Name: ____________________________ DOB: ____________________________
Phone: ____________________________ Cell/Work ____________________________ Email: ____________________________
Referring Physician: ____________________________
What is reason for your visit? ____________________________

Personal History:
What is your primary language? ____________________________ Language spoken at home ____________________________
Do you have any spiritual/cultural practices that you would like us to include in your care today? ___Yes ___No
Is anyone in your personal life hurting you or making you feel unsafe? ___Yes ___No
Have you had any difficulty caring for yourself at home over the past 3 months? ___Yes ___No
Do you have a health care proxy? ___Yes ___No

Learning Needs Assessment:
How do you learn best? ___by doing ___by reading ___by listening (verbal)
Do you have any trouble understanding written or verbal instructions? ___Yes ___No

Health Status:
Do you have any food allergies?: ____________________________
List other allergies: ____________________________
Do you have or have had a problem with the following conditions?
___High blood pressure ___Stroke
___High cholesterol ___Kidney disease
___High or low blood sugars ___Anxiety/depression
___Heart disease/ chest pain
Do you have any other medical conditions? ____________________________

Pain Assessment
How do you rate your tolerance to pain? ___Low ___Average ___High
Do you have pain now? ___Yes ___No Where is it located? ____________________________
Is your pain: Constant or Comes and Goes (Intermittent)
On a scale of 1-10, with 0 being no pain and 10 being the highest rate of pain, rate what is your pain right now? 1 2 3 4 5 6 7 8 9 10

Fall Risk
Have you fallen in the last 6 months (not from a slip or trip) ___Yes ___No
Are you feeling weak, dizzy, or lightheaded today? ___Yes ___No
Do you need help to walk or change your clothes? ___Yes ___No
Have you ever been lightheaded or dizzy before or after having blood drawn or an IV started? ___Yes ___No

Health Habits:
Do you smoke? ___Yes ___No If yes, how much? ____________________________
Do you drink alcohol? ___Yes ___No If yes, how much? ____________________________
Do you use street drugs or narcotics? ___Yes ___No If yes, how much? ____________________________

Exercise & Nutrition:
What do you do for exercise? ____________________________ How often? ____________________________
Current Weight: __________ and Height: __________
Have you had any weight changes in the past 3 months? ___Yes ___No
If yes, please describe
Have you ever received any education related to nutrition? ___Yes ___No If yes, by whom? ____________________________
Who is responsible for grocery shopping and/or meal preparation? ____________________________
Please list all vitamins, minerals, or supplements you currently take: ____________________________

In regards to nutrition, what would you like to learn or accomplish today?
______________________________

Signature: ____________________________ Date: __________ Time: __________