HEALTH QUESTIONNAIRE

HQV: MD ☐, RN ☐ MOA ☐
HQ Reviewed / Enter: ☐
HQ Entered by: _____

The purpose of this questionnaire is to ensure that your electronic medical record contains complete and up to date information so we can provide you with optimal comprehensive care. Please fill in the relevant sections to the best of your ability and give to your health care provider at your next visit. Strict confidentiality is ensured. Thank you.

Name *(Last, First, M.I.):*			**DOB**:
Previous Family Physician:		**City:**	**Last Seen:**

CURRENT MEDICAL HISTORY

List Current Conditions

Measures:	**Height:**	**Weight:**	**BP:**
Physical:			
Emotional/Social:			

List the details of your prescription medications below (if unable to list, bring them with you to the clinic)

Prescription Medications – Name	**Strength**	**Frequency Taken**

List your non-prescription drugs (over-the-counter drugs, vitamins, herbs, etc)

List the details of allergies or side effects to medications below

Name of Medication	**Reaction You Had**

Please turn to next page

PAST MEDICAL HISTORY

Childhood Illness: Have you ever had chickenpox? ☐ Yes or ☐ No*

Immunizations: (Please include **dates**)		
	☐ Tetanus within past 10 years	☐ Pneumonia
	☐ Chickenpox*	☐ Hepatitis (Select Type: A B Both Unsure)

Operations/Procedures Type of Operation or Procedure	Reason	Year

Other Hospitalizations Name of Hospital	Reason	Year

Other Major Past Problems/Injuries Description of Problem or Injury	Outcome	Year

Obstetrical History (Indicate number if any)

Total Pregnancies:	Term Deliveries:	Preterm Deliveries:
Miscarriages:	Pregnancy Terminations:	Living:

Obstetrical Complications:

FAMILY MEDICAL HISTORY

Please indicate relationship and approximate age of onset for blood relatives with any of the following conditions

Disease	**Relationship/ Approximate Age of Onset**
Heart disease	
High cholesterol	
Diabetes	
Asthma	
Stroke	
Dementia/Alzheimer's	
Osteoporosis	
Psychiatric problem	
Cancer (indicate type)	
Other	

Please turn to next page

SOCIAL HISTORY

Marital Status: ☐ Never Married ☐ Married ☐ Common Law ☐ Separated ☐ Divorced ☐Widowed

Occupation (or Student ☐ Retired ☐ Disability ☐ Social Assistance ☐):

Recreation/Hobbies:

Religion:

Lifestyle	What best describes your diet: ☐ VERY POOR* ☐ POOR* ☐ FAIR* ☐ GOOD ☐ EXCELLENT		
	What best describes your activity level: ☐ MINIMAL* ☐ POOR* ☐ FAIR* ☐ GOOD ☐ EXCELLENT		
Tobacco	What is your smoking status: ☐ NEVER SMOKED ☐ SMOKER* ☐ EX-SMOKER ☐ PASSIVE SMOKE CONTACT		
	Cigarettes – #/day:	Year Stopped:	
Alcohol	What best describes your drinking habits: ☐ NONE ☐ LIGHT ☐ MODERATE* ☐ HEAVY* ☐ EX-DRINKER		
	How many drinks per day on average:	Year Stopped:	
	Are you concerned about the amount you drink?	☐ Yes	☐ No
	Have you considered cutting down?	☐ Yes	☐ No
	Are you prone to "binge" drinking?	☐ Yes	☐ No
	Have you ever had a problem with alcohol?	☐ Yes	☐ No
Street Drugs	What best describes your recreational drug use: ☐ NEVER ☐ EX-USER ☐ LIGHT* ☐ MOD* ☐ HEAVY*		
	If yes, have you ever given yourself street drugs with a needle?	☐ Yes	☐ No
	What drugs have you used?		
	How often do you usually use?	Date last used?	
Sex	Have you ever had sex?	☐ Yes	☐ No
	Are you sexually active now?	☐ Yes	☐ No
	If yes, what contraceptive method do you use if any?		
	Do you have any problems with infertility?	☐ Yes	☐ No
	What is your sexual orientation: ☐ HETEROSEXUAL ☐ BISEXUAL ☐ HOMOSEXUAL ☐ UNKNOWN		

PREVENTION AND WELLNESS

Preventive Screening Tests (Please give approximate dates for the following)*

Women only	(<70)	Date of last pap (recommended every 1 or 2 years):
	(>50)	Date of last mammogram (recommended every 1 or 2 years):
Both	(>50)	Date of last stool test for colon cancer (recommended once a year):
		Date of last cholesterol test:

Personal Health Goals

What areas of your life would you like to make changes in?

What changes have you made/are you making so far?

What help would you like?