

Inland Orthopaedic Surgery Edwin M. Tingstad, M.D.

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CONFIDENTIAL MEDICAL QUESTIONNAIRE

(Please complete and bring to your appointment)

Patient Name: _____ DOB: _____ (mm/dd/yyyy) Age: _____

Occupation: _____ PCP: _____ Referred By: _____

Highest grade completed: Grade School High School College Postgraduate

Do you have any cultural or spiritual belief that will affect treating your condition? Yes No If yes: _____

How do you learn best? Hearing information Reading/seeing information Having something demonstrated for you

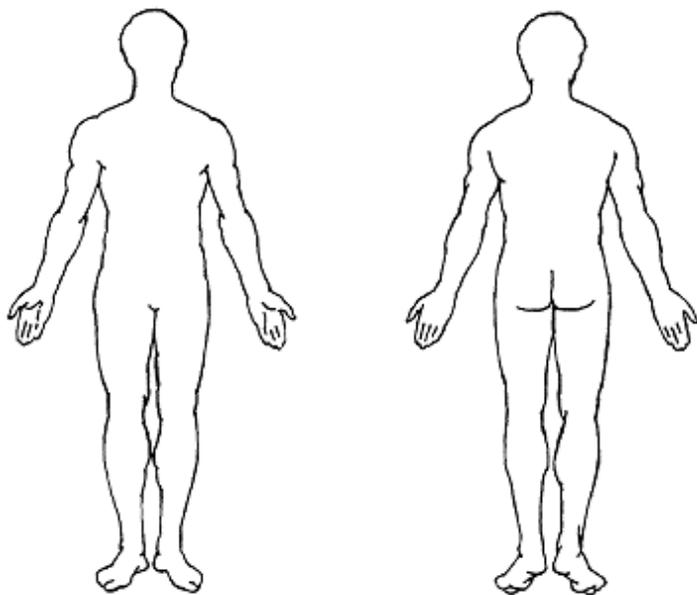
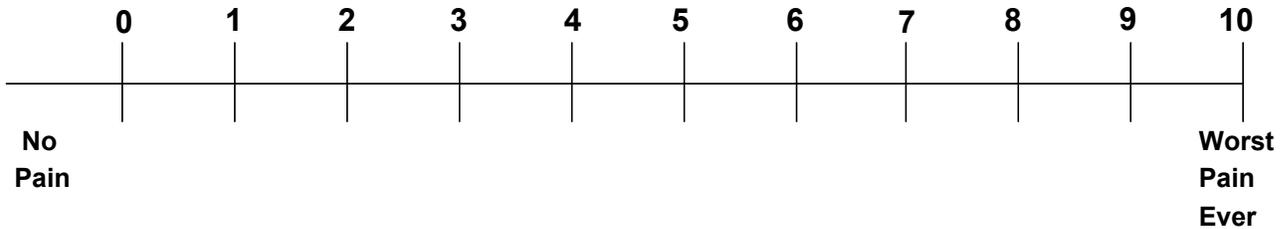
CHIEF COMPLAINT

Date of injury or onset of symptoms: _____ (mm/dd/yyyy)

Describe the injury or problem: _____

Pain: (check all that apply) dull sharp stabbing burning achy throbbing shooting squeezing pressure crampy

Using the following scale, please rate how bad your pain is today:



Where is your pain? Mark the drawing.

What makes it better? _____

What makes it worse? _____

Circle the best response (0-10) on the following:

Pain at Best:

0 1 2 3 4 5 6 7 8 9 10

Pain at Worst:

0 1 2 3 4 5 6 7 8 9 10

MEDICAL HISTORY

Please detail any operations you have had. Please check here if none:

| Operation | Year | Surgeon | Hospital/City/State |
|-----------|-------|---------|---------------------|
| 1. _____ | _____ | _____ | _____ |
| 2. _____ | _____ | _____ | _____ |
| 3. _____ | _____ | _____ | _____ |

Please list all major health conditions: (i.e. high blood pressure, diabetes, hypertension, history of blood clots).

Please check here if none:

Health Condition(s):

- _____
- _____
- _____

Please list all the drugs and medications you have taken over the past 4 weeks. (Include aspirin, birth control pills, supplements (i.e. vitamins) and any drug or medication with or without a prescription). Attach list if necessary.

| Name of Drug | Dose | Number per day/week | List Any Side Effects |
|--------------|-------|---------------------|-----------------------|
| 1. _____ | _____ | _____ | _____ |
| 2. _____ | _____ | _____ | _____ |
| 3. _____ | _____ | _____ | _____ |

Please list any allergies to medications: _____

Please list any other allergies: _____

FAMILY HISTORY

The following questions concern your family medical history:

| | IF LIVING | IF DECEASED | | |
|-------------|-----------|--------------------------|-----------------|-------------------|
| | Age (s) | Major Medical Conditions | Age(s) at Death | Cause(s) of Death |
| Father | _____ | _____ | _____ | _____ |
| Mother | _____ | _____ | _____ | _____ |
| Brother(s) | _____ | _____ | _____ | _____ |
| Sister(s) | _____ | _____ | _____ | _____ |
| Son(s) | _____ | _____ | _____ | _____ |
| Daughter(s) | _____ | _____ | _____ | _____ |

Please list any illnesses that run in the family: _____

Does anyone in your family have any of the following problems? Please check all that apply.

Heart disease High blood pressure Anesthesia complications Cancer Stroke
 Nerve problems Blood problems (anemia, abnormal bleeding) Diabetes Other: _____

Female Patients Only: GYNECOLOGICAL HISTORY

Are you pregnant? Y N Do you use birth control? Y N If yes, what: _____

Have you experienced menopause or a hysterectomy? Y N If yes, what & when? _____

Date of last pap smear? _____ Date of last mammogram? _____

Age you began menstruating: _____ When was your most recent menstrual period? _____

How many periods have you had during the last 12 months? 10-12 7-9 5-6 1-6 more _____

CURRENT SYMPTOMS OR PROBLEMS

Please check any of the following that apply to you:

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> Recent weight change | <input type="checkbox"/> Irregular heart beat | <input type="checkbox"/> Heart Murmur |
| <input type="checkbox"/> Fatigue/weakness | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Chest pain |
| <input type="checkbox"/> Fever, chills | <input type="checkbox"/> Swollen legs or feet | |
| <input type="checkbox"/> Skin rash/disease | <input type="checkbox"/> Stomach pain/heartburn | |
| <input type="checkbox"/> Vision problem/eye disease | <input type="checkbox"/> Ulcers | |
| <input type="checkbox"/> Nose/throat problem | <input type="checkbox"/> Hepatitis or gallbladder disease | |
| <input type="checkbox"/> Hearing problems/ear disease | <input type="checkbox"/> Change in bowel habits (also blood in stools) | |
| <input type="checkbox"/> Frequent headaches | <input type="checkbox"/> Blood disorder or blood transfusion | |
| <input type="checkbox"/> Fainting spells | <input type="checkbox"/> Easy bleeding or bruising | |
| <input type="checkbox"/> Seizures | <input type="checkbox"/> Kidney disease or kidney stones | |
| <input type="checkbox"/> Problems with coordination | <input type="checkbox"/> Sexually transmitted disease | |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Change in appetite or thirst | |
| <input type="checkbox"/> Thyroid problems | <input type="checkbox"/> Shortness of breath or wheezing | |
| <input type="checkbox"/> Joint stiffness, pain or swelling | <input type="checkbox"/> Frequent cough | |
| <input type="checkbox"/> Muscle weakness | <input type="checkbox"/> Change in urinary habits (including pain, blood In urine, trouble stopping/staring your urine) | |

HEALTH HABITS

Do you smoke cigarettes? Y N packs/day _____ For how long? _____ years

Do you drink alcohol? Y N drinks/wk _____

How would you describe your level of physical activity over the past six months?

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> Inactive | - just daily activity |
| <input type="checkbox"/> Light | - some walking, gardening, occasional weekend recreational activity |
| <input type="checkbox"/> Moderate | - regular (3x week) moderate exercise and occasional weekend sports |
| <input type="checkbox"/> Vigorous | - regular (3-5x week) vigorous exercise and/or sports activity |
| <input type="checkbox"/> Intense | - competitive vigorous sports training |

Height _____ feet/inches Weight _____ lbs

Do you consider your weight ideal? Y N If no, list your ideal weight _____

Do you have questions about healthy ways to control your weight? Y N

The following questions concern your health now and in the past. Please answer every question. If you are unsure of how to answer a question, please provide the best answer you can.

In general, would you say your health is?

- Excellent Very Good Good Fair Poor

The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

1. Moderate activities, such as moving a table, pushing a vacuum, bowling or playing golf:

- Very limited Somewhat limited Not Limited

2. Climbing several flights of stairs:

- Very limited Somewhat limited Not Limited

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

1. Accomplished less than you would like Yes No
 2. Limited in type of work/activities Yes No

During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as the result of emotional problems (such as feeling depressed or anxious)?

1. Accomplished less than you would like Yes No
 2. Didn't do work or other activities as carefully as usual Yes No

During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and daily household activities)?

- Extremely limited Mostly limited Somewhat limited Slightly limited Not limited

These questions pertain to how you feel and your activities during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks.....

| | All of the time | Most of the time | A good bit of the time | Some of the time | A little of the time | Not at all |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Have you felt calm and peaceful? | <input type="checkbox"/> |
| 2. Did you have a lot of energy? | <input type="checkbox"/> |
| 3. Have you felt downhearted and blue? | <input type="checkbox"/> |

During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives, etc.)?

- All the time Most of the time Some of the time A little of the time None of the time

Please check if you have experienced any of the following over the last month:

- | | | |
|--|--|--|
| <input type="checkbox"/> Fever | <input type="checkbox"/> Stomach Pain, Heartburn | <input type="checkbox"/> Loss of Balance |
| <input type="checkbox"/> Weight Change (10 lbs) | <input type="checkbox"/> Nausea, Vomiting | <input type="checkbox"/> Muscle/Joint Pain or Aches |
| <input type="checkbox"/> Skin Problems | <input type="checkbox"/> Constipation | <input type="checkbox"/> Swelling of a Joint |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Muscle Weakness | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Shortness of Breath, Wheezing | <input type="checkbox"/> Ears, Nose, Throat Problems | <input type="checkbox"/> Use of Drugs Not Sold In Stores |

During the past year indicate how often you performed each activity listed below when in your healthiest and most active state.

| | Less than once a month | Once a month | Once a week | 2 or 3x a week | 4+ times a week |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Running: while play a sport or jogging | <input type="checkbox"/> |
| Cutting: changing directions while running | <input type="checkbox"/> |
| Decelerating: coming to a quick stop while running | <input type="checkbox"/> |
| Pivoting: turning your body with your foot planted while playing a sport – skiing, skating, kicking, throwing, hitting a ball | <input type="checkbox"/> |

END OF QUESTIONNAIRE – THANK YOU FOR TAKING YOUR TIME.

I have reviewed and confirmed this information with the patient: _____, M.D. _____

Physician Signature

Date