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NUTRITIONAL
ENDOCRINOLOGY

History Taking: Demographics and Goals

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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

Demographics and General Information

- ✓ Name, address, phone number
- ✓ Height and weight
- ✓ Marital status and family members
- ✓ Occupation
- ✓ Education
- ✓ Travel
- ✓ Pets



Demographics and General Health Form



Components of a Thorough History

Health Goals

- ✓ Palliative, Preventative, or Seeking Optimal Health and Functioning
- ✓ 5-Year Vision
- ✓ 1-Year Vision
- ✓ 90-Day Goal
- ✓ 1-Month Goal



Health Values, Visions, and Goals Form

