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History Taking: Scorecards and Wrap-up

Dr. Ritamarie Loscalzo

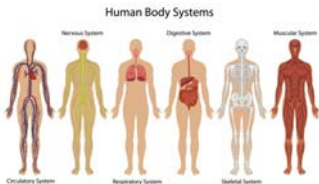
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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information 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.

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Components of a Thorough History Body Systems Evaluation Scorecards

- ✓ Digestion including leaky gut and candida
- ✓ Cardiovascular
- ✓ Respiratory
- ✓ Genitourinary
- ✓ Neurotransmitters
- ✓ Detoxification




Scorecard Questionnaires

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Components of a Thorough History
Gland and Hormone Score Cards

- ✓Thyroid
- ✓Adrenal
- ✓Insulin
- ✓Pituitary
- ✓Sex hormones




Scorecard Questionnaire

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Components of a Thorough History
Nutrient Evaluation Scorecards

- ✓Vitamins
- ✓Minerals
- ✓Amino acids
- ✓Fatty acids




Scorecard Questionnaires

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Components of a Thorough History
Journals and Tracking

- ✓Food and mood
- ✓Activity and symptom tracker
- ✓Medications and supplements
- ✓Bowel habits
- ✓Blood sugar
- ✓pH



Sample Tracking Forms

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Components of a Thorough History

Ready and Willing Assessment

- ✓ Change diet
- ✓ Take supplements
- ✓ Keep records
- ✓ Modify lifestyle
- ✓ Practice relaxation techniques
- ✓ Exercise
- ✓ Have periodic lab tests to assess progress
- ✓ Confidence in ability to follow through
- ✓ Support circle
- ✓ How much support they need from you



"Ready and Willing" Questionnaire



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BEFORE Their First Appointment

- ✓ Basic health questionnaire
- ✓ Medical records release (if applicable)
- ✓ Goals
- ✓ "Ready and Willing" evaluation
- ✓ Diet diary



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