



3500 LaTouche Street, Suite 240A | Anchorage, AK 99504 | Phone (907) 276-4611 | FAX (907) 258-5167

### New Patient OUD Questionnaire

Name \_\_\_\_\_ Date \_\_\_\_\_

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

What brings you to treatment today? \_\_\_\_\_

**Past Medical and Family History** *(Please check-mark each item you or a family member has been diagnosed with.)*

	<u>Self</u>	<u>Family</u>		<u>Self</u>	<u>Family</u>
Arrhythmia/murmur	<input type="checkbox"/>	<input type="checkbox"/>	Sleep Apnea	<input type="checkbox"/>	<input type="checkbox"/>
Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	Asthma	<input type="checkbox"/>	<input type="checkbox"/>
High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	COPD/Emphysema	<input type="checkbox"/>	<input type="checkbox"/>
Heart Attack	<input type="checkbox"/>	<input type="checkbox"/>	Osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>
Stroke	<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis B or C	<input type="checkbox"/>	<input type="checkbox"/>
Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Liver Disease	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Headaches/Migraine	<input type="checkbox"/>	<input type="checkbox"/>
Thyroid Disease	<input type="checkbox"/>	<input type="checkbox"/>	Anemia	<input type="checkbox"/>	<input type="checkbox"/>
Kidney Disease	<input type="checkbox"/>	<input type="checkbox"/>	Bowel Disorders	<input type="checkbox"/>	<input type="checkbox"/>
Cancer: _____	<input type="checkbox"/>	<input type="checkbox"/>	Traumatic Brain Injury	<input type="checkbox"/>	<input type="checkbox"/>
Sickle Cell Disease	<input type="checkbox"/>	<input type="checkbox"/>	Clotting Disorder	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	Fibromyalgia	<input type="checkbox"/>	<input type="checkbox"/>
HIV/Aids	<input type="checkbox"/>	<input type="checkbox"/>	Osteomyelitis	<input type="checkbox"/>	<input type="checkbox"/>
Endocarditis	<input type="checkbox"/>	<input type="checkbox"/>	MRSA	<input type="checkbox"/>	<input type="checkbox"/>
Syphilis	<input type="checkbox"/>	<input type="checkbox"/>	Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>
Hysterectomy	<input type="checkbox"/>	<input type="checkbox"/>	Tubal Ligation	<input type="checkbox"/>	<input type="checkbox"/>
IUD	<input type="checkbox"/>	<input type="checkbox"/>	Nexplanon	<input type="checkbox"/>	<input type="checkbox"/>
Condoms	<input type="checkbox"/>	<input type="checkbox"/>			

**Please list all SURGERIES and HOSPITALIZATIONS:**

Reason for surgery or hospitalization	Year	Hospital

**Allergies**

What are you allergic to?	What was your reaction?	Do you require treatment?

**Current Medications and Supplements**

*Please list ALL prescriptions and over-the-counter (OTC) medications or supplements you are CURRENTLY taking, including ALL pain medication. If you need more space, please attach an additional page to the packet.*

Name of Medication/Supplement/Ointment	Strength	How often each day?

**GOALS in RECOVERY**

Please list 3 very specific and measurable goals for things you would like to do, and would return to doing, if your addiction were more manageable.

Specific activity/goal:	How many/often?	By what date?

Which pharmacy will you be using? \_\_\_\_\_

**Nicotine, Caffeine and Alcohol Use**

Do you use nicotine?  Yes  No If yes, what form? \_\_\_\_\_  
 Average daily amount: \_\_\_\_\_ Would you like help quitting now?  Yes  No  
 If no, would you be interested in quitting at some time in the future?  Yes  No

Do you consume any caffeine?  Yes  No  
 If yes, in what?  Coffee  tea  soda  diet soda  energy drinks  \_\_\_\_\_

Do you consume any alcohol?  Yes  No If yes, when did you last drink alcohol? \_\_\_\_\_  
 How often do you drink?  Most days  Weekly  Monthly  Special occasions  \_\_\_\_\_  
 What kind of alcohol do you consume?  Beer  Wine  Wine coolers  Liquor

*\* Due to the significant risks of sedation, respiratory depression, coma, seizure and/or death when consuming alcohol if being prescribed Suboxone or consuming any other central nervous system depressants, anxiolytics, sedative/hypnotics or other similar substances, no alcohol can be consumed if receiving any such agents while in our program. Please sign your name below to acknowledge this expectation and to agree to this condition of treatment. We also offer treatment for alcohol use disorder and to help you succeed in your recovery goals.*

Name \_\_\_\_\_ Date \_\_\_\_\_

**Quality of Sleep**  Good  Fair  Poor Number of hours nightly? \_\_\_\_\_

Do you suffer from insomnia?  Yes  No  
 Are you diagnosed with sleep apnea?  Yes  No Do you use CPAP/BiPAP?  Yes  No

**Employment, Volunteering or other Participation**

I am employed at \_\_\_\_\_ as a \_\_\_\_\_ for \_\_\_\_\_ hours/week.  
 I am unemployed.  Yes  No I have not been employed since: \_\_\_\_\_  
 Are you seeking work?  Yes  No  
 Are you retired?  Yes  No

Are you volunteering in the community?  Yes  No If yes, how many hours/week? \_\_\_\_\_

Are you raising children or grandchildren full-time?  Yes  No

Are you a full-time caregiver for a family member?  Yes  No

Are you receiving disability?  Yes  No If yes, since when? \_\_\_\_\_

What is your disability based on? \_\_\_\_\_

If you are NOT currently receiving disability, have you applied for disability?  Yes  No

If you have applied for disability, do you have an attorney?  Yes  No

Are you retired?  Yes  No If yes, do you have an active hobby?  Yes  No

If you have an active hobby, what is it? \_\_\_\_\_

Do have have any of the following:  GED/H.S.I Diploma  Trade School  Vocational Training

Some College  College Graduate  Apprenticeship Training

Are you currently attending school, or a trade or vocational program?  Yes  No

If yes,  part-time or  full-time? Which program? \_\_\_\_\_

Are you interested in additional job training and/or academic education?  Yes  No

### **Mental Health Treatment History**

Please **check-mark** any of the following issues **you have now or have had in the past.**

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Suicidal thoughts | <input type="checkbox"/> Homicidal thoughts  | <input type="checkbox"/> PTSD                  | <input type="checkbox"/> ADD/ADHD         |
| <input type="checkbox"/> Hearing voices    | <input type="checkbox"/> Anger               | <input type="checkbox"/> Anxiety               | <input type="checkbox"/> Irritability     |
| <input type="checkbox"/> Irritability      | <input type="checkbox"/> OCD                 | <input type="checkbox"/> Depression            | <input type="checkbox"/> Hallucinations   |
| <input type="checkbox"/> Changes in mood   | <input type="checkbox"/> Difficulty sleeping | <input type="checkbox"/> Personality Disorders | <input type="checkbox"/> Schizophrenia    |
| <input type="checkbox"/> Schizophrenia     | <input type="checkbox"/> Bi-polar disorder   | <input type="checkbox"/> Panic attacks         | <input type="checkbox"/> Eating Disorders |

**Do you have any thoughts of suicide or of wanting to hurt yourself or others?**  Yes  No

If yes, do you have a plan?  Yes  No If yes, please describe \_\_\_\_\_

**Have you ever attempted suicide in the past?**  Yes  No If yes, please state when and what

method you used. \_\_\_\_\_

### **Counseling for Mental Health/Psychiatric Issues:**

Please check-mark any type of counseling you are currently engaged in or have tried in the past.

Please include name(s) of clinic/clinician and year(s) of participation.

- |  |                          |                |
|--|--------------------------|----------------|
| <input type="checkbox"/> 1:1 Psychiatric Counseling  | If yes, with whom? _____ | Year(s)? _____ |
| <input type="checkbox"/> Group Counseling            | If yes, with whom? _____ | Year(s)? _____ |
| <input type="checkbox"/> In-patient Psychiatric Care | If yes, with whom? _____ | Year(s)? _____ |
| <input type="checkbox"/> Spiritual Leader            | If yes, with whom? _____ | Year(s)? _____ |
| <input type="checkbox"/> Other:                      | _____                    | _____          |

## **Social History and Support**

### **Marital Status and Housing Situation**

Are you:  Single  Separated  Divorced  Married  Widowed

Who do you live with?  Lives alone  Lives w/spouse or SO  Lives w/children  Roommate

Lives w/other family  Shared Housing  Couch surfing  Homeless  Staying in a Shelter

Do you:  Rent an apartment or home  Own your home

Do you feel your housing situation is stable?  Yes  No

Do you feel safe in your home environment?  Yes  No

Do you have children?  Yes  No How many? \_\_\_\_\_ Do they live with you?  Yes  No

Their ages are: \_\_\_\_\_

### **Sexual Health**

Are you sexually active?  Yes  No

Are your sexual partners  men  women or  both?

Have you recently tested positive for any STI's?  Yes  No

If yes, did you and your partner(s) receive appropriate treatment?  Yes  No

Do you have a primary care provider?  Yes  No Name: \_\_\_\_\_

When was the last time you saw your primary care provider? \_\_\_\_\_

### **Family Support**

Do you have any family members **who misuse** medications, illicit drugs or alcohol?  Yes  No

**If yes**, do they live nearby?  Yes  No

Do you have any family members who are **NOT** suffering from addiction who support you in recovery?   
Yes  No

**If yes**, do they live nearby?  Yes  No

### **Peer Support**

What kinds of "clean" peer support for recovery do you have?  friends  Co-workers

Do you have friends and/or co-workers who are suffering from addiction?  Yes  No

Are there people in your home who misuse medication, illicit substances or alcohol?  Yes  No

What is your plan for staying in recovery while others around you are actively using?  
\_\_\_\_\_

Are you prepared to seek relationships with new, non-using friends?  Yes  No

### **Financial Status**

Do you feel financially stable?  Yes  No

What is your main source of income? \_\_\_\_\_

Are you receiving any financial assistance from  others or the  government?  Yes  No

Do you need or want help accessing local services?  Yes  No

Are you familiar with the local 2-1-1 phone number for help accessing services?  Yes  No

**Legal Issues**

Do you have any legal issues pending?  Yes  No **If yes, are you on supervision?**  Yes  No

**If yes, is there someone you would like us to communicate with on your behalf?**  Yes  No

**If yes, please provide phone # and name/title:** \_\_\_\_\_

Please state the nature of the charges \_\_\_\_\_

Are you facing incarceration in the future?  Yes  No Wearing ankle monitor?  Yes  No

Are you on 3rd party supervision?  Yes  No

Have you ever been arrested for selling or distributing drugs?  Yes  No

**If yes, please explain when and where you were charged.** \_\_\_\_\_

**Substance Use and Chemical Dependency Treatment History**

What substances do you feel you are dependent on/addicted to? \_\_\_\_\_

How severe do you feel your addiction is?  Mild  Moderate  Severe

At what age do you feel you may have developed a drug or alcohol problem? \_\_\_\_\_

Have you ever obtained pain or other prescription medication other than from a provider?  Yes  No

Have you ever experienced a drug overdose?  Yes  No If yes, when? \_\_\_\_\_

What substance(s) did you overdose on? \_\_\_\_\_

Has Narcan ever been administered to you?  Yes  No

Do you have your own supply of Narcan?  Yes  No **If not, please ASK!**

Do family and friends also have their own supply of Narcan?  Yes  No **If not, please ASK!**

**Please list all the substances you have used in the last 90 days:**


## Substance Use History

**Opioids** (including codeine, heroin, morphine, methadone, fentanyl, oxycodone, hydrocodone, oxymorphone, meperidine, propoxyphene or other)

1.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

2.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

3.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

**Alcohol** (including beer, wine coolers, wine, hard liquor and route - oral, nasal, rectal, injection)

1.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

2.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

**Benzodiazepines** (including alprazolam - Xanax, diazepam - Valium, clonazepam - Klonopin, oxazepam - Serax, chlordiazepoxide - Librium or other)

1.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

2.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

**Barbiturates** (Seconal, phenobarbital, Dalmane, Restoril or other)

1.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

**Stimulants** (Methamphetamine, cocaine, amphetamines, methylphenidate or other)

1.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

2.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

**Marijuana/Spice** (Marijuana, spice, bath salts, synthetic marijuana or other)

1.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

2.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

**Inhalants** (glue, markers, anesthetics, propane, paint thinner, gasoline, lighter fluid or other)

1.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

**Hallucinogens** (MDMA - ecstasy, GHB, rohypnol, ketamine, LSD - acid or other)

1.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

2.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

**Misc.** (Kratom, gabapentin, Lyrica)

1.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

2.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?

**Tobacco/Nicotine** (cigarettes, cigars, vaping, smokeless tobacco or other)

1.	Past or present?	Route?
Age of first use?	Last use?	Average daily amount?



**Chemical Dependency Treatment**

*Please check-mark any type of addiction treatment you are currently engaged in or have tried in the past. Please include name(s) of clinic/clinician and year(s) of participation.*

- Outpatient Treatment If yes, where? \_\_\_\_\_ Year(s)? \_\_\_\_\_  
 If more than once, about how many times? \_\_\_\_\_
  
- Intensive Outpatient If yes, where? \_\_\_\_\_ Year(s)? \_\_\_\_\_  
 If more than once, about how many times? \_\_\_\_\_
  
- In-patient Treatment If yes, where? \_\_\_\_\_ Year(s)? \_\_\_\_\_  
 If more than once, about how many times? \_\_\_\_\_
  
- Methadone Maintenance Program (OTP) If yes, where? \_\_\_\_\_ Year(s)? \_\_\_\_\_  
 If more than once, about how many times? \_\_\_\_\_
  
- Suboxone, Vivitrol or Sublocade (MAT) If yes, where? \_\_\_\_\_ Year(s)? \_\_\_\_\_  
 If more than once, about how many times? \_\_\_\_\_
  
- Other kind of treatment? If yes, where? \_\_\_\_\_ Year(s)? \_\_\_\_\_

What kinds of support groups do you participate in within the community?

- 12-step Groups (AA/NA, etc)    Celebrate Recovery    Alano Club    Other: \_\_\_\_\_
- Church-sponsored Recovery Group

**What would you say your biggest loss or regret in life is due to addiction?**

---

---

### Stop Bang Questionnaire

1. Do you snore loudly? (Louder than talking or loud enough to be heard through closed doors)  Yes  No
2. Do you often feel tired, fatigued, or sleepy during the daytime?  Yes  No
3. Has anyone observed you stop breathing during sleep?  Yes  No
4. Do you have (or are you being treated for) high blood pressure?  Yes  No
5. Age: \_\_\_\_\_
6. Gender:  Male  Female

### Generalized Anxiety Disorder (GAD-7) Questionnaire

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Not being able to stop or control worrying.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Worrying too much about different things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Trouble relaxing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Being so restless that it's hard to sit still.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Becoming easily annoyed or irritable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Feeling afraid as if something awful might happen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	XXXXXX			
<b>Total Score</b>	XXXXXX	XXXXXX	XXXXXX	

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all \_\_\_\_ Somewhat difficult \_\_\_\_ Very difficult \_\_\_\_ Extremely difficult \_\_\_\_

### Patient Health Questionnaire (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (circle your response)	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Feeling down, depressed, or hopeless.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Trouble falling or staying asleep, or sleeping too much.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Feeling tired or having little energy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Poor appetite or overeating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Feeling bad about yourself, or that you are a failure or have let yourself or your family down.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Trouble concentrating on things, such as reading the newspaper or watching television.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Moving or speaking so slowly that other people could have noticed. Or the opposite, being so fidgety or restless that you have been moving around a lot more than usual.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Thoughts that you would be better off dead, or of hurting yourself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	XXXXX			
<b>Total</b>	XXXXX	XXXXX	XXXXX	

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all \_\_\_\_ Somewhat difficult \_\_\_\_ Very difficult \_\_\_\_ Extremely difficult \_\_\_\_

## DSM-5 Criteria for Diagnosis of Opioid Use Disorder

Check all that apply

<input type="checkbox"/>	Opioids are often taken in larger amounts or over a longer period of time than intended.
<input type="checkbox"/>	There is a persistent desire or unsuccessful efforts to cut down or control opioid use.
<input type="checkbox"/>	A great deal of time is spent in activities necessary to obtain the opioid, use the opioid, or recover from its effects.
<input type="checkbox"/>	Craving, or a strong desire to use opioids.
<input type="checkbox"/>	Recurrent opioid use resulting in failure to fulfill major role obligations at work, school or home.
<input type="checkbox"/>	Continued opioid use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of opioids.
<input type="checkbox"/>	Important social, occupational or recreational activities are given up or reduced because of opioid use.
<input type="checkbox"/>	Recurrent opioid use in situations in which it is physically hazardous.
<input type="checkbox"/>	Continued use despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by opioids.
<input type="checkbox"/>	*Tolerance, as defined by either of the following: a) A need for markedly increased amounts of opioids to achieve intoxication or desired effect. b) Markedly diminished effect with continued use of the same amount of an opioid.
<input type="checkbox"/>	*Withdrawal, as manifested by either of the following: a) The characteristic opioid withdrawal syndrome. b) The same (or a closely related) substance are taken to relieve or avoid withdrawal symptoms.

### Subjective Opiate Withdrawal Scale (SOWS)

Please write in a number from 0 - 4 corresponding to how you feel about each symptom RIGHT NOW  
(Scale: 0 = not at all, 1 = a little, 2 = moderately, 3 = quite a bit, 4 = extremely)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
I feel like using now.						
I feel anxious.						
I feel like yawning.						
I am perspiring.						
My eyes are teary.						
My nose is running.						
I have goosebumps.						
I am shaking.						
I have hot flushes.						
I have cold flashes.						
My bones and muscles ache.						
I feel restless.						
I feel nauseous.						
I feel like vomiting.						
My muscles twitch.						
I have stomach cramps.						
<b>TOTAL</b>						

It is recommended that you be in moderate withdrawal, and that it has been at least 12-24 hours since your last use of a short-acting opioid such as percocet or heroin, before taking your first dose of Suboxone (or any buprenorphine product). It is recommended that you wait 24-72 hours or longer for long-acting opioids such as OxyContin or MS Contin. If you are taking methadone, you need to get your daily dose down to 30 mg/day or less for at least two weeks, and it may be necessary to wait 7-28 days before beginning Suboxone (or any buprenorphine) to avoid experiencing precipitated withdrawal.

**REVIEW OF SYSTEMS** (Check the box of all symptoms you have been experiencing since your last visit.)

**Constitutional:**

- Fatigue
- Restlessness
- Fever
- Chills
- Weight loss
- Cold flushes
- Night sweats
- Weakness
- Increased appetite
- Decreased appetite
- Weight gain
- Headache
- Hot flashes

**Skin:**

- Rash
- Hives
- Sweating
- Excessive itching
- Moles changing size, shape or color
- Sores
- Goosebumps
- Blisters
- Painful lesions

**HEENT:**

- Nasal congestion
- Watery eyes
- Sore throat
- Loss of teeth
- Visual changes
- Loss of taste
- Loss of smell
- Sore throat
- Dry mouth
- Runny nose
- Yawning
- Dentures
- Hearing loss
- Ringing in ears
- Dry mouth
- Cavities/gum disease

**Cardiovascular:**

- Chest pain
- Heart racing
- Lightheaded
- Palpitations
- High blood pressure
- Swollen ankles or legs

**Respiratory:**

- Shortness of breath
- Cough
- COPD/emphysema
- Wheezing
- Sleep Apnea

**Musculoskeletal:**

- Twitching
- Weakness
- Shaking
- General body aches
- Joint swelling
- Morning stiffness
- Bone aches
- Cramps
- Muscle aches
- Joint pain
- Joint redness

**Genitourinary:**

- Difficulty urinating
- Blood in urine
- Leaky bladder
- Loss of bladder control

**If female:** Are you pregnant?  Yes  No

Date of last cycle: \_\_\_\_\_

Please notify us immediately if you become pregnant.

**Gastrointestinal:**

- Nausea
- Diarrhea
- Heartburn
- Stomach cramps
- Loss of bowel control
- Abdominal pain, cramping or distension
- Vomiting
- Constipation
- Red blood in stool
- Black, tarry stool
- Yellow eyes or skin

**Bowel Movements are:**

- Daily
- Every other day
- 2x/week
- Every 5-6 days
- Once weekly

Is this your normal frequency?  Yes  No

Is this  LESS or  MORE frequent than normal?

**Neurological:**

- Tremors
- Tingling
- Fainting
- Frequent falls
- Headache
- Numbness
- Light headed
- Weakness
- Seizures
- Involuntary movements

**Endocrine:**

- Diabetes
- Excessive thirst
- Heat/Cold Intolerance
- Thyroid Issues
- Low libido

**Hematologic/Lymphatic:**

- Abnormal bleeding
- Swollen lymph nodes
- Anemia
- Bleeding disorder
- Bruising easily
- Lymphedema
- Clotting disorder

**Immunologic/Allergic:**

- Asthma
- Current cold
- Seasonal allergies
- Current flu

**Psychiatric**

- Suicidal thoughts
- Anxiety
- Depression
- Craving drugs
- Bi-polar disorder
- PTSD
- Hearing voices
- Irritability
- Changes in mood
- Homicidal thoughts
- Irritability
- Hallucinations
- Schizophrenia
- Panic attacks
- ADD/ADHD
- Anger
- OCD
- Difficulty sleeping