



**Nutritional Therapy Questionnaire**

This information will be treated as strictly confidential

*This questionnaire will help assess how Nutritional therapy can help you with your health problems. Please answer all the questions adding any additional information at the back. You do not need to answer the questions in italics.*

**General Information**

<b>Name</b>	<b>Mr Mrs Miss Dr Other</b>
<b>Address</b>	<b>Date of Consultation Telephone Number Mobile Email</b>

<b>Date of Birth</b>	<b>Marital Status</b>
<b>Occupation</b>	<b>Number of Children their age and gender</b>

<b>Height</b> <b>Weight</b>  <b>Is your weight stable, increasing or decreasing?</b>  <i>BMI</i> <i>Hip: Waist Circumference</i>	<b>Current blood pressure (if known)</b>  <b>Cholesterol level (if known)</b>  <b>Have you had any blood tests recently? Why?</b>  <b>Have you experienced any digestive disorder as a result of travelling abroad?</b>
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<b>Permission to contact your medical doctor?</b>  <b>Is your medical doctor aware of your intention to see a Nutritional Therapist?</b>	<b>Doctors name and address</b>
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<b>Are you pregnant, planning to become pregnant or experiencing fertility problems at this time?</b>
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**Health Profile**

Please make a list of all the health concerns you would like to address, & indicate how long you have had these problems. E.g. Headaches, 5 years.

Health Concerns/Goals	Duration

**MEDICATION**

Please list all medication you are currently taking and have taken in the past (remember to include the pill, antacids, painkillers, antibiotics, inhalers):

Medication	Prescribed by	Dosage / Frequency	Duration

**MEDICAL HISTORY**

Please list your illnesses/operations (excluding colds and flu) starting from your childhood and including your present problems.

Your health history: illnesses and operations	Age of Onset	Duration	Related medication

If there is a family history of the following conditions please tick the appropriate box. Please add any other conditions if not included in the list

M= male F = female	Grandparent s		Parents		Siblings		Cousins		Offspring	
	M	F	Male	Female	M	F	M	F	M	F
<b>Heart Disease</b>										
<b>High Blood Pressure</b>										
<b>High cholesterol</b>										
<b>Osteoarthritis</b>										
<b>Rheumatoid arthritis</b>										
<b>Thyroid problems</b>										

<b>Osteoporosis</b>										
<b>Allergies</b>										
<b>Obesity</b>										
<b>Asthma</b>										
<b>Depression</b>										
<b>Alcoholism</b>										
<b>Cancer</b>										
<b>Type 1 Diabetes</b>										
<b>Type 2 Diabetes ('late onset')</b>										

### PAST LIFESTYLE

<b>Were you breastfed?</b>
<b>Did you have all the childhood vaccinations?</b>
<b>Did you have regular childhood diseases such as measles, chickenpox etc.</b>
<b>What was your childhood diet like? Please give details</b>
<b>Would you consider yourself to have been a happy, active child?</b>

### SYSTEMS PROFILE

**Please read the following list of symptoms and fill in the number that applies:**

*(How significant is the symptom? How true is the statement?)*

#### KEY

**0= No or do not have the symptom, the symptom does not occur**

**1= Yes or it is a minor or mild symptom or it rarely occurs (once a month or less)**

**2= It is a moderate symptom or it occasionally occurs**

**3= It is a major symptom or it frequently occurs daily**

### DIGESTIVE TRACT PROFILE

Belching Have you been able to associate it with anything in particular and/or foods?
Heartburn (burning pain behind breastbone). How soon after you eat?
Acid Reflux. How soon after you eat?
Use of antacids (ie <i>Rennies</i> or <i>Gaviscon</i> ). If yes, how often?
Bad Breath
Coated tongue
Frequent stomach upsets. Have you been able to associate it with any foods in particular? Is it stress related?

	Stomach upset by taking vitamins
	Stomach upset by greasy foods
	Feel like skipping breakfast
	Feel better if you don't eat
	Finger nails chip or break easily
	Bloating. What situations make it worse? Do any foods make it worse? Does anything make it better?
	Abdominal pains or cramps associated with excess gas
	Abdominal pains or cramps <b>not</b> associated with excess gas
	Diarrhoea
	Alternating constipation and diarrhoea
	How many bowl movements do you have per day? If you experience less than one bowel movement per day, how many per week?
	Black or tarry stools
	Undigested food in stools
	Light clay coloured stools
	Greasy or shiny stools
	Anus itching
	Known history of parasites, worms or bacterial infestations
	Blood in stool. How long has this been occurring?
	Mucous in stool. How long has this been occurring?
	Have you had any GIT investigations such as an endoscopy or colonoscopy? Please indicate

### **LIVER PROFILE**

	Easily intoxicated by alcohol. How many units would it take for you to feel the effects of alcohol?
	Frequent nausea
	Tendency to motion sickness
	Bitter taste in mouth especially after meals
	Sensitive to perfume
	Strong reaction to caffeine such as palpitations, feeling jittery or keeping you awake?

	Sweat has a strong odour
	Strong reaction to medication such as antibiotics or the pill
	Haemorrhoids
	Sensitive to tobacco smoke

### **ENDOCRINE (HORMONAL) SYSTEM**

	Difficulty sleeping
	Require more than 8 hours sleep a night
	Hard to get going in the morning
	Need a stimulant e.g. coffee to get going in the morning
	Frequent fatigue
	A need for caffeine, sugar or cigarettes to keep you going during the day
	Frequent drowsiness during the day? Do you think any foods make this worse? If yes, which foods. Do think any foods make this better? If yes, which foods.
	Dizziness or irritability if you don't eat often
	Frequent sweating
	Excessive thirst
	Loss of concentration and short attention span
	Poor memory or memory had deteriorated recently
	Reduced energy
	Tendency to depression or social isolation
	Intolerance to cold or heat
	Cold hands and feet
	Weight gain/difficulty losing weight
	Frequent headaches
	Rapid or irregular heartbeat
	Nervousness or anxiety
	Teeth-grinding
	Irritability
	Frequent migraines

**IMMUNE PROFILE**

	Runny or drippy nose. Do any foods and/or pollen make this worse?
	Frequent infections/colds and flu's
	Frequent antibiotic use. How many courses have you taken?
	Frequent cystitis. If yes, how often?
	Frequent thrush. If yes, how often?
	Difficulty shaking off infections
	Never seem to get sick at all
	History of Epstein Bar, Herpes, shingles, Chronic fatigue, Hepatitis or other chronic viral conditions
	Inflammatory conditions. For example eczema, hayfever, asthma or arthritis. If yes, please name the condition/s
	Skin conditions such as eczema, acne or psoriasis. Do any situations or foods make this worse?

**CARDIOVASCULAR PROFILE**

	1 stone (7kg) above ideal weight
	Shortness of breath with moderate exertion
	Muscle cramps with exertion
	Unexplained facial flushing where the face turns red
	Fainting or feeling light headed
	Heart palpitation or missed heartbeat
	Dull pain or tightness in the chest
	Numbness or tingling in left arm
	"Air hunger" or sighing frequently
	Varicose Veins

## WOMEN ONLY

	Depression around period
	Irritability around period
	Tearfulness around period
	Chocolate craving around period
	Breast tenderness around period
	Excessive menstrual flow
	Blood clots in menstrual flow
	Variations in menstrual cycle
	Gains around hips, thighs and buttocks
	Excess facial hair
	Bloating or water retention around period
	Missed period

## MEN ONLY

	Prostate problems
	Difficult to stop or start urine stream
	Waking to urinate at night
	Feeling of incomplete bowel evacuation
	Decreased sexual function

## LIFESTYLE PROFILE

*Please answer the questions below as fully as possible to give us a clearer picture of your current lifestyle*

### SLEEP

<b>How many hours sleep do you get on average per night?</b>
<b>On average, what time do you go to bed?</b>
<b>Does this feel like enough?</b>
<b>Do you have difficulty falling asleep?</b>
<b>Do you wake in the night on a regular basis?</b>
<b>Do you wake feeling refreshed?</b>

### EXERCISE

<b>How much exercise do you do a week? Please give details</b>
<b>Is your job stationary or active? Give details</b>
<b>Do you have any active or physically tiring hobbies? E.g. gardening</b>
<b>Do you consider yourself to be fit?</b>

## **STRESS**

<b>Are you prone to getting easily impatient?</b>
<b>Do you find it hard to say no to people?</b>
<b>Do you tend to bottle up your feelings?</b>
<b>Do you find it difficult to relax or guilty when you relax and do nothing?</b>
<b>Do you have problems organising yourself/and or others?</b>
<b>Are there currently any long-term stressful situations in your life? On a scale of 0 –10, 0 having no stress and 10 being extremely stressed, how would you rate your current stress level?</b>
<b>Have there been long-term stressful situations in your past such as bereavement, separation, unemployment or career change or change of home location? Please give details if you are comfortable doing so</b>
<b>In times of stress, do you have a strong support network? (Friends, family, and/or community)</b>

## **ENVIRONMENTAL FACTORS**

<b>Are you exposed to a lot of pollution?</b>
<b>Do you smoke or are there smokers in your home?</b>
<b>How many amalgam (silver) fillings do you have?</b>
<b>Do you smoke regularly? If yes, how much?</b>
<b>Have you ever taken recreational drugs? If so when and how often?</b>
<b>Do you work with or have regular contact with any chemical substances e.g. paints, solvents, dry cleaning fluid, pesticides?</b>
<b>Do you regularly drink tap water?</b>

## **DIETARY PROFILE EATING HABITS**

<b>In your household who does the majority of the cooking? Do you enjoy cooking?</b>
<b>Is your diet based on any religious or other rules?</b>
<b>Do you avoid any foods/food groups for medical reasons?</b>
<b>How would you describe your appetite?</b>
<b>Do you ever eat simply because you are depressed and/or anxious?</b>

<b>Do you ever eat simply because you are bored?</b>
<b>Do you often eat under stressful conditions or on the move?</b>
<b>Do you eat out a lot? How often?</b>
<b>How often do you eat take-away food? What type?</b>
<b>How many units of alcohol do you drink per week on average (one unit = a 125ml glass of wine, 1/2 a pint of beer or lager, a 25ml unit of spirits)?</b>

<b>Foods that you particularly like</b>	<b>Foods that you particularly dislike</b>

**Please fill in the numbers that applies:**

**KEY**

**0=Do not consume or use**

**1= Consume or use 2-3 times a month**

**2= Consume or use weekly**

**3= Consume or use daily**

	Alcohol
	Artificial Sweeteners
	Sugar (in tea, coffee, on cereal) etc.
	Sweets or chocolate
	Fizzy Drinks
	Cigarettes
	Coffee/Tea
	Fast food
	Tap water
	Processed foods
	Added salt
	Fried food
	White bread, pasta, rice etc.

**Please list any supplements that you are currently taking or have taken in the past. Please give details. It would be helpful to bring these to the consultation.**

**Do you diet often? What diets have worked for you in the past? Please give details.**

**Please write down all the foods and drinks consumed over a 3-day period (it is advisable to include 1 weekend day), and the approximate times that they were consumed. Please also include your daily routine. For example what time you get up at, where and when you first eat etc.**

<b>Day 1</b>	<b>Day 2</b>
<p><b>Breakfast</b> What time did you get up?</p> <p>When and where did you have your breakfast? What did you eat and drink?</p>	<p><b>Breakfast</b> What time did you get up?</p> <p>When and where did you have your breakfast? What did you eat and drink?</p>
<p><b>Lunch</b> When and where? What did you eat and drink?</p>	<p><b>Lunch</b> When and where? What did you eat and drink?</p>
<p><b>Dinner</b> When and where? What did you eat and drink?</p>	<p><b>Dinner</b> When and where? What did you eat and drink?</p>
<p><b>Drinks and snacks:</b></p>	<p><b>Drinks and snacks:</b></p>

<b>Day 3</b>	
<p><b>Breakfast</b> What time did you get up</p> <p>When and where did you have your breakfast? What did you eat and drink?</p>	<p><b>Are there any foods or drinks that you consume regularly that did not appear in the food diary?</b></p>
<p><b>Lunch</b> When and where? What did you eat and drink?</p>	

<p><b>Dinner</b> When and where? What did you eat and drink?</p>	
<p><b>Drinks and snacks</b></p>	

**The below section will help me focus on the areas that you would like to work on:**

1. What would you like to get from this Nutritional Therapy consultation?
  
2. Do you have any advice you could give me about what would work best for you? For example, are you an all or nothing person, or do you work better with small changes?
  
3. What changes do you think you could make that may have the biggest impact on improving your health and wellbeing?
  
4. Do you have any apprehension with working with a Nutritional Therapist?
  
5. What has worked for you in the past?
  
6. Has anything got in the way of you making positive diet and lifestyle changes in the past?
  
7. What is your main motivating factor for coming to see a Nutritional Therapist?

How much change are you capable of right now?

- I am willing to try anything\_\_\_\_\_
- I feel I can cope with a moderate amount of change\_\_\_\_\_
- I feel very anxious about changing my diet and lifestyle\_\_\_\_\_

**Please write any additional information here**

## Client Consent Form

Client Name:
IHS Reference No:

I, \_\_\_\_\_, consent to my consultation at the IHS student clinic being used for the training of IHS students of Nutritional Therapy. I understand that my student practitioner will be supervised at all times by a qualified practitioner and that the appointment will be observed by a small group of students.

I understand that my name and contact details will be kept confidential and in a secure place. Students will not have access to my contact details (unless they are also working with IHS or in direct contact with me).

I also understand that it is recommended that any health concerns I have, should also be discussed with my GP.

IHS undertakes to ensure the above. All IHS staff have to sign a confidentiality clause in their contract of work.

Signed (Client):

Date:

Signed (IHS Representative):

Date: