

NATUROPATHIC INTAKE FORM

PATIENT INFORMATION

Name: _____ Date of Birth (m/d/y): _____

Complete Address _____ Date: _____

Email: _____ Sex: M F Age: _____

Telephone Cell: _____ Home: _____ Work: _____

Emergency contact Name: _____ Phone: _____ Relation: _____

Medical Doctor:

Name: _____ Phone : _____

Address: _____ Fax (if avail): _____

Your Occupation and Company: _____

Do you have health insurance with Naturopathic Medical Coverage? ☐ Yes ☐ No

How did you hear about our clinic? _____

Do you give us permission to add you to our mailing list to receive occasional newsletters containing recipes and health articles with the option of unsubscribing? ☐ Y ☐ N

Do you consent to being contacted by your Naturopathic Doctor through email? ☐ Y ☐ N

HEALTH INFORMATION

Please list your specific **health concerns** in order of importance to you:

Date of Onset:

1. _____

2. _____

3. _____

4. _____

Please list your most **stressful** life experiences (physical or psychological):

1. _____

Age: _____

2. _____

Age: _____

3. _____

Age: _____

CONTEXT OF CARE REVIEW

Please rate your level of motivation to affect positive change in your health? (10=motivated)

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

How important is your present **faith/spiritual practices** for you (10 = very important):

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

Rate your **stress** level (10 = high)

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

What factors most contribute to your stress?

☐ Health ☐ Work ☐ Money ☐ Family ☐ Marriage ☐ Other: _____

Please describe the emotional climate of your home:

What is your blood type? ☐ A+ ☐ B+ ☐ O+ ☐ AB+ ☐ A- ☐ B- ☐ O- ☐ AB-

MEDICAL HISTORY

Please indicate if you have had any of the following **diagnostic tests** performed:

	Notable finding:		Notable finding:
Thyroid Panel <input type="checkbox"/> Y <input type="checkbox"/> N		Cholesterol <input type="checkbox"/> Y <input type="checkbox"/> N	
Liver Panel <input type="checkbox"/> Y <input type="checkbox"/> N		Hormone level <input type="checkbox"/> Y <input type="checkbox"/> N	
Complete Blood Count <input type="checkbox"/> Y <input type="checkbox"/> N		EKG <input type="checkbox"/> Y <input type="checkbox"/> N	
Blood Sugar test <input type="checkbox"/> Y <input type="checkbox"/> N		Chest x-ray <input type="checkbox"/> Y <input type="checkbox"/> N	
Colonoscopy <input type="checkbox"/> Y <input type="checkbox"/> N		Mammography <input type="checkbox"/> Y <input type="checkbox"/> N	

Please list any past **surgeries or hospitalizations, dental work and past injuries** (ie. Broken bones, joint sprains, burns, falls, car accidents etc.) with the approximate dates:

1. _____
2. _____
3. _____

NATURAL SUPPLEMENTS & DRUG MEDICATIONS

Please list all **current** vitamins/minerals, herbs, or homeopathic remedies that you take on a regular basis.

Natural Supplements	Dose/day	For how long?	Reason for Use
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Please list all your **current** pharmaceutical medications (prescription and over-the-counter).

Drug Medications	Dose/day	For how long?	Reason for Use
1.			
2.			
3.			
4.			
5.			
6.			

Are the medications well tolerated? ☐ Y ☐ N If no, please list the adverse reaction or side effect and from what medication:

Did you have any adverse reaction to any of the childhood vaccinations? ☐ Y ☐ N If yes, please explain.

In the last 10 years, approximately how many courses of antibiotics have you taken? _____

FAMILY HISTORY

Please indicate whether any family members have had any of the following illnesses:

	Relation		Relation
<input type="checkbox"/> Alcohol/Drug abuse		<input type="checkbox"/> Diabetes	
<input type="checkbox"/> Alzheimer's		<input type="checkbox"/> Heart disease	
<input type="checkbox"/> Arthritis		<input type="checkbox"/> Hypertension	
<input type="checkbox"/> Asthma		<input type="checkbox"/> Kidney disease	
<input type="checkbox"/> Cancer		<input type="checkbox"/> Osteoporosis	
<input type="checkbox"/> Depression		<input type="checkbox"/> Stroke	
<input type="checkbox"/> Other mental illness		<input type="checkbox"/> Thyroid condition	

LIFESTYLE

	Quantity/day
Drink water <input type="checkbox"/> Y <input type="checkbox"/> N (distilled <input type="checkbox"/> reverse osmosis <input type="checkbox"/> spring <input type="checkbox"/> tap <input type="checkbox"/>)	
Drink coffee <input type="checkbox"/> Y <input type="checkbox"/> N (regular <input type="checkbox"/> decaf <input type="checkbox"/>)	
Drink wine <input type="checkbox"/> Y <input type="checkbox"/> N	
Drink beer <input type="checkbox"/> Y <input type="checkbox"/> N	
Drink pop <input type="checkbox"/> Y <input type="checkbox"/> N (diet <input type="checkbox"/> regular <input type="checkbox"/>)	
Use artificial sweetener (splenda, aspartame etc.) <input type="checkbox"/> Y <input type="checkbox"/> N	
Do you smoke <input type="checkbox"/> Y <input type="checkbox"/> N	
Exposed to animals <input type="checkbox"/> Y <input type="checkbox"/> N	
Exposed to tobacco smoke? (2 nd hand smoke) <input type="checkbox"/> Y <input type="checkbox"/> N	
Exposed to toxins (heavy metals, mold etc.) <input type="checkbox"/> Y <input type="checkbox"/> N	
Eat salmon <input type="checkbox"/> Y <input type="checkbox"/> N , tuna <input type="checkbox"/> Y <input type="checkbox"/> N	
Recreational drug use <input type="checkbox"/> Y <input type="checkbox"/> N	
Dietary restrictions <input type="checkbox"/> Y <input type="checkbox"/> N	Vegan? Vegetarian? Other?

Please list all allergies (food, medication, environmental): _____

Do you exercise? ☐Y ☐N If yes, how often and what exercise do you enjoy? _____

Please describe a typical day's diet:

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Do you eat quickly, standing up, or on the run? ☐Y ☐N

Anything else I should know about you:

DECLARATION AND CONSENT TO TREATMENT

Even natural therapies have the potential to cause adverse reactions. To help reduce this possibility, it is very important that you inform your naturopathic doctor of; any disease process that you are suffering from, if you are on any medication or over the counter drugs, if you are pregnant, attempting to become pregnant or you are breast-feeding.

Despite intensive training and precautionary measures, there is always the possibility of health risks from natural therapies. These include but are not limited to: Aggravation of pre-existing symptoms or minor to severe allergic reactions to supplements, herbs or homeopathics. Pain, bruising, injury, fainting or tissue damage from venipuncture, bodywork, acupuncture, biopuncture or B12 injections; Fainting or puncturing of an organ with acupuncture needles; Muscle strains and sprains, disc injuries from spinal manipulation.

I understand that my naturopathic doctor will answer any questions that I have to the best of his/her ability. I understand that the results are not guaranteed. I do not expect the naturopathic doctor to be able to anticipate and explain all risks and complications. I will rely on the naturopathic doctor to exercise judgement during the course of the procedure which they feel at that time is in my best interests, based on the facts then known. With this knowledge, I voluntarily consent to diagnostic and therapeutic procedures mentioned above, except for: (please list exceptions below):

I intend this consent form to cover the entire course of treatment for my present condition. I understand that I am free to withdraw my consent and to discontinue participation in these procedures at any time.

If I am unable to make my appointment I must provide advance notification within 2 business days in which case no charge will be applied. _____ (initial) **Appointments missed without notification will be subjected to the full visit cost.**

THIS IS TO ACKNOWLEDGE that I have been informed and I understand that:

- I. Any treatment or advice provided to me as a patient is not mutually exclusive from any treatment or advice that I may receive from another licensed health care provider.
- II. I am at liberty and encouraged to seek or continue medical care from other Health Care providers, such a General Medical Practitioner's or Specialists.
- III. No employee, consultant or anyone else under the Clinic's direction is suggesting or advising me to refrain from seeking or following the directions of another licensed health care provider.
- IV. The treatment and therapies rendered or recommended by Dr. Sarah Millar, ND or Dr. Laura Tummon Simmons, ND may be different than those usually offered by a medical doctor or other licensed health care provider.

Parents/Guardians

- ☐ **I AGREE** that I am solely responsible for the safety of my child/children while on the premise of Health Momentum. Children are to be supervised at all times and never left un-attended by the parent.
- ☐ **I DECLARE** that I have received a full and complete explanation of the treatment or services that I may receive by Dr. Sarah Millar, ND or Dr. Laura Tummon Simmons, ND and hereby authorize and consent to treatment.

Client Full Name (please print)

Date of Consent

Client Signature

Naturopathic doctor Signature

CLINIC PRIVACY POLICY FOR COLLECTION, USE, AND DISCLOSURE OF PERSONAL INFORMATION

Privacy of your personal information is an important part of our clinic, while providing you with quality naturopathic care. We understand the importance of protecting your personal information. We are committed to collecting, using and disclosing your personal information responsibly. We will try to be as open and transparent as possible about the way we handle your personal information.

All staff members who come in contact with your personal information are aware of the sensitive nature of the information that you have disclosed to us. They are trained in the appropriate use and protection of your information.

Our privacy policy outlines what our clinic is doing to ensure that:

- Only necessary information is collected about you;
- Your practitioner only ever shares your information with your consent; however, practitioners are legally obligated to report the patient in the following circumstances: when the patient is in imminent danger of harming themselves or others, when there is reasonable suspicion that the patient is neglecting and /or emotionally, physically or sexually abusing a minor, and if the patient engages in sexual relations with any healthcare providers.

It is understood that;

- A record will be kept of the health services provided to the patient. This record will be kept confidential and will not be released to others unless the law requires it or if the patient gives written consent.
- Storage, retention and destruction of your personal information complies with existing legislation, and privacy protection protocols;
- Our privacy protocols comply with privacy legislation and standards of our regulatory body, the College of Naturopaths of Ontario (CONO).

HOW OUR CLINIC COLLECTS, USES, AND DISCLOSES PATIENTS' PERSONAL INFORMATION

This clinic will collect, use and disclose information about you for the following purposes:

- To assess your health concerns, to provide excellent and comprehensive health care, to advise you of treatment options, to remind you of upcoming appointments, to communicate with other treating health-care providers, to comply with legal and regulatory requirements or our regulatory body, CONO, to invoice for goods and services.

By signing the consent section of this Patient Consent Form, you have agreed that you have given your informed consent to the collection, use and/or disclosure of you personal information as outlined above.

I agree that Health Momentum can collect, use and disclose personal information about me as set out above in the information about the clinic's privacy policies.

Client Full Name (please print)

Date of Consent

Client Signature

Naturopathic doctor Signature