	3	Excessive foul smelling gas	0	1	2	3
					Bad breath or strong body odor	0	1	2	3
Stools hard or difficult to pass	0	1	2	3	Painful to press outer sides of thighs	0	1	2	3
History of parasites	No		Yes		Cramping in lower abdomen	0	1	2	3

MINERAL NEEDS

History of carpal tunnel syndrome	No		Yes		Morning stiffness	0	1	2	3
History of lower right abdominal pain	No		Yes		Vomiting or nausea	0	1	2	3
History of stress fractures	No		Yes		Crave chocolate	0	1	2	3
Bone loss (reduced density on bone scan)	0	1	2	3	Feet have a strong odor	0	1	2	3
Are you shorter than you used to be?	No		Yes		Tendency to anemia (low red blood cells)	0	1	2	3
Calf, foot or toe cramps at rest	0	1	2	3	Whites of eyes (sclera) are tinted blue	0	1	2	3
Cold sores, blisters or herpes lesions	0	1	2	3	Hoarseness of voice	0	1	2	3
Frequent fevers	0	1	2	3	Difficulty swallowing	0	1	2	3
Frequent skin rashes and/or hives	0	1	2	3	Lump in throat	0	1	2	3
Have you ever had a herniated disc?	No		Yes		Dry mouth, eyes and/or nose	0	1	2	3
Excessively flexible joints/double jointed	0	1	2	3	Gag easily	0	1	2	3
Joints pop or click	0	1	2	3	White spots on fingernails	0	1	2	3
Pain or swelling in joints	0	1	2	3	Cuts heal slowly and/or scar easily	0	1	2	3
Bursitis or tendonitis	0	1	2	3	Decreased sense of taste or smell	0	1	2	3
History of bone spurs	No		Yes						

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ESSENTIAL FATTY ACIDS

Aspirin is an effective pain reliever	No			Yes	Headaches when out in the hot sun	0	1	2	3
Crave fatty or greasy foods	0	1	2	3	Sunburn easily or suffer sun stroke	0	1	2	3
Low or reduced-fat diet (past or present)	0	1	2	3	Muscles become easily fatigued	0	1	2	3
Tension headaches at base of skull	0	1	2	3	Dry, flaky skin and/or dandruff	0	1	2	3

SUGAR HANDLING

Awaken a few hours after falling asleep, and difficulty getting back to sleep	0	1	2	3	Fatigue that is relieved by eating	0	1	2	3
					Headache if meals are skipped or delayed	0	1	2	3
Crave sweets	0	1	2	3	Irritable when skipping meals	0	1	2	3
Eat desserts or sugary snacks	0	1	2	3	Shaky if meals are delayed	0	1	2	3
Binge or uncontrolled eating	0	1	2	3	Family members with diabetes 0 = 0				
Excessive appetite	0	1	2	3	1 = 2 or less, 2 = 2 – 4, 3 = More than 4	0	1	2	3
Crave coffee or sugar in the afternoon	0	1	2	3	Frequent thirst	0	1	2	3
Sleepy in afternoon	0	1	2	3	Frequent urination	0	1	2	3

VITAMIN NEEDS

Muscles become easily fatigued	0	1	2	3	Can hear heart beat on pillow at night	0	1	2	3
Feel worse or sore after exercise	0	1	2	3	Body or limb jerks when falling asleep	0	1	2	3
Vulnerable to insect bites	0	1	2	3	Night sweats	0	1	2	3
Heaviness in arms/legs	0	1	2	3	Restless leg syndrome	0	1	2	3
Enlarged heart, or heart failure	0	1	2	3	Cracks or cuts at corner of mouth	0	1	2	3
Pulse slow (< 65 beats per minute)	No			Yes	Fragile skin, easily chaffed (ie. shaving)	0	1	2	3
Ringing in ears	0	1	2	3	Polyps or warts	0	1	2	3
Numbness, tingling or itching					MSG sensitivity	0	1	2	3
in extremities	0	1	2	3	Can't remember dreams on waking	0	1	2	3
Depressed	0	1	2	3	Taking the birth control pill	0	1	2	3
Fear of impending doom	0	1	2	3	Small bumps on back of upper arms	0	1	2	3
Worrier, apprehensive, anxious	0	1	2	3	Strong light at night irritates eyes	0	1	2	3
Nervous or agitated	0	1	2	3	Nose bleeds and/or easy bruising	0	1	2	3
Feelings of insecurity	0	1	2	3	Bleeding gums (ie. when brushing teeth)	0	1	2	3
Heart races	0	1	2	3					

ADRENAL GLAND

Tend to be a "night person"	0	1	2	3					
Difficulty falling asleep	0	1	2	3	Crave salty foods	0	1	2	3
Slow starter in the morning	0	1	2	3	Salt foods before tasting	0	1	2	3
Keyed up, trouble calming down	0	1	2	3	Perspire easily	0	1	2	3
High blood pressure (normal = 110/70)	0	1	2	3	Chronic fatigue, or get drowsy often	0	1	2	3
Headache after exercising	0	1	2	3	Afternoon yawning	0	1	2	3
Feeling wired or jittery with coffee	0	1	2	3	Afternoon headache	0	1	2	3
Clench or grind teeth	0	1	2	3	Asthma, wheezing or difficulty				
Calm on the outside, troubled inside	0	1	2	3	breathing	0	1	2	3
Chronic low back pain, worse tired	0	1	2	3	Pain on the inner side of the knee	0	1	2	3
Become dizzy/faint upon standing	0	1	2	3	Tendency to sprain ankles or develop				
Difficult maintaining a chiropractic					"shin splints"	0	1	2	3
adjustment	0	1	2	3	Tendency to require sunglasses	0	1	2	3
Pain after manipulative correction	0	1	2	3	Allergies and/or hives	0	1	2	3
Arthritic tendencies	0	1	2	3	Weakness, dizziness	0	1	2	3

Easily stressed out 0 1 2 3

PITUITARY GLAND

Over 6'6" tall 0 1 2 3
Early sexual development (< age 10) No Yes
Increased libido 0 1 2 3
Splitting type headache 0 1 2 3
Memory failing 0 1 2 3
Ability to tolerate sugar; fine with eating 0 1 2 3
Under 4'10" (mature height) 0 1 2 3

Decreased libido 0 1 2 3
Abnormal thirst 0 1 2 3
Weight gain around hips or waist 0 1 2 3
Menstrual disorders 0 1 2 3
Delayed sexual development (> age 13) No Yes
Tendency to have ulcers or colitis 0 1 2 3

THYROID

Allergic to iodine 0 1 2 3
Difficulty gaining weight 0 1 2 3
Nervous, emotional, or can't work under pressure 0 1 2 3
Inward trembling 0 1 2 3
Flush easily 0 1 2 3
Fast pulse at rest 0 1 2 3
Intolerance to high temperatures 0 1 2 3
Difficulty losing weight 0 1 2 3

Mentally sluggish, lacking motivation 0 1 2 3
Easily fatigued, sleepy during the day 0 1 2 3
Cold hands and feet, poor circulation 0 1 2 3
Chronic constipation or sluggish digestion 0 1 2 3
Excessive hair loss and/or coarse hair 0 1 2 3
Morning headaches, fade with time 0 1 2 3
Loss of outside 1/3 of eyebrow 0 1 2 3
Seasonal sadness 0 1 2 3

MEN ONLY

Prostate problems 0 1 2 3
Urination difficult or dribbling 0 1 2 3
Difficult to start and stop urine stream 0 1 2 3
Pain or burning with urination 0 1 2 3
Waking to urinate at night 0 1 2 3

Interruption of stream during urination 0 1 2 3
Pain on inside of legs or heels 0 1 2 3
Feeling of incomplete bowel evacuation 0 1 2 3
Decreased sexual function 0 1 2 3
History of sexually transmitted infections No Yes

WOMEN ONLY

Depression during periods 0 1 2 3
Premenstrual syndrome (PMS) 0 1 2 3
Crave chocolate around periods 0 1 2 3
Breast tenderness associated with cycle 0 1 2 3
Excessive menstrual flow 0 1 2 3
Scanty blood flow during periods 0 1 2 3
Occasional skipped periods 0 1 2 3
Variations in menstrual cycles 0 1 2 3
Endometriosis 0 1 2 3
Uterine fibroids 0 1 2 3
Breast fibroids, benign masses 0 1 2 3
Painful intercourse (dyspareunia) 0 1 2 3

Vaginal discharge 0 1 2 3
Vaginal dryness 0 1 2 3
Vaginal itchiness 0 1 2 3
Weight gain around hips, thighs and buttocks 0 1 2 3
Excess facial or body hair 0 1 2 3
Thinning skin 0 1 2 3
Hot flashes 0 1 2 3
Night sweats (in menopausal females) 0 1 2 3
Pregnant No Yes
History of sexually transmitted infections No Yes
Difficulty conceiving/infertility No Yes

CARDIOVASCULAR

Aware of heavy and/or irregular breathing 0 1 2 3
Discomfort at high altitudes 0 1 2 3

"Air hunger" and/or yawn frequently 0 1 2 3
Compelled to open windows in a closed room 0 1 2 3

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Shortness of breath with exertion	0	1	2	3	Dull pain or tightness in chest, possibly radiates into arm, worse w/exertion	0	1	2	3
Ankles swell, especially at end of day	0	1	2	3	Muscle cramps with exertion	0	1	2	3
Cough at night	0	1	2	3					
Blush or face turns red for no reason	0	1	2	3					
KIDNEY & BLADDER									
Pain in mid back region	0	1	2	3	Cloudy, bloody or darkened urine	0	1	2	3
Dark circles under eyes and/or puffy eyes	0	1	2	3	Urine has a strong odor	0	1	2	3
History of kidney stones	No		Yes						
IMMUNE SYSTEM									
Runny or drippy nose	0	1	2	3	Never get sick (3 = not in last 7 yrs, 2 = not in last 4 yrs, 1 = not in last 2 yrs)	0	1	2	3
Catch colds at the beginning of winter	0	1	2	3	Acne (adult)	0	1	2	3
Mucus-producing cough	0	1	2	3	Itchy skin/dermatitis	0	1	2	3
Frequent infections (ear, sinus, lung, skin, bladder, kidney, etc.)	0	1	2	3	Cysts, boils, rashes	0	1	2	3
Frequent colds or flu	0	1	2	3	History of viruses: Epstein Bar, mono, herpes, shingles, chronic fatigue, hepatitis	0	1	2	3
PSYCHOLOGICAL									
Treated for emotional issues	0	1	2	3	Mood swings	0	1	2	3
Depression	0	1	2	3	Ever considered suicide	0	1	2	3
Anxiety/nervousness	0	1	2	3	Ever attempted suicide	0	1	2	3
Poor concentration	0	1	2	3					

Height: _____ Weight: _____ Do you have a religious/spiritual practice? Y/N _____

Blood Type (if known): _____ Do you crave certain foods? Y/N _____

Do you have energy crashes? Y/N Time/s: _____

Informed Consent and Request for Chiropractic Care and Reiki

As a patient, I have the right to be informed about my health condition(s) and recommended treatments. Dr. _____ will discuss the potential benefits, risks and hazards involved. After signing this consent form, I understand I can withdraw consent at any time.

I recognize that even the gentlest therapies may potentially have complications in very young children, in the elderly, or in those on multiple medications. Hence, the information I have provided is complete and inclusive of all health concerns and medications, including over-the-counter medications, supplements, and herbs.

I give my written consent for evaluation and treatment. I intend this as a consent form to cover my entire course of treatments including any future conditions for which I seek treatment.

_____ _____ _____

Printed Name Signature Date