

Confidential Client Questionnaire

Name	Sandra Carey.
Home Address	8 Bogan St, Summer Hill
Date of Birth	2.8.62
Phone	0409 520 100
Email	Carey Sandra S @ gmail.com
Occupation	
Household situation? Who lives with you?	2 adult children (20, 18)
Children? Ages?	
Referred By	—

Why have you come to see me today? What are your Presenting Sx/Problems (where, when, frequency, duration, history, assoc Sx, > or <, what happened? What has inspired you to visit me today?

Kidney Disease
 Bought house - old 2010
 copper pipes as child. Lead paint front of house
 mercury fillings?
 Vasculitis, Chronic Kidney Disease.
 Bloating, puffy & red eyes, sleeping well,
 wake up thirsty - water & back to sleep.
 Stomach noise really loud. B/4 April
 → was having ducker stake w/ dumplings
 & rice & veg.
 Beef stock - ok recently. Diverticulitis 3-4 hrs ago.
 4 metformin caps. @ night. Calcium TD
 Density good - every 12 mths.
 nuts - stomach ache.

✓
Past History – Vaccinations, childhood illnesses, accidents

0-10 chicken pox 10-20

measles?

glandular ²⁰⁺ fever
post diagnosed

Family History – CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?

Thyroid - mum late diagnosed Hashi + uncle
RA - sister
Renal - Dad old BP. most replaced.

Sleep – hours/night, trouble getting to sleep? Dreams? wake refreshed?

8-9 hrs - yes dreams -

5/10

Energy during the day – scale 1-10, slumps? What time? Moods?

4/5

oscillates

Stress levels 1-10

6-8/10 currently V. High stress level.
historically.
Yoga therapy??

Water

Tea/coffee/cola

Alcohol

Gr1 (x1)

Allergies

no.

Cravings

Aversions

pineapple - few years ago.
chips - not often

Medications and supplements – how long have you been on them?

① Imuran - Vasculitis. ③ Indocel - (migraines) Famara. ④ (cancer)
② Thyroxine. upat.

Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?

Caltrate not much. 3.5km walk.

5 years.

Diverticulitis

metamucil.

GIT/Digestion: Appetite, breath, ulcers, cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals

Feeling bloated @ time. really noisy -
 warm water good - morning +1

type 6. - long time since Type 4

Colonoscopy 2017

Bowels: How often do you have bowel movements? Discomfort? Diarrhoea? Constipation? What colour? blood/mucus, laxatives, haemorrhoids, family history. Bristol Stool Chart.

General Health: Headaches, migranes, dizziness, vertigo, tinnitus, hay fever, allergies, sinus, swollen glands, colds/flu per year, recovery, asthma/SOB, drug use, smoking

migranes ~~used to be~~ not long

20's 1/week - increased.

Thyroid 2012
 indication

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections

Feb
 May

2014 - Bloods showed ↓ GFR.
 2015 Kidney Diagnosis

2016/17 Thyroxine.

Thyroid ok Jan 14

Female Repro: When did periods start? How are they now? Pain? When? Experience menstrual problems? Moods? Do they change? Menopause, last period? Menopausal symptoms? How many births? Fertility treatment? How many cycles?

2013 Meno. easy enough

Male Repro: infections, hernias, swellings, impotence, any libido issues? prostate check?

Cardiovascular: Heart problems, BP, chest pain, palpitations, varicose veins, easy bruising

OK. Preventative. Kidney protection

Musculo-skeletal: Cramps, pain, pins and needles, weak/numb, arthritis?

foot cramp -

as a child / nylon

Skin: Acne, eczema, psoriasis, infections, itching

family gene eczema

Dermatitis -

recently

alot skin rashes growing up

Emotions: Anxiety, depression, mood swings

Bit & pieces

Nails:

Eyes (glasses, glare, night vision, swollen, infections, shadows)

glasses

Tongue: (white, furry, coated)

BP

120/80

Pulse

135/85

Height

5'7"

Weight

80 kg

BMI (weight/height in m2)

Range: 18-20 = underweight, 20-25 healthy, 25+ overweight

[Weight (kg)/height (cm)/height (cm)] x

10,000 eg [65kg/168cm/168cm] x10,000 =23

Chest (cm)

Waist (cm)

Hips (cm)

Bum (cm)

Breakfast	white toast + Poached egg + pesto. oats + honey + milk
Lunch	Pork Dumplings, Bok choy, noodles. lettuce, chicken, cucumber. Smoked salmon, greens, bagel
Dinner	roast (beef) Sausages + veg - veggie Fish (cod) Beer Battered <u>Pate</u> lettuce/avocado
Snacks	green salad pumpkin cabbage, <u>cauliflower</u> berry raspberries, pear
Weekends	mango, <u>pineapple</u>
Treatment Plan	
Supplements	

Are you doing other treatments?

Lead testing By Poc