Patient History

Name _____ **DOB**_____ **Age**___
Date_____

1. Describe the current problem that brought you here?_____
   _____
   _____

2. When did your problem first begin?_____
   _____

3. Was your first episode of the problem related to a specific incident? Yes/No
Please describe and specify date _____
_____
_____

4. Since that time is it: staying the _____ same _____ getting worse _____ getting better
Why or how?_____
_____

5. If pain is present rate pain on a 0-10 scale 10 being the worst._____
6. Describe the nature of the pain (i.e. constant burning, intermittent ache)_____
   _____
   _____

7. Describe previous treatment/exercises_____
   _____
   _____

8. Activities/events that cause or aggravate your symptoms. Check/circle all that apply

___ Sitting greater than_____ minutes
___ Walking greater than _____minutes
___ Standing greater than _____ minutes
___ Changing positions (ie. - sit to stand)
___ Light activity (light housework)
___ Vigorous activity/exercise (run/weight lift/jump)
___ Sexual activity
___ Other, please list _____

___ With cough/sneeze/straining
___ With laughing/yelling
___ With lifting/bending
___ With cold weather
___ With triggers i.e. /key in door
___ With nervousness/anxiety
___ No activity affects the problem

_____

9. What relieves your symptoms?_____
   _____
_____
_____

10. How has your lifestyle/quality of life been altered/changed because of this problem?
Social activities (exclude physical activities), specify_____
_____

Diet /Fluid intake, specify _____

Physical activity, specify _____

Work, specify _____

Other _____

11. Rate the severity of this problem from 0 -10 with 0 being no problem and 10 being the worst _____

12. What are your treatment goals/concerns?_____

Since the onset of your current symptoms have you had:

Y/N	Fever/Chills	Y/N	Malaise (unexplained tirednes
Y/N	Unexplained weight change	Y/N	Unexplained muscle weakness
Y/N	Dizziness or fainting	Y/N	Night pain/sweats
Y/N	Change in bowel or bladder functions	Y/N	Numbness / Tingling
Y/N	Other /describe_____		

Date of Last Physical Exam _____ Tests performed_____

Pg 2 History **Name** _____**DOB ID#**_____ _____**Age**___

General Health: Excellent Good Average Fair Poor Occupation _____ _____

Hours/week_____ On disability or leave?_____ Activity Restrictions? _____ _____

Activity/Exercise: None 1-2 days/week 3-4 days/week 5+ days/week
Describe _____ _____

Mental Health: Current level of stress High_ Med___ Low___ Current psych therapy? Y/N

Have you ever had any of the following conditions or diagnoses? Circle all that apply

Cancer	Stroke	Emphysema/chronic bronchitis
Heart problems	Epilepsy/seizures	Asthma
High Blood Pressure	Multiple sclerosis	Allergies-list below
Ankle swelling	Head Injury	Latex sensitivity
Anemia	Osteoporosis	Hypothyroid/ Hyperthyroid
Low back pain	Chronic Fatigue Syndrome	Headaches
Sacroiliac/Tailbone pain	Fibromyalgia	Diabetes
Alcoholism/Drug problem	Arthritic conditions	Kidney disease
Childhood bladder problems	Stress fracture	Irritable Bowel Syndrome
Depression	Acid Reflux /Belching	Hepatitis
Anorexia/bulimia	Joint Replacement	Sexually transmitted disease
Smoking history	Bone Fracture	Physical or Sexual abuse
Vision/eye problems	Sports Injuries	Raynaud's (cold hands and feet)
Hearing loss/problems	TMJ/ neck pain	Pelvic pain

Other/Describe_____ _____

Surgical /Procedure History

Y/N	Surgery for your back/spine	Y/N	Surgery for your bladder/prostate
Y/N	Surgery for your brain	Y/N	Surgery for your bones/joints
Y/N	Surgery for your female organs	Y/N	Surgery for your abdominal organs

Other/describe_____ _____

Ob/Gyn History (females only)

Y/N	Childbirth vaginal deliveries #_	Y/N	Vaginal dryness
Y/N	Episiotomy #__	Y/N	Painful periods
Y/N	C-Section #____	Y/N	Menopause - when? ___
Y/N	Difficult childbirth #___	Y/N	Painful vaginal penetration
Y/N	Prolapse or organ falling out	Y/N	Pelvic/genital pain_____
Y/N	Other /describe_____		

Males only

Y/N Prostate disorders
Y/N Shy bladder
Y/N Pelvic/genital pain location _____

Y/N Other /describe_____

Y/N Erectile dysfunction
Y/N Painful ejaculation

Medications - pills, injection, patch	Start date	Reason for taking

Over the counter -vitamins etc	Start date	Reason for taking

Pelvic Symptom Questionnaire

Bladder / Bowel Habits / Symptoms

Y/N Trouble initiating urine stream
Y/N Urinary intermittent /slow stream
Y/N Strain or push to empty bladder
Y/N Difficulty stopping the urine stream
Y/N Trouble emptying bladder completely
Y/N Blood in urine
Y/N Dribbling after urination
Y/N Constant urine leakage
Y/N Trouble feeling bladder urge/fullness

Y/N Recurrent bladder infections
Y/N Painful urination

Y/N Blood in stool/feces
Y/N Painful bowel movements (BM)
Y/N Trouble feeling bowel urge/fullness
Y/N Seepage/loss of BM without awareness
Y/N Trouble controlling bowel urge
Y/N Trouble holding back gas/feces
Y/N Trouble emptying bowel completely
Y/N Need to support/touch to complete BM
Y/N Staining of underwear after BM

Y/N Constipation/straining _____% of time
Y/N Current laxative use -type _____

Y/N Other/describe _____

Describe typical position for emptying: _____

1. Frequency of urination: awake hour's ____ times per day, sleep hours ____times per night
2. When you have a normal urge to urinate, how long can you delay before you have to go to the toilet? _____minutes, _____hours, _____not at all
3. The usual amount of urine passed is: ___small ___ medium___ large
4. Frequency of bowel movements ___ times per day, _____times per week, or _____.
5. The bowel movements typically are: watery ___ loose ___ formed___ pellets ___ other _____
6. When you have an urge to have a bowel movement, how long can you delay before you have to go to the toilet? ___minutes, _____hours, _____not at all.
7. If constipation is present describe management techniques _____

8. Average fluid intake (one glass is 8 oz or one cup) _____ glasses per day.
Of this total how many glasses are caffeinated?____ glasses per day.
9. Rate a feeling of organ "falling out" / prolapse or pelvic heaviness/pressure:
___None present
___Times per month (specify if related to activity or your menstrual period)
___With standing for _____ minutes or _____hours.
___With exertion or straining
___Other_____
_____

10a. Bladder leakage - number of episodes episodes
___ No leakage
___ Times per day
___ Times per week
___ Times per month
___ Only with physical exertion/cough

10b. Bowel leakage - number of

___ No leakage
___ Times per day
___ Times per week
___ Times per month
___ Only with exertion/strong urge

11a. On average, how much urine do you leak?
___ No leakage
___ Just a few drops
___ Wets underwear
___ Wets outerwear
___ Wets the floor

11b. How much stool do you lose?
___ No leakage
___ Stool staining
___ Small amount in underwear
___ Complete emptying
___ Other _____

_____
12. What form of protection do you wear? (Please complete only one)
___None
___Minimal protection (tissue paper/paper towel/pantishields)
___Moderate protection (absorbent product, maxi pad)
___Maximum protection (specialty product/diaper)
___Other _____
_____
On average, how many pad/protection changes are required in 24 hours? _____# of pads