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NUTRITIONAL
ENDOCRINOLOGY

History Taking: Scorecards and Wrap-up

Dr. Ritamarie Loscalzo



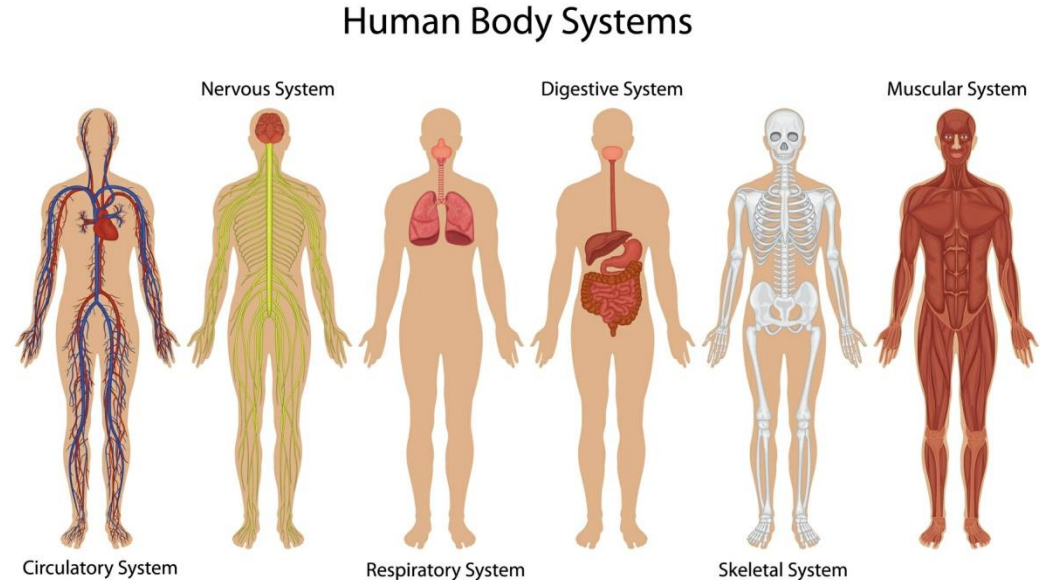
Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo,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

Body Systems Evaluation Scorecards

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



Scorecard Questionnaires



Components of a Thorough History

Gland and Hormone Score Cards

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



Scorecard Questionnaire



Components of a Thorough History

Nutrient Evaluation Scorecards

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



Scorecard Questionnaires



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



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



BEFORE Their First Appointment

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

