

Bendigo Natural Health Clinic

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**Guidelines for writing your Medical and Personal History**

Holistic medicine aims to assist the natural tendency of the body to heal itself. It is person-centered as opposed to the disease focused approach of conventional medicine. Therefore, detailed information about your health concerns as well as “you” as a person is required. This takes time and effort but enables a comprehensive and individualised approach.

All information will be treated as confidential. Follow the guidelines set out below then email, post or deliver your paper so it may be studied before your next visit.

1. **IDENTITY AND ENVIRONMENT**: Begin by setting out the following:

Name, address and phone number. Date and place of birth. Marital status. Domestic situation.

Describe the following:

1. Current family situation

2. Details of family members, ages, your responsibility to them, and any family difficulties.

3. Your daily routine including bowels and bladder function etc. Record details of your average day’s diet including snacks. Include here any medications and supplements.

4. Financial responsibilities and strains (present as well as past if relevant).

5. Occupation: with a description of responsibilities, degree of job satisfaction, and general work environment - pressures, conflicts etc.

# 6. Educational history and qualifications

**2. MAIN COMPLAINTS:** Describe fully what bothers you most, right from the time of onset. Include:

a. Area affected at first, the subsequent development and spread of the problem and response to previous treatments, if any.

b. Sensations experienced in the area of trouble.

c. Conditions that have brought on the trouble. Examine the circumstances just before or at time of onset, paying attention to physical as well as emotional factors.

d. Conditions or actions that increase or relieve the problem.

e. Other troubles experienced at the same time.

**3. OTHER COMPLAINTS:** Describe here any other current health problems. Each should be described fully as suggested above.

**4. PERSONAL DATA:** Give a full account of the following:

1. Birth: Give any available details about your birth and infancy.

2. Childhood development: Age at milestones.

3. Physical description - height, weight, build, complexion.

4. Emotional and intellectual nature. Use the following guide-lines if you wish:

a) Studies past and present. Indicate general performance, concentration, memory, communication. Your outlook on life. Hopes, aspirations, ambitions and extent to which you have fulfilled them. Self-image, self-confidence.

b) Describe relationships with family member. How do you get on with your friends and associates? Are there any changes you would like to make in your emotional self or in relationships? Any particular social difficulties? Preference for company or solitude?

c) Past and present stressful situations and how these affected you. Responsibilities in your life and how you feel about them. Emotional situations and how you respond. Physical symptoms which occur following emotional states.

5. Food. Cravings and aversions, foods that disagree. Allergies. Appetite, thirst.

6. Describe your reactions to weather, temperature, moon phases and general environment etc.

7. Sleep: Any problems experienced. Dreams: Recurring themes, nightmares.

8. Reproductive System.

a) Sexual function and any difficulties.

b) Menstrual history. Age of onset, length of cycle and flow. Problems experienced before, during or after periods. Menopause.

c) Obstetric history. Details of each pregnancy (including cravings and aversions, general health, and state of mind). Labour and post-natal period.

**PREVIOUS ILLNESS:**

Starting from childhood list the illnesses, complaints, surgery and vaccinations you have had. Give details of any reactions experienced, rate of recovery and to what extent these have a bearing on present troubles.

**FAMILY MEDICAL HISTORY:**

List health problems that have afflicted your grandparents, parents, brothers and sisters, include details of any who have died, stating their age, cause of death and how you were at the time. Give details of the health of your wife/husband and children. Do any diseases run in your family?

\* List any prescribed medications and supplements you take.

Other details. Medical reports, test results, x-rays etc. Include anything else you feel may be important.

Please let me know how you found out about the Bendigo Natural Health Clinic.

Thank you for your assistance. Please send your history before your next appointment to: info@bendigonhc.com.au