

# **BIOFIT**



## **BLUEPRINT BOOTCAMP**

# **History Taking Demographics and Goals**

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# Components of a Thorough History

## History of Chief Complaints #1

- ✓ **O**nset: when it first began, mode of onset, mode of ending, initial treatment (if any)
- ✓ **P**rogression
- ✓ **P**revious occurrence
- ✓ **Q**uality of pain or discomfort
- ✓ **R- ✓ **R**eview of any other related or concurrent symptoms
- ✓ **S**ite of discomfort or pain
- ✓ **S**etting under which symptoms occur
- ✓ **S**everity
- ✓ **T**iming**

### History of Chief Complaints Form



# Components of a Thorough History

## History of Chief Complaints #2

- ✓ **A**ssociated symptoms
- ✓ **B**etter with – relief obtained by identified activities, positions, treatments, or lifestyle factors
- ✓ **C**ontributing factors to worsening of symptoms
- ✓ **D**uration
- ✓ **E**ffect on day-to-day activities
- ✓ **F**requency



# Components of a Thorough History

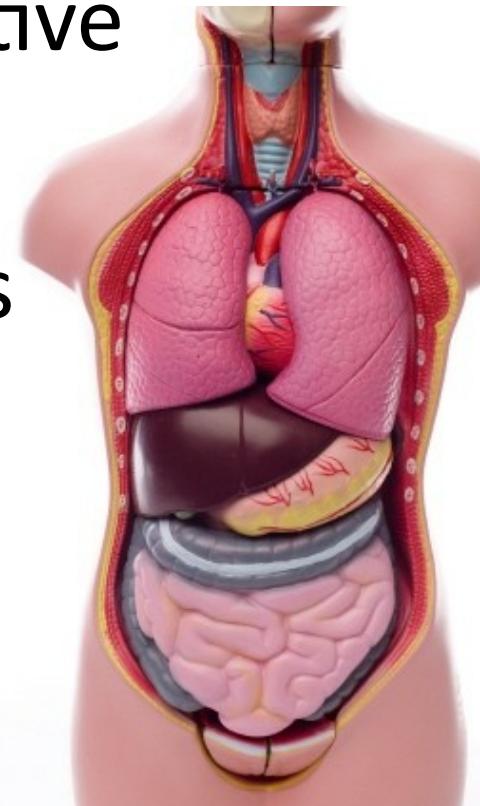
## Current Health and Exposures

- ✓ Review of Body Systems
- ✓ Nutrition and Lifestyle Habits
- ✓ Exercise Habits and History
- ✓ Sleep Habits and History
- ✓ Stress Evaluation and Risk Assessment
- ✓ Medications and Nutritional Supplements
- ✓ Environmental Influences Questionnaire
- ✓ Dental Evaluation
- ✓ Current Health Care Procedures



# Review of Body Systems

- ✓ General: fatigue, fever, appetite, weight, sleep
- ✓ Digestive
- ✓ Respiratory
- ✓ Cardiovascular
- ✓ Musculoskeletal
- ✓ Neurological
- ✓ Reproductive
- ✓ Urinary
- ✓ Hormones
- ✓ Skin
- ✓ Liver



**Review of Body Systems Form**