



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

History Taking: Chief Complaints and Body Systems

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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.



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**



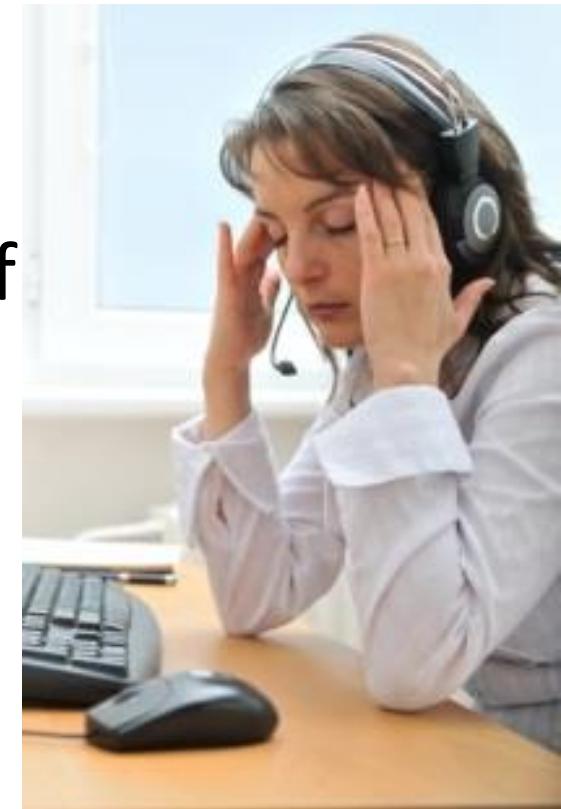
History of Chief Complaints Form



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
- ✓ **D**uration
- ✓ **E**ffect on day-to-day activities
- ✓ **F**requency



Components of a Thorough History

Current Health and Exposures

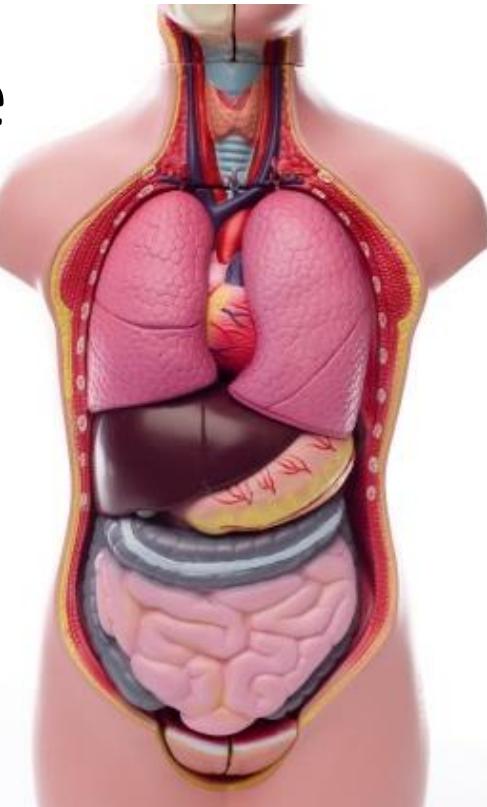
- ✓ Review of Body Systems
- ✓ Nutrition and Lifestyle Habits
- ✓ Exercise Habits and History
- ✓ Sleep Habits and History
- ✓ Stress Evaluation and Risk Assessment
- ✓ Medications and Nutritional Supplements
- ✓ Environmental Influences Questionnaire
- ✓ Dental Evaluation
- ✓ Current Health Care Procedures



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

