


INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

**History Taking:
Chief Complaints and
Body Systems**

Dr. Ritamarie Loscalzo

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Components of a Thorough History

History of Chief Complaints #1

- ✓ Onset: when it first began, mode of onset, mode of ending, initial treatment (if any)
- ✓ Progression
- ✓ Previous occurrence
- ✓ Quality of pain or discomfort
- ✓ Radiation to other body parts – and...
- ✓ Review of any other related or concurrent symptoms
- ✓ Site of discomfort or pain
- ✓ Setting under which symptoms occur
- ✓ Severity
- ✓ Timing



History of Chief Complaints Form

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Components of a Thorough History History of Chief Complaints #2

- ✓ Associated symptoms
- ✓ Better with – relief obtained by identified activities, positions, treatments, or lifestyle factors
- ✓ Contributing factors to worsening of
- ✓ Duration
- ✓ Effect on day-to-day activities
- ✓ Frequency



www.DrRitamarie.com © Dr. Ritamarie Localio, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Components of a Thorough History Current Health and Exposures

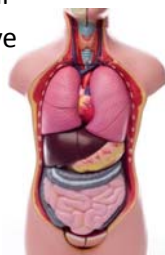
- ✓ Review of Body Systems
- ✓ Nutrition and Lifestyle Habits
- ✓ Exercise Habits and History
- ✓ Sleep Habits and History
- ✓ Stress Evaluation and Risk Assessment
- ✓ Medications and Nutritional Supplements
- ✓ Environmental Influences Questionnaire
- ✓ Dental Evaluation
- ✓ Current Health Care Procedures



www.DrRitamarie.com © Dr. Ritamarie Localio, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)

Current Health and Exposures 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

www.DrRitamarie.com © Dr. Ritamarie Localio, MS, DC, CCN, DACBN, Institute of Nutritional Endocrinology (INE)
