Body Systems Assessment

Check only those items with which you're currently experiencing or have in the recent past. Skip any that do not apply to you.

General

- ❑ Fever
- ❑ Chills/cold all over
- ❑ Aches/pains
- ❑ General weakness
- ❑ Difficulty sweating
- ❑ Excessive sweating
- ❑ Swollen glands
- ❑ Cold hands & feet
- ❑ Fatigue
- ❑ Difficulty falling asleep
- ❑ Night walker
- ❑ Nightmares
- ❑ No dream recall
- ❑ Early waking
- ❑ Daytime sleepiness
- ❑ Distorted vision
- ❑ Thin or emaciated body

Skin

- ❑ Cuts heal slowly
- ❑ Bruise easily
- ❑ Rash
- ❑ Pigmentation
- ❑ Changing moles
- ❑ Calluses
- ❑ Eczema
- ❑ Psoriasis
- ❑ Dryness
- ❑ Oiliness
- ❑ Itching
- ❑ Acne
- ❑ Boils
- ❑ Hives
- ❑ Fungus on nails
- ❑ Peeling skin
- ❑ Cracking skin
- ❑ Shingles
- ❑ Nails split
- ❑ White spots/lines on nails
- ❑ Crawling sensation
- ❑ Burning on bottom of feet
- ❑ Athlete's foot
- ❑ Cellulite
- ❑ Bugs love to bite you
- ❑ Have bumps on the back of arms and front of thighs
- ❑ Skin cancer
- ❑ Strong body odor
- ❑ Skin is sensitive to sun
- ❑ Skin is sensitive to fabrics
- ❑ Skin is sensitive to detergents
- ❑ Skin color: red face
- ❑ Skin color: pale face

Head

- ❑ Poor concentration
- ❑ Confusion
- ❑ Headaches:
  - ❑ After meals
  - ❑ Severe
  - ❑ Migraine
  - ❑ Frontal
- ❑ Headaches (cont.)
  - ❑ Afternoon
  - ❑ Occipital
  - ❑ Afternoon
  - ❑ Daytime
  - ❑ Relieved by eating sweets
- ❑ Concussion/whiplash
- ❑ Mental sluggishness
- ❑ Forgetfulness
- ❑ Indecisive
- ❑ Face twitch
- ❑ Poor memory
- ❑ Hair loss

Eyes

- ❑ Sand in eyes
- ❑ Double vision
- ❑ Blurred vision
- ❑ Poor night vision
- ❑ Bright flashes
- ❑ Halo around lights
- ❑ Eye pains
- ❑ Dark circles under eyes
- ❑ Red eyes
- ❑ Strong light irritates
- ❑ Cataracts
- ❑ Floaters in eyes
- ❑ Visual hallucinations

Ears

- ❑ Aches
- ❑ Discharge/conjunctivitis
- ❑ Pains
- ❑ Ringing
- ❑ Deafness/hearing loss
- ❑ Itching
- ❑ Pressure
- ❑ Wear a hearing aid
- ❑ Frequent infections
- ❑ Tubes in ears
- ❑ Sensitive to loud noises
- ❑ Hearing hallucinations

Nose / Sinuses

- ❑ Stuffy
- ❑ Bleeding
- ❑ Running
- ❑ Discharge
- ❑ Watery nose
- ❑ Congested
- ❑ Infection
- ❑ Polyps
- ❑ Acute smell
- ❑ Drainage
- ❑ Sneezing spells
- ❑ Post nasal drip
- ❑ No sense of smell
- ❑ The change of seasons tends to make your symptoms worse

-- If checked, are symptoms worse in the:

- ❑ Spring
- ❑ Summer
- ❑ Fall
- ❑ Winter

Mouth

- ❑ Coated tongue
- ❑ Sore tongue
- ❑ Teeth problems
- ❑ Bleeding gums
- ❑ Canker sores
- ❑ TMJ (Temporomandibular joint disorder)
- ❑ Cracked lips/corners
- ❑ Chapped lips
- ❑ Fever blisters
- ❑ Wear dentures
- ❑ Grind teeth when sleeping
- ❑ Bad breath
- ❑ Dry mouth

Tongue

- ❑ Bright red tongue
- ❑ Yellow coating on tongue

Throat

- ❑ Mucus
- ❑ Mucus: thick and yellow
- ❑ Mucus: green
- ❑ Difficulty swallowing
- ❑ Frequent hoarseness
- ❑ Tonsillitis
- ❑ Enlarged glands
- ❑ Constant clearing of throat
- ❑ Throat closes up

Neck

- ❑ Stiffness
- ❑ Swelling
- ❑ Lumps
- ❑ Neck glands swell

Kidney / Urinary Tract

- ❑ Burning
- ❑ Frequent urination
- ❑ Blood in urine
- ❑ Night time urination
- ❑ Problem passing urine
- ❑ Kidney pain
- ❑ Kidney stones
- ❑ Painful urination
- ❑ Bladder infections
- ❑ Kidney infections
- ❑ Syphilis
- ❑ Bedwetting
- ❑ Have trichomonas
- ❑ Dark yellow urine
- ❑ Red urine

Circulation / Respiration

- ❑ Swollen ankles
- ❑ Sensitive to hot
- ❑ Sensitive to cold
- ❑ Extremities cold or clammy
- ❑ Hands/feet go to sleep/numb
- ❑ High blood pressure
- ❑ Chest pain
- ❑ Pain between shoulders
- ❑ Dizziness upon standing
- ❑ Fainting spells
- ❑ High cholesterol
- ❑ High triglycerides
- ❑ Wheezing
- ❑ Irregular heartbeat
- ❑ Palpitations
- ❑ Low exercise tolerance
- ❑ Frequent coughs
- ❑ Breathing heavily
- ❑ Frequently sighing
- ❑ Shortness of breath
- ❑ Night sweats
- ❑ Varicose veins
- ❑ Mitral valve prolapse
- ❑ Murmurs
- ❑ Skipped heartbeat
- ❑ Heart enlargement
- ❑ Angina pain
- ❑ Bronchitis/pneumonia
- ❑ Emphysema
- ❑ Croup
- ❑ Frequent colds
- ❑ Heavy/tight chest
- ❑ Past heart attack? When _____
- ❑ Phlebitis
- ❑ Spider veins
- ❑ Fast and full wrist pulse
- ❑ Fast and thin wrist pulse

Gastrointestinal / Digestion

- ❑ Peptic/duodenal ulcer
- ❑ Poor appetite
- ❑ Excessive appetite
- ❑ Gallstones
- ❑ Gallbladder pain
- ❑ Nervous stomach
- ❑ Full feeling after meal
- ❑ Indigestion
- ❑ Heartburn
- ❑ Acid reflux
- ❑ Hiatal hernia
- ❑ Nausea
- ❑ Vomiting
- ❑ Vomiting blood
- ❑ Abdominal pains/cramps
- ❑ Gas
- ❑ Diarrhea
- ❑ Constipation
- ❑ Changes in bowels
- ❑ Rectal bleeding
- ❑ Tarry stools
- ❑ Rectal itching
- ❑ Use laxatives
- ❑ Bloating
- ❑ Belch frequently
- ❑ Anal itching
- ❑ Anal fissures
- ❑ Bloody stools
- ❑ Undigested food in stools

Joint / Muscles / Tendons

- ❑ Pain wakes me up
- ❑ Weakness in legs and arms
- ❑ Balance problems
- ❑ Muscle cramping
- ❑ Head injury
- ❑ Muscle stiffness in morning
- ❑ Damp weather bothers you
- ❑ Spasms
- ❑ Pains that move

Women's History (For Women Only)

- ❑ Fibrocystic breasts
- ❑ Lumps in breast
- ❑ Fibroid tumors/breast
- ❑ Spotting
- ❑ Heavy periods
- ❑ Fibroid tumors/uterus
- ❑ Painful periods
- ❑ Change in period
- ❑ Breast soreness before period
- ❑ Endometriosis
- ❑ Non-period bleeding
- ❑ Breast soreness during period
- ❑ Vaginal dryness
- ❑ Vaginal discharge
- ❑ Had partial/total hysterectomy
- ❑ Hot flashes
- ❑ Mood swings
- ❑ Concentration/memory problems
- ❑ Breast cancer
- ❑ Ovarian cysts
- ❑ Pregnant
- ❑ Infertility
- ❑ Decreased libido
- ❑ Heavy bleeding
- ❑ Joint pains
- ❑ Headaches
- ❑ Weight gain
- ❑ Loss of control of urine
- ❑ Palpitations

Men's History (For Men Only)

- ❑ Have you had a PSA done?
  - ❑ Yes
  - ❑ No
- ❑ PSA Level:
  - ❑ 0 – 2
  - ❑ 2 – 4
  - ❑ 4 – 10
  - ❑ >10
- ❑ Prostate enlargement
- ❑ Prostate infection
- ❑ Change in libido
- ❑ Impotence
- ❑ Diminished libido
- ❑ Poor libido
- ❑ Infertility
- ❑ Lumps in testicles
- ❑ Sore on penis
- ❑ Genital pain
- ❑ Hernia
- ❑ Prostate cancer
- ❑ Low sperm count
- ❑ Difficulty obtaining erection
- ❑ Difficulty maintaining an erection
- ❑ Nocturia (urination at night)
  - ❑ How many times at night? _____
- ❑ Urgency/hesitancy/change in urinary stream
- ❑ Loss of control of urine

Emotional

- ❑ Convulsions
- ❑ Dizziness
- ❑ Fainting spells
- ❑ Blackouts
- ❑ Amnesia
- ❑ Had shock therapy
- ❑ Frequently keyed up and jittery
- ❑ Shaky
- ❑ Startled by sudden noises
- ❑ Often feel suddenly scared
- ❑ Go to pieces easily
- ❑ Forgetful
- ❑ Listless
- ❑ Withdrawn feeling
- ❑ Feel “lost” in time
- ❑ Had nervous breakdown
- ❑ Had “burnout”
- ❑ Feel groggy
- ❑ Unable to concentrate
- ❑ Short attention span
- ❑ Vision changes
- ❑ Unable to reason
- ❑ Considered a nervous person
- ❑ Worried over little things
- ❑ Anxiety
- ❑ Unusual tension
- ❑ Frustration
- ❑ Numbness
- ❑ Often break out in cold sweats
- ❑ Profuse sweating
- ❑ Depressed
- ❑ Been admitted for psychiatric care
- ❑ Often awakened by frightening dreams
- ❑ Family member had nervous breakdown
- ❑ Use tranquilizers
- ❑ Aggressive
- ❑ Misunderstood by others
- ❑ Irritable
- ❑ Easily flare in anger
- ❑ Feeling of hostility
- ❑ Fatigue
- ❑ Hyperactive
- ❑ Restless leg syndrome
- ❑ Considered clumsy
- ❑ Unable to coordinate muscles
- ❑ Have difficulty falling asleep
- ❑ Have difficulty staying asleep
- ❑ Daytime sleepiness
- ❑ Am a workaholic
- ❑ Have had hallucinations
- ❑ Have considered suicide
- ❑ Have overused alcohol
- ❑ Family history of overused alcohol
- ❑ Cry often
- ❑ Feel insecure
- ❑ Have overused drugs
- ❑ Been addicted to drugs
- ❑ Extremely shy
- ❑ Inappropriate or incoherent speech
- ❑ Delirium