

**Pregnancy Forms**

Date: \_\_\_\_\_

Last name / \_\_\_\_\_ First name / \_\_\_\_\_ Circle: Miss Ms. Mrs. Dr.

|                    |                     |                                     |
|--------------------|---------------------|-------------------------------------|
| Birth date / _____ | Age / _____         | Circle # of preferred contact _____ |
| Address / _____    |                     | Phone (home) / _____                |
| City / _____       |                     | Phone (work) / _____                |
| Province / _____   | Postal Code / _____ | Phone (cell) / _____                |
| Email / _____      |                     | Occupation / _____                  |
| Height / _____     | Weight / _____      |                                     |

Reason for Visit / \_\_\_\_\_

Have you had Acupuncture before? Yes No  
Chinese herbal medicine? Yes No

Family Physician name / \_\_\_\_\_ Family Physician phone / \_\_\_\_\_

Western Medical diagnosis (if applicable) / \_\_\_\_\_

Other medical treatment received (circle) / Physiotherapy Massage Naturopathy Chiropractic Other: \_\_\_\_\_

Please indicate with a 'P' (past) 'C' (current) 'F' (family) if any of the conditions below apply:

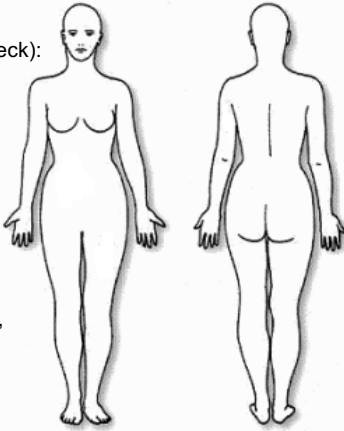
|                          |                       |                          |                        |                          |                          |                          |                       |
|--------------------------|-----------------------|--------------------------|------------------------|--------------------------|--------------------------|--------------------------|-----------------------|
| <input type="checkbox"/> | Heart conditions      | <input type="checkbox"/> | Stroke                 | <input type="checkbox"/> | High blood pressure      | <input type="checkbox"/> | Low blood pressure    |
| <input type="checkbox"/> | Diabetes              | <input type="checkbox"/> | Deep vein thrombosis   | <input type="checkbox"/> | Neurological condition   | <input type="checkbox"/> | Spinal or head injury |
| <input type="checkbox"/> | Respiratory condition | <input type="checkbox"/> | Kidney disorder        | <input type="checkbox"/> | Cancer                   | <input type="checkbox"/> | Hepatitis             |
| <input type="checkbox"/> | HIV / AIDS            | <input type="checkbox"/> | Sprain/strain/fracture | <input type="checkbox"/> | Osteoporosis             | <input type="checkbox"/> | Headaches/migraines   |
| <input type="checkbox"/> | Jaw pain              | <input type="checkbox"/> | Arthritis              | <input type="checkbox"/> | Dizziness/fainting       | <input type="checkbox"/> | Contagious illness    |
| <input type="checkbox"/> | Skin condition        | <input type="checkbox"/> | Digestive problems     | <input type="checkbox"/> | Haemophiliac             | <input type="checkbox"/> | Wear a pacemaker      |
| <input type="checkbox"/> | Lung condition        | <input type="checkbox"/> | Epilepsy               | <input type="checkbox"/> | Possibility of pregnancy | <input type="checkbox"/> | Upcoming surgeries    |

On the figures below, please circle the areas of concern/pain ;

Sensations/pain characteristics (check):  
 Sharp \_\_ Burning \_\_ Moving \_\_  
 Tingling \_\_ Dull \_\_ Severe \_\_  
 Stabbing \_\_ Shooting \_\_  
 Throbbing \_\_ Numbness \_\_

What relieves the pain (ice, rest, activity, massage, heat...)?  
 \_\_\_\_\_  
 \_\_\_\_\_

What aggravates the pain (weather, heat, cold, rest, activity...)?  
 \_\_\_\_\_  
 \_\_\_\_\_



Please list any prescription medication or over the counter drugs currently taking:

|          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

Please list herbal medicine and other supplements currently taking:

|          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

Please list any allergies (food, drugs, environmental, etc.):

|          |          |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Have you been hospitalized and/or treated for any infectious/serious conditions or surgeries? If yes, briefly explain for what condition or reasons and the year (below).  
 \_\_\_\_\_  
 \_\_\_\_\_

Do you use the following? If so how often? Cigarettes: \_\_\_\_\_ Alcohol: \_\_\_\_\_ Drugs: \_\_\_\_\_ Coffee: \_\_\_\_\_ Pop: \_\_\_\_\_

Do you participate in the following physical activities? If so, please indicate how often:

|               |                 |                      |              |
|---------------|-----------------|----------------------|--------------|
| Yoga: _____   | Running: _____  | Fitness Class: _____ | Gym: _____   |
| Biking: _____ | Swimming: _____ | Walking: _____       | Other: _____ |

How did you hear about Whole Family Health? (Internet, Friend, Doctor, Seminar, Magazine, TV, News, etc.) \_\_\_\_\_

**For each symptom below that you currently have, rate its severity from 1-5 (5 being worst). Leave blank if N / A.**

|  |  |  |
|--|--|--|
| <p><b>Gan</b></p> <p><input type="checkbox"/> Irritability / frustration / impatience</p> <p><input type="checkbox"/> Depression</p> <p><input type="checkbox"/> Stress</p> <p><input type="checkbox"/> Emotional eating</p> <p><input type="checkbox"/> Unfulfilled desires</p> <p><input type="checkbox"/> Visual problems / floaters</p> <p><input type="checkbox"/> Blurred vision / poor night vision</p> <p><input type="checkbox"/> Red / dry / itchy eyes</p> <p><input type="checkbox"/> Headaches / Migraines</p> <p><input type="checkbox"/> Dizziness</p> <p><input type="checkbox"/> Feeling of lump in throat</p> <p><input type="checkbox"/> Muscle twitching / spasm</p> <p><input type="checkbox"/> Neck / shoulder tension</p> <p><input type="checkbox"/> Brittle nails</p> <p><input type="checkbox"/> Sighing</p> <p><input type="checkbox"/> Sensation or pain under rib cage</p> <p><input type="checkbox"/> PMS</p> <p><input type="checkbox"/> Genital itching / pain / rashes</p> <p><b>Xin</b></p> <p><input type="checkbox"/> Palpitations</p> <p><input type="checkbox"/> Chest pain / tightness</p> <p><input type="checkbox"/> Insomnia / sleep problems</p> <p><input type="checkbox"/> Restless / easily agitated</p> <p><input type="checkbox"/> Vivid dreams</p> <p><input type="checkbox"/> Lack of joy in life</p> <p><input type="checkbox"/> Forgetful</p> <p><input type="checkbox"/> Aversion to heat</p> <p><input type="checkbox"/> Bitter taste in mouth</p> <p><input type="checkbox"/> Tongue / mouth ulcers / cankers</p> | <p><b>Shen</b></p> <p><input type="checkbox"/> Frequent urination</p> <p><input type="checkbox"/> Bladder infection</p> <p><input type="checkbox"/> Lack of bladder control</p> <p><input type="checkbox"/> Wake to urinate</p> <p><input type="checkbox"/> Feel cold easily</p> <p><input type="checkbox"/> Cold hands / feet</p> <p><input type="checkbox"/> Night sweats / hot flushing</p> <p><input type="checkbox"/> Low sex drive</p> <p><input type="checkbox"/> High sex drive</p> <p><input type="checkbox"/> Loss of head hair</p> <p><input type="checkbox"/> Hearing problems</p> <p><input type="checkbox"/> Crave salty food</p> <p><input type="checkbox"/> Fear</p> <p><input type="checkbox"/> Poor long term memory</p> <p><input type="checkbox"/> Ankle swelling</p> <p><input type="checkbox"/> Tinnitus</p> <p><b>Fei</b></p> <p><input type="checkbox"/> Dry cough</p> <p><input type="checkbox"/> Cough with phlegm</p> <p><input type="checkbox"/> Nasal discharge / drip</p> <p><input type="checkbox"/> Sinus infection / congestion</p> <p><input type="checkbox"/> Itchy / painful throat</p> <p><input type="checkbox"/> Dry mouth / throat / nose</p> <p><input type="checkbox"/> Skin rashes / hives</p> <p><input type="checkbox"/> Snoring</p> <p><input type="checkbox"/> Grief / sadness</p> <p><input type="checkbox"/> Shortness of breath</p> <p><input type="checkbox"/> Allergies / asthma</p> <p><input type="checkbox"/> Weak immune system</p> <p><input type="checkbox"/> Alternate fever / chills</p> | <p><b>Pi</b></p> <p><input type="checkbox"/> Heaviness in the head / body</p> <p><input type="checkbox"/> Fatigue after eating</p> <p><input type="checkbox"/> Difficult getting up in morning</p> <p><input type="checkbox"/> Water retention</p> <p><input type="checkbox"/> Muscular tired / weak</p> <p><input type="checkbox"/> Bruise easily</p> <p><input type="checkbox"/> Unusual bleeding (stool, nose, etc)</p> <p><input type="checkbox"/> Bad breath</p> <p><input type="checkbox"/> Poor appetite</p> <p><input type="checkbox"/> Increased appetite</p> <p><input type="checkbox"/> Crave sweets</p> <p><input type="checkbox"/> Poor digestion</p> <p><input type="checkbox"/> Nausea / vomiting</p> <p><input type="checkbox"/> Bloating / gas</p> <p><input type="checkbox"/> Hemorrhoids</p> <p><input type="checkbox"/> Constipation</p> <p><input type="checkbox"/> Loose stool</p> <p><input type="checkbox"/> Alternate constipation / loose</p> <p><input type="checkbox"/> Abdominal pain</p> <p><input type="checkbox"/> Intestinal pain / cramping</p> <p><input type="checkbox"/> Heartburn</p> <p><input type="checkbox"/> Pensive / over-thinking</p> <p><input type="checkbox"/> Overweight</p> <p><input type="checkbox"/> Foggy mind</p> <p><input type="checkbox"/> Yeast infection</p> <p><input type="checkbox"/> Aversion to cold</p> <p><input type="checkbox"/> Cold nose</p> <p><input type="checkbox"/> Increased thirst</p> <p><input type="checkbox"/> Prefer warm / cold drinks</p> <p><input type="checkbox"/> Sweat easily</p> |
|--|--|--|

|   |    |    |
|---|----|----|
| List your main health concerns in order of importance to you: | 1. | 2. |
|   | 3. | 4. |

On a scale of 1-10, how would you rate your daily energy level (10 being best)?

How many times (approx.) in your life have you taken antibiotics? How many times have you taken oral steroids?

What is your occupation? Do you enjoy your work? How many hours per week do you work? Is it stressful? What are your duties?

Please describe in general what you eat, and what you crave. (sweet, spicy, salty, organic, wheat, dairy, meat, veggies, fruit, pasta, sandwiches, soups, etc.)

Are your bowel movements regular? How many times per day/week? Are they formed, loose, constipated, or do they alternate from loose to difficult to pass?

Do you have trouble falling asleep? Are you a light sleeper? How many hours per night? Do you have vivid dreams? If so, what are they about? Do you wake and have difficulty falling back to sleep?

Do you experience urinary frequency, urgency, burning, dribbling, retention? What colour/shade of yellow is it? Do you have a history of urinary tract infections?

How many glasses of water do you drink in a day?

If you were asked to describe yourself from an emotional standpoint, what would you say (i.e. irritable, worrier, anxious, sad, impatient, stressed, etc.)?

**A few questions about your pregnancy:**

How many weeks pregnant are you?

What is your Estimated Due Date?

Who is your Primary Care Provider (Delivering GP/ OB / Midwife) ?

When was your last visit with your Primary Care Provider?

Do you have a Doula?

Where are you planning to give birth?

Have you taken a Pre-Natal Course? If yes, which one?

**If there is anything else you would like us to know about you in order to make your experience here better, please share it here:**

## Patient Information and Consent Form

Please read this information carefully and ask your practitioner if there is anything that you do not understand.

While acupuncture, Chinese Medicine and other treatments provided by this clinic have proven to be highly effective in correcting conditions and maintaining overall well-being, practitioners are required to advise patients that there may be some risks. Although practitioners cannot anticipate all the possible risks and complications that may arise with each individual case, you should be aware that the following side effects can occur. If there are particular risks that apply in your case, your practitioner will discuss these with you.

### What are the possible side effects of acupuncture?

- Drowsiness can occur in a small number of patients, and if affected, you are advised not to drive;
- Minor bleeding or bruising can occur from acupuncture;
- In less than 3% of patients, symptoms may become worse before they improve for 1-2 days following treatment. This is usually a good sign. Please advise your acupuncturist if worsening of symptoms continues for more than 2 days;
- Fainting can occur in certain patients, particularly at the first treatment.

### What are the possible side effects of Chinese Medicine and other treatments provided at this clinic?

- Bruising (looks like a circular hickey) is a common side effect of cupping;
- The herbs and nutritional supplements from plant, animal and mineral sources that have been recommended are traditionally considered safe in the practice of Chinese Medicine, although some may be toxic in large doses or inappropriate during pregnancy.

### Is there anything your practitioner needs to know?

Apart from the usual medical details, it is important that you let your practitioner know:

- If you have ever experienced a fit, faint, or other odd detached sensations;
- If you have a pacemaker or any other electrical implants;
- If you are pregnant;
- If you have a bleeding disorder;
- If you are taking anti-coagulants (blood thinners) or any other medication;
- If you have damaged heart valves or have any other particular risk of infection.

### Statement of Consent

I confirm that I have read and understood the above information, and I consent to having treatments and procedures from this clinic. I have read the possible risks of treatment outlined above, but do not expect the practitioner to be able to anticipate and explain all possible risks and complications of treatment. I also understand that I can refuse treatment at any time.

I wish to rely on my practitioner to exercise judgment during the course of treatment which, based upon the facts then known, is in my best interests. I understand the practitioner may review my medical records and lab reports, but all my records will be kept confidential and will not be released without my written consent.

By voluntarily signing below I show that I have read this consent to treatment, have been told about the risks and benefits of treatments provided by this clinic, and have had an opportunity to ask questions. I intend this consent form to cover the entire course of treatment for my present condition and further conditions for which I seek treatment.

### Children on the Premises

I understand that when I bring infants and/or children on to the clinic premises, I take sole responsibility for their safety. I understand that clinic staff cannot provide childcare supervision, that there is risk of injury from exposure to clinical equipment and I accept this risk.

### Privacy Policy

The information received and collected about our clients/patients from their visit to Whole Family Health is strictly private and confidential. It is used and viewed only by the healthcare professionals and staff employed by Whole Family Health, unless, in the best interest of the client/patient, a practitioner determines that there is a need to communicate with another person or healthcare professional outside of Whole Family Health (also, Whole Family Health will not give, share, sell, or transfer any personal information to a third party unless required by law). Under absolutely no circumstances would this communication happen without the signed consent of the client/patient. The client/patient information will be stored both in digital and hard copy format on Whole Family Health premises. On occasion, Whole Family Health may use client/patient information to conduct clinical studies to help us improve upon services provided.

### Appointment Policy

Welcome to Whole Family Health Wellness Centre. We are delighted to have you as a patient and look forward to providing you with the highest quality care. In order to optimize your relationship with us, please take a minute to read our appointment policy.

Please note a **treatment room has been reserved for you**. With this in mind, if you are going to be more than 15 minutes late, please call to confirm availability. A 24 hour notice for cancelled or rescheduled appointments is necessary in order to avoid the cancellation fee. This allows us time to schedule another patient that would also benefit from treatment. This appointment policy allows us to develop a mutual consideration and respect for our time and yours.

\_\_\_\_\_  
Print name in full

\_\_\_\_\_  
(Print name of representative if represented by another)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
(Signature of Representative)

\_\_\_\_\_  
Date

**Patient Information Release Request Form**

I, \_\_\_\_\_ (please print name) understand that as part of Whole Family Health Wellness Centre's effort to provide me with the highest standard of integrated care, they may consult freely with other physicians and healthcare professionals, whose care I am under, regarding any of my medical treatments or relevant information. This could include the exchange of both verbal and written communications (including lab work).

I give full consent so that Whole Family Health Wellness Centre may share personal information and my confidential treatment plan with my other healthcare providers to better my care. \_\_\_\_\_ (Initial)

*(to be filled out by your Whole Family Health practitioner)*

The following is an authorization to provide Whole Family Health Wellness Centre with the following information:

- All recent lab work results
- All medical records
- All semen tests
- Other: \_\_\_\_\_

Alberta Health Care Insurance Plan (AHCIP) Number: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Clinic Name: \_\_\_\_\_

Clinic Phone #: \_\_\_\_\_ Clinic Fax #: \_\_\_\_\_

I am nineteen years of age or older:

- Yes
- No

Client/Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or guardian (if applicable): \_\_\_\_\_

Thank-you for your prompt attention to this request. Please email information to [info@wholefamilyhealth.ca](mailto:info@wholefamilyhealth.ca)  
If you have any questions, please feel free to contact us.

Whole Family Health Wellness Centre Ltd.