

Deeper Dive Checklist

Obtaining a thorough health history at the first appointment can provide an immense amount of valuable information to guide your treatment recommendations. Use this resource as a general guide to flush out hidden information or obtain other clues about your patient's current state of health. Be sure to include their responses as part of your initial intake documentation.

- Birth history (full-term, type of delivery, forceps, illnesses, etc.)

- Family unit, siblings, # of children

- Stress level and/or ability to cope with life stressors

- Pets or farm animals (type and do they live indoors, outdoors, or both)

- International travel and any related illnesses

- Major life changes, traumas or stressors

- Allergies, food sensitivities or intolerances

- Type of water they drink

- Childhood dietary history

- Which foods make them feel worse (if any)

- Deeper dietary questions (what is the 'worst' food they eat, what food would they 'pig out' on if they could (or currently do), is there an emotional component to their eating habits, etc.)

- Activities that make them feel worse or better

- Alternative therapies they have already tried

- Illnesses, injuries or hospitalizations over course of their life

- List of medications and length of time taking each

- Smoking history

- Alcohol intake (past and present)

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- Exercise habits (past and present)

- Diagnostic testing (CAT scan, MRI, EKG, endoscopy, colonoscopy, carotid artery ultrasound, etc.)

- Dental history

- Any childhood illnesses or unhealthy environments (parents were substance abusers or smokers, etc.)

- Immunization history

- Known autoimmune diseases

- Digestive function (bloating, gas, indigestion, constipation, etc.)

- Antibiotic or steroid use during childhood, teenage years and as an adult

- Family health history (which family members are deceased, what were the causes, what other health issues are prevalent in the family)

- Social and relational habits (are they happy, level of stress, do they isolate, etc.)

- What have they been unable to do as a result of their current health concerns

- Level of commitment to your recommendations

- What do they plan to do once they are feeling better?