

Patients Information Worksheet - Please complete and return at the end of the class

Name: _____ Age: _____ Email: _____

NO YES

HEALTH HISTORY:

- | | | | |
|-----------------------------|-------|-------|--------------------------------------|
| 1. Coronary Artery Disease | _____ | _____ | |
| • Heart Bypass Surgery | _____ | _____ | If yes, when? _____ |
| • Heart Stent Surgery | _____ | _____ | If yes, When? _____ |
| 2. Congestive Heart Failure | _____ | _____ | |
| 3. High Blood Pressure | _____ | _____ | |
| 4. Blood Clots (DVT) | _____ | _____ | |
| 5. Kidney Disease | _____ | _____ | |
| 6. Sleep Apnea | _____ | _____ | |
| • Use CPAP | _____ | _____ | |
| 7. Diabetes | _____ | _____ | If yes, Type I: _____ Type II: _____ |
| 8. Depression | _____ | _____ | |
| 9. Anxiety | _____ | _____ | |
| 10. Panic attack | _____ | _____ | |

PAIN: Are you on any of the following medicines?

- | | | | |
|-----------------------------|------------------|-------------------|-----------------------------------|
| | <u>NO</u> | <u>Yes</u> | <u>If yes, since when?</u> |
| • Anti-inflammatory | _____ | _____ | _____ |
| • Narcotic | _____ | _____ | _____ |
| • Under care of pain doctor | _____ | _____ | _____ |
| 1. BLOOD THINNERS | <u>NO</u> | <u>YES</u> | <u>If yes, since when?</u> |
| • Coumadin | _____ | _____ | _____ |
| • Plavix | _____ | _____ | _____ |

- Aspirin _____
- Others _____
- Reason _____

MISCELLANEOUS:

No **Yes**

1. Confusion

- Daytime _____
- Nighttime _____
- With a pain medication _____

2. Smoke: _____ Cigarettes/day

3. Drinks: _____/Week

4. Is there anything else you would like me to know?

ALLERGIES:

Latex: Yes _____ No _____

Medications Allergies: _____

Food Allergies: _____

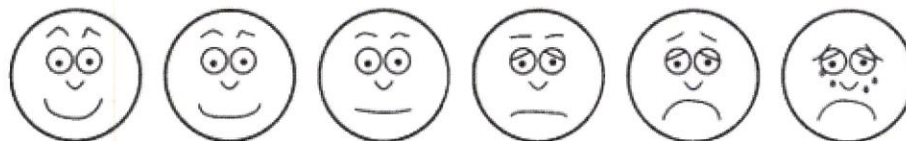
SPECIAL DIET CONSIDERATIONS: _____

PAIN GOAL

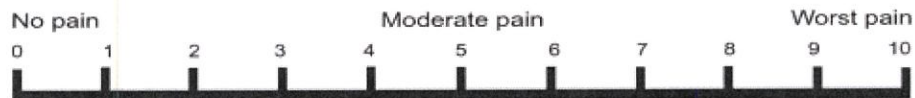
Please leave this blank until class

On a scale of 1-10 as explained, what is your pain goal?

*** 0 is not a real pain goal**



0 NO HURT 2 HURTS LITTLE BIT 4 HURTS LITTLE MORE 6 HURTS EVEN MORE 8 HURTS WHOLE LOT 10 HURTS WORST



What is your pain goal?