

Today's Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
MM DD YYYY

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
MM DD YYYY

Patient Name: \_\_\_\_\_ Preferred Name: \_\_\_\_\_  
(First) (Middle Initial) (Last)

Age: \_\_\_\_ Gender: \_\_\_\_ Wt: \_\_\_\_ Ht: \_\_\_\_ Marital status: \_\_\_\_\_ # Children & ages: \_\_\_\_\_

Care Card #: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ Prov/State: \_\_\_\_\_

Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Phone Numbers: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Emergency contact: Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Specialists: \_\_\_\_\_

Other Health Care Provider(s): \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

### Medical Information

Allergies, if known (medical, environmental, foods): \_\_\_\_\_

Dietary Restrictions, if any (religious/vegetarian/vegan): \_\_\_\_\_

Current Medication/s & dosage: \_\_\_\_\_

(Prescription, over-the-counter, vitamins) \_\_\_\_\_

Past prescription medications: \_\_\_\_\_

Past serious conditions, illnesses, injuries and/or hospitalizations & dates: \_\_\_\_\_

Family Health History: Has a close relative (parent, grandparent, sibling) had any of the following?

- |                  |                     |                    |              |
|------------------|---------------------|--------------------|--------------|
| Arthritis        | Eczema              | Kidney disease     | Skin disease |
| Asthma           | Endometriosis       | Mental illness     | Stroke       |
| Diabetes         | Gallstones          | Multiple sclerosis | Tuberculosis |
| Cancer / Type(s) | Heart Disease       | Osteoporosis       |              |
|                  | High blood pressure | PMS                |              |

Other medical conditions? \_\_\_\_\_

Your general state of health:      Excellent      Good      Fair      Poor

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

1. \_\_\_\_\_ 3. \_\_\_\_\_

2. \_\_\_\_\_ 4. \_\_\_\_\_

**General Health Information**

Do you use any of the following? List the type and frequency if applicable:

Alcohol: \_\_\_\_\_ Cigarettes: \_\_\_\_\_  
Antacids: \_\_\_\_\_ Recreational drugs: \_\_\_\_\_  
Caffeine: \_\_\_\_\_ Tylenol/Aspirin/Advil: \_\_\_\_\_  
Laxatives: \_\_\_\_\_

Number of antibiotic treatments in last 5 yrs: \_\_\_\_\_

History of adverse reactions to immunizations:      Yes      No      If Yes, please describe: \_\_\_\_\_

Are you currently pregnant?      Yes      No  
Do you get regular screening tests done by another doctor? (Pap, blood tests, etc.)      Yes      No  
If Yes, please describe: \_\_\_\_\_

Have you ever had an abnormal pap, if applicable?      Yes      No

Typical diet, very generally:

Breakfast: \_\_\_\_\_ Snacks: \_\_\_\_\_  
Lunch: \_\_\_\_\_ Beverages (Type & Amount): \_\_\_\_\_  
Dinner: \_\_\_\_\_

Occupation: \_\_\_\_\_ Spiritual beliefs/Religion: \_\_\_\_\_

Hobbies \_\_\_\_\_

Do you exercise regularly?      Yes      No      Type: \_\_\_\_\_      Frequency: \_\_\_\_\_

Are you regularly, or have you ever been exposed to toxins or other hazards (work, home, hobbies, etc.)? Please describe.

How would you describe the emotional climate of your home? (Indicate levels of stress if applicable)

How stressful is your work, or other aspects of your life? How do you manage stress?

Is there anything that you feel may be important for us to know?

**Cancer Specific Information**

Please identify in detail any symptoms you are currently experiencing (pain, nausea, diarrhea, headaches, etc.)

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If you are currently undergoing any conventional cancer treatment, please identify below:

Chemotherapy: \_\_\_\_\_

Radiation Therapy: \_\_\_\_\_

Surgery: \_\_\_\_\_

Other: \_\_\_\_\_

If you are currently engaged in a form of alternative cancer treatment, please identify below:

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Please assess the level of pain you may be experiencing and provided a rating based on the scale below \_\_\_\_\_.

**Pain scale:** provide a number between 1 & 10, 1 - being no pain, 10 – being extreme pain

Please assess your overall Quality of Life (QOL) and provide a rating based on the scale below \_\_\_\_\_.

**Karnofsky QOL Scale**

100	Normal no complaints; no evidence of disease.
90	Able to carry on normal activity; minor signs or symptoms of disease.
80	Normal activity with effort; some signs or symptoms of disease.
70	Cares for self; unable to carry on normal activity or to do active work.
60	Requires occasional assistance, but is able to care for most of his personal needs.
50	Requires considerable assistance and frequent medical care.
40	Disabled; requires special care and assistance.
30	Severely disabled; hospital admission is indicated although death not imminent.
20	Very sick; hospital admission necessary; active supportive treatment necessary.
10	Moribund; fatal processes progressing rapidly.
0	Unresponsive

Informed Consent to Treatment

1. I understand that the practitioners at this health centre are Naturopathic Physicians, and will use only natural, non-invasive methods of assessment and treatment.
2. I understand that any advice given to me as a patient at Integrated Health Clinic is not mutually exclusive from any treatment or advice I may now, or in the future, be receiving from another health care provider.
3. I understand that I am at liberty to seek, or to continue medical care from another qualified health care provider.
4. I understand that the Naturopathic Physician reserves the right to determine which cases fall outside of their scope of practice, and an appropriate referral will be recommended.
5. I understand that I am accepting or rejecting this care by my own free will.
6. I understand that no employee or physician at Integrated Health Clinic is suggesting to me to refrain from seeking the advice of another health care provider.
7. I understand that the services offered here are not covered by MSP, and that fees are payable at the time of appointment, including fees for services, prescriptions, and laboratory tests.
8. I understand that a minimum of 24 hours' notice is required for appointment cancellations, otherwise I will be responsible for payment of a cancellation fee billed at 100% of the service fee.
9. I understand that any therapies recommended will be explained to me in full by the physician, and that I will give consent to treatment based on informed consent.

I, \_\_\_\_\_ have read, understood and agree to the above statements.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
MM DD YYYY

Informed Consent for Communication

We value our relationship with you and would like to send you information electronically relating to Integrated Health Clinic. In order to do this, we are collecting your consent to receive electronic messages from us in the form of *appointment reminders*, newsletters, upcoming events and other clinic information. Please take a moment to select either "OPT IN" or "OPT OUT". Opting in will provide Integrated Health Clinic consent to communicate with you electronically. Opting out will indicate that you do not wish to receive any electronic communication from us.

**OPT IN**

**OPT OUT**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
MM DD YYYY

Thank you for taking the time to complete this intake form. We look forward to working with you to optimize your health and well being.

