

Tri-Valley Health System – Medical Clinics

Arapahoe Clinic
308-962-8495

Cambridge Clinic
308-697-3317

Indianola Clinic
308-364-9290

Name _____ Date of Birth _____ Date _____

Please help us by marking different symptoms that you encounter in your daily activities.

Review of Symptoms:

- **Integument/skin**

-General symptoms

- Urticaria/hives
- Angioedema/swollen airway-GI tract
- Eczema/dry skin

-Itching

- Eyes
- Ears
- Throat
- Roof of mouth
- Between shoulder blades

- **Gastrointestinal system**

-General symptoms

- Appetite good, poor, or selective
- Nausea and/or vomiting
- Re-tasting of foods
- Belching
- Bloating
- Globus hystericus/lump in throat
- Halitosis/bad breathe
- Stomatitis/inflammation of the oral mucosa
- Glossitis/inflammation of the tongue
- Dysphagia/difficulty swallowing

-Bowel reactions

- Diarrhea with mucous
- Stinging after defecation
- Pruritis ani/itching of anus
- Constipation
- Irritable bowel syndrome
- Colitis
- Spastic colon
- Crohn's disease

- **Neurological system**

-General symptoms

- Headache
- Tinnitus
- Insomnia
- Vertigo

- **Respiratory system**

-General symptoms

- Pain
- Fever
- Sore throat
- Frequent colds
- Epistaxis/nose bleed
- Weight loss
- Night sweats

-Sneezing

- Seasonal
- Perennial/throughout the year
- Upon arising
- At meals
- After meals
- Dust
- Smoke

-Cough

- Seasonal or perennial
- Productive or non-productive
- Color of expectorant if present
- Wheezing present or absent
- Time of day

-Nasal

- Itching
- Drainage
- Seasonal or perennial
- Watery and clear
- Ropy and cloudy
- Purulent

-Nasal obstruction

- Alternating or constant
- Day or night
- After meals
- Seasonal
- With change in temperature

Past Medical History:

- In-utero/before birth (if known)
 - Activity
 - Hiccoughs
- History during infancy
 - Nursed or bottle fed
 - If bottle fed, what formula
 - Colic
 - Always “fussy”
 - Never happy
 - Poor sleeper
 - Eczema/Urticaria/hives
 - Chronic ear infections
 - Frequent “colds”
 - Behavioral problems
 - Hyperactivity
 - Was sick but “grew out of it”

- Prior surgery
 - Abdominal
 - Nasal
 - Sinus
 - Other

- Family history
 - Asthma
 - Angioedema/swollen airway-GI tract
 - Allergy
 - Parents
 - Grandparents
 - Siblings
 - Aunts, uncles, cousins

- Social history
 - Tobacco use
 - Any smokers in home
 - Alcohol use
 - Recent remodeling
 - Occupation

- Medications taken for the condition
 - What has helped?
 - What has not helped?
 - How long were the Medications taken?
- Current medications

- Personal living accommodations
 - Age of home
 - Location
 - Trailer, concrete slab, or basement
 - Basement living area
 - Moisture problem
 - Prior history of fire or water damage
 - Symptoms worse in a Specific room

- Effect of specific contacts
 - Pillows – feather or foam
 - Mattress
 - Carpet
 - Cosmetics, colognes, soaps
 - Detergents, fabric softeners
 - Occupation – exposure to Grains, hay, feeds
 - Exposure to pets, lab animals or farm animals
 - Dietary changes
 - Bug bites/ stings
 - Latex
 - Exercise tolerance
 - Daily newspaper exposure

- Allergies

- Previous allergy testing
When _____ Where _____

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Name _____ Age _____ Date _____

Requesting Provider _____ Date of Birth _____

Chief Complaint _____

Analysis and Course of Chief Complaint

Specific factors that increase symptoms:

- Dusting and sweeping
- Aggravation in a specific pollen season
- Aggravation on windy days
- Symptoms within 30 minutes of going to bed
- Symptoms changed (for better or worse) out of usual geographic residence
- Worse indoors
- Worse outdoors 7-11 A.M.
- Worse outdoors 5:30-8:30 P.M.
- Itching eyes
- Air conditioning helps
- Symptoms recur in cold weather
- Nasal symptoms but little or no eye itching
- Peak symptoms in summer but occur perennially
- Cool evening air increases symptoms
- Worse in low-lying damp places
- Worse around wood burning fireplaces
- Worse when mowing lawn or playing on grass
- Symptoms increase mid July to November
- Distinctly worse September to first frost
- Worse during Christmas holiday season if live tree or garland used
- Flares within one hour of lunch or dinner
- Attacks most afternoons around 4:30 P.M.
- Awakens between 1-5 A.M. with an acute attack