

# Patient Registration Information

HOW DID YOU HEAR ABOUT US?  NEWSPAPER  SOCIAL MEDIA/WEB SEARCH  INSURANCE REFERRAL  FAMILY/FRIEND

PATIENT INFORMATION							
NAME (Last, First, M.I.)		SSN N/A	BIRTH DATE	LANGUAGE	PRIMARY CARE PROVIDER		SEX: <input type="checkbox"/> M <input type="checkbox"/> F
BILLING ADDRESS			CITY		STATE	ZIP	
PHYSICAL ADDRESS (If different than billing)			CITY		STATE	ZIP	
HOME PHONE XXX-XXX-XXXX		WORK PHONE XXX-XXX-XXXX		CELL PHONE XXX-XXX-XXXX		EMAIL (example@test.com)	
PREFERRED CONTACT METHOD (Required) <input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> Cell <input type="checkbox"/> Email <input type="checkbox"/> Text		MARITAL STATUS			RACE	ETHNICITY	
EMERGENCY CONTACT NAME					EMERGENCY PHONE XXX-XXX-XXXX		
ADDRESS			PHONE#	OCCUPATION			
PRIMARY EMPLOYER			SECONDARY EMPLOYER (If applicable)				
ADDRESS			ADDRESS				
CITY, STATE, ZIP			CITY, STATE, ZIP				
WORK PHONE		OCCUPATION		WORK PHONE		OCCUPATION	
POLICY HOLDER/GUARANTOR (If different than patient)							
NAME (Last, First, M.I.)		SSN	BIRTH DATE	LANGUAGE	PRIMARY CARE PROVIDER		SEX: <input type="checkbox"/> M <input type="checkbox"/> F
BILLING ADDRESS			CITY		STATE	ZIP	
STREET ADDRESS (If different than billing)			CITY		STATE	ZIP	
HOME PHONE XXX-XXX-XXXX		WORK PHONE XXX-XXX-XXXX		CELL PHONE XXX-XXX-XXXX		EMAIL	
PREFERRED CONTACT METHOD (Required) <input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> Cell <input type="checkbox"/> Email <input type="checkbox"/> Text		MARITAL STATUS			RACE	ETHNICITY	
RELATIONSHIP TO PATIENT							
PRIMARY INSURANCE							
NAME OF INSURANCE COMPANY				POLICY #			
NAME OF POLICY HOLDER			BIRTH DATE	GROUP #			
RELATIONSHIP TO PATIENT				COPAY AMT. PCP \$		SPECIALIST	
ADDRESS OF INSURANCE COMPANY				DEDUCTIBLE AMT. SELF		DEDUCTIBLE AMT. FAMILY	
CITY, STATE, ZIP				EFFECTIVE DATE		EXPIRATION DATE	
SECONDARY INSURANCE							
NAME OF INSURANCE COMPANY				POLICY #			
NAME OF POLICY HOLDER			BIRTH DATE	GROUP #			
RELATIONSHIP TO PATIENT				COPAY AMOUNT \$			
ADDRESS OF INSURANCE COMPANY				DEDUCTIBLE AMOUNT			
CITY, STATE, ZIP				EFFECTIVE DATE		EXPIRATION DATE	
REFERRAL INFORMATION							
NAME OF REFERRING PHYSICIAN			PRIMARY CARE PHYSICIAN				

**CONSENT TO TREATMENT/RELEASE OF INFORMATION:** I grant Palomar Health Medical Group to administer medical treatment and perform medical procedures as deemed necessary. I authorize the release of medical information to my insurer, or the insurer's agents to process my payments for service. To the best of my knowledge, all of the information above is true and correct.

**FINANCIAL POLICY:** Payment in full or co-payment is expected at the time of service. Services provided that are not a covered benefit of your health plan will be your responsibility.

**ASSIGNMENT OF BENEFITS:** I hereby assign all benefits payable by my insurance company to Palomar Health Medical Group.

\_\_\_\_\_  
Patient / Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Relationship to Patient



# Authorization for Use or Disclosure of Health Information from Palomar Health Medical Group to Designated Persons

Completion of this document authorizes the disclosure and use health information about you. Failure to provide all information requested may invalidate this authorization.

PATIENT INFORMATION	
*NAME (Last, First, M.I.)	MAIDEN OR OTHER NAME
*DATE OF BIRTH	PHONE

I, \_\_\_\_\_ (patient) (please print) hereby authorize **Palomar Health Medical Group** to release **any and all** information about my *health, medical condition or billing for services* to members of family or other persons, as specified below. This includes verbal discussions with the medical/nursing staff and copies of my medical record.

DESIGNATED PERSONS	
NAME	PHONE
NAME	PHONE
NAME	PHONE
NAME	PHONE
NAME	PHONE
NAME	PHONE
NAME	PHONE
NAME	PHONE
NAME	PHONE
NAME	PHONE

**\*THE PURPOSE OF THIS RELEASE IS**

At my request     
  Continuing medical care     
  Other \_\_\_\_\_

Specify limitations (if any) on the use of the information: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Authorization for Use or Disclosure of Health Information from Palomar Health Medical Group to Designated Persons

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## \*Expiration of Authorization

This authorization becomes effective upon signing and will expire upon my written revocation.

## Patient Rights

I, the patient or the patient's legal representative, understand that:

- › I may revoke this authorization at any time in writing, signed by me or on my behalf and delivered or mailed to:

Palomar Health Medical Group  
15611 Pomerado Road Poway,  
CA 92064

If I revoke this authorization, the revocation will not have any effect on actions taken prior to Palomar Health Medical Group receiving the revocation.

- › Information disclosed pursuant to this authorization could be re-disclosed by the recipient and may no longer be protected by federal privacy law (HIPAA). However, California law prohibits the person receiving my health information from making further disclosure of it unless another authorization for such disclosure is obtained from me or unless such disclosure is specifically required or permitted by law.
- › I have a right to a copy of this Authorization.

\*

\_\_\_\_\_  
Patient / Guardian Signature

\_\_\_\_\_  
Date

\*

\_\_\_\_\_  
If Legal Representative, State Relationship to Patient

\_\_\_\_\_  
Verified By

\_\_\_\_\_  
Document Type

## \*Required for valid Authorization

# Patient Diversity Form

## PATIENT INFORMATION

Dear Palomar Health Medical Group Patient:

The Federal Government requests the following questions be asked of every patient. Please select the preference that fits you the best and return this to the front office person. **\*\* See below for race and ethnicity descriptions**

I identify my race as: (Please check one)

I decline to self identify.

American Indian or Alaska Native

Asian

Black, African American

Native Hawaiian or other Pacific

Islander Other Pacific Islander

Other Race- \_\_\_\_\_

White

I identify my ethnicity as: (Please check one)

I decline to self identify.

Central American

Cuban

Dominican

Hispanic or Latino / Spanish

Latin / American / Latin, Latino Mexican

Not Hispanic / Latino

Puerto Rican

South American

Spaniard

My Language Preference is: (Please check one)

English

Spanish

Tagalog

Russian

Persian / Farsi

Other (Please specify) \_\_\_\_\_

*\*\*Race is defined as a "person's self-identification with one or more social group".*

*\*\*Ethnicity is defined as a "person's self-identification based on nationality, language, culture and religion, geography or family's origin."*

DO NOT FILE IN NG



# Notice of *Privacy* Practices

This notice describes how medical information about you may be used and disclosed and how you can get access to this information. Please review it carefully.

If you have any questions about this notice, please contact the Palomar Health Medical Group Privacy Office at 1.877.376.3930. This notice describes Palomar Health Medical Group's practices and that of:

- Any health care professional authorized to enter information into your health record.
- All departments and clinic sites of Palomar Health Medical Group.
- Any member of a volunteer group we allow to help you while you are in our care.
- All employees, staff and other Palomar Health Medical Group personnel.
- Affiliated Physicians

All these entities, sites and locations follow the terms of this notice. In addition, these entities, sites and locations may share medical information with each other for treatment, payment or health care operations purposes described in this notice.

The providers participating in this notice (referred to as "we") understand that medical information about you and your health is personal. We are committed to protecting medical information about you. We create a record of the care and services you receive during your visit with us. We need this record to provide you with quality care and to comply with certain legal requirements. This notice applies to all of the records of your care generated by any of the Palomar Health Medical Group sites or affiliated entities, whether made by Palomar Health Medical Group personnel or your personal doctor. Your personal doctor may have different policies or notices regarding the doctor's use and disclosure of your medical information created in the doctor's office or clinic. This notice tells you about the ways we may use and disclose your medical information. This notice also describes your rights and certain obligations we have regarding the use and disclosure of medical information.

We are required by law to make sure that medical information that identifies you is kept private (with certain exceptions), to notify you of our legal duties and privacy practices with respect to medical information about you, to notify you if a breach of your medical information occurs, and to follow the terms of the notice of privacy practices currently in effect.

## HOW WE MAY USE AND DISCLOSE HEALTH INFORMATION ABOUT YOU

For each category of uses or disclosures we will explain what we mean and try to give some examples. Not every use or disclosure in a category will be listed. However, all of the ways we are permitted to use and disclose information will fall within one of the categories.

## DISCLOSURE AT YOUR REQUEST

We may disclose information when requested by you. This disclosure at your request may require a written authorization by you.

**Treatment** – We may use medical information about you to provide you with medical treatment or services. We may disclose medical information about you to doctors, nurses, technicians, pharmacists, health care students or other Palomar Health Medical Group personnel and workforce members who are involved in providing for your well-being during your visit with us. For example, a doctor treating you for a broken leg may need to know if you have diabetes because diabetes may slow the healing process. Additionally, the doctor may need to tell the dietitian if you have diabetes so we can arrange for appropriate meals. Different departments within Palomar Health Medical Group also may share medical information about you in order to coordinate the different things you need, such as prescriptions, lab work and X-rays. We also may disclose medical information about you to people outside of Palomar Health Medical Group who may be involved in your medical care after you leave us, such as skilled nursing facilities, home health agencies and physicians or other practitioners, including, without limitation, your primary care provider, so they can provide care or coordinate continuing care.

**For Payment** – We may use and disclose your medical information so that the treatment and services you receive at our facilities or from us may be billed and payment collected from you, an insurance company, a third party or a collection agency. For example, we may need to give information about a medical service you received at a PHMG clinic to your health plan so it will pay us or reimburse you for the medical service. We may also tell your health plan about a proposed treatment to determine whether your plan will cover the treatment. We may also provide basic information about you and your health plan, insurance company or other source of payment to practitioners outside the hospital who are involved in your care, to assist them in obtaining payment for services they provide to you.

**For Health Care Operations** – We may use and disclose medical information about you for health care and business operations, a variety of activities necessary to run our health care facilities and ensure all of our patients receive quality care. For example, we may use medical information to review the quality and safety of our treatment and services, to evaluate the performance of our staff in caring for you, or for business planning, management and administrative services. We may also use and disclose your medical information to an outside company that performs services for us such as accreditation, legal, computer or auditing services. These outside companies are called business associates and are required by law to keep your medical information confidential. We may also disclose information to doctors, nurses, technicians, medical students and other hospital personnel for review and learning purposes. We may remove information that identifies you from this set of medical information so others may use it to study health care and health care delivery without learning who the specific patients are.

**Fundraising Activities** – We may use information about you, or disclose such information to a foundation related to Palomar Health Medical Group, to contact you in efforts to raise money for our health care organization and its operations. You have the right to opt out of receiving fundraising communications. If you receive a fundraising communication, it will tell you how to opt out.

**Marketing and Sale** – Most uses and disclosures of medical information for marketing purposes, and disclosures that constitute a sale of medical information, require your authorization.

**To Individuals Involved in your Care or Payment for your Care** – We may release medical information about you to a friend or family member who is involved in your medical care. We may also give information to someone who helps pay for your care. In addition, we may disclose medical information about you to an organization assisting in a disaster relief effort so your family can be notified about your condition, status and location.

**For Research** – Under certain circumstances, we may use and disclose medical information about you for research purposes. For example, a research project may involve comparing the health and recovery of all patients who received one medication to those who received another, for the same condition. All research projects, however, are subject to a special approval process. This process evaluates a proposed research project and its use of medical information, trying to balance the research needs with patients' need for privacy of their medical information. Before we use or disclose medical information for research, the project will have been approved through this research approval process, but we may, however, disclose medical information about you to people preparing to conduct a research project, for example, to help them look for patients with specific medical needs, as long as the medical information does not leave our facilities or offices.

**As Required by Law** – We will disclose medical information about you when required to do so by federal, state or local law.

**To Avert a Serious Threat to Health or Safety** – We may use and disclose medical information about you when necessary to prevent a serious threat to your health and safety or the health and safety of the public or another person. Any disclosure, however, would only be to someone able to help prevent the threat.

**Psychotherapy Notes** – Most uses and disclosures of psychotherapy notes require your authorization.

**Organ and Tissue Donation** – We may release medical information to organizations that handle organ procurement or organ, eye or tissue transplantation or to an organ donation bank, as necessary to facilitate organ or tissue donation and transplantation.

**Military and Veterans** – If you are a member of the armed forces, we may release medical information about you as required by military command authorities. We may also release medical information about foreign military personnel to the appropriate foreign military authority.

**Workers' Compensation** – We may release medical information about you for workers' compensation or similar programs. These programs provide benefits for work-related injuries or illness.

**Public Health Activities** – We may disclose medical information about you for public health activities. These activities generally include the following:

- To prevent or control disease, injury or disability;
- To report births and deaths;
- To report regarding the abuse or neglect of children, elders and dependent adults;
- To report reactions to medications or problems with products;
- To notify people of recalls of products they may be using;
- To notify a person who may have been exposed to a disease or may be at risk for contracting or spreading a disease or condition;

- To notify the appropriate government authority if we believe a patient has been the victim of abuse, neglect or domestic violence. We will only make this disclosure if you agree or when required or authorized by law;
- To notify emergency response employees regarding possible exposure to HIV/AIDS, to the extent necessary to comply with state and federal laws.

**Health Oversight Activities** – We may disclose medical information to a health oversight agency for activities authorized by law. These oversight activities include, for example, audits, investigations, inspections and licensure.

These activities are necessary for the government to monitor the health care system, government programs and compliance with civil rights laws.

**Lawsuits and Disputes** – If you are involved in a lawsuit or a dispute, we may disclose medical information about you in response to a court or administrative order. We may also disclose medical information about you in response to a subpoena, discovery request or other lawful process by someone else involved in the dispute, but only if efforts have been made to tell you about the request (which may include written notice to you) or to allow you to obtain an order protecting the information requested.

**Law Enforcement** – We may release medical information if asked to do so by a law enforcement official:

- In response to a court order, subpoena, warrant, summons or similar process;
- To identify or locate a suspect, fugitive, material witness or missing person;
- About the victim of a crime if, under certain limited circumstances, we are unable to obtain the person's agreement;
- About a death we believe may be the result of criminal conduct;
- About criminal conduct at our facility(ies); and
- In emergency circumstances to report a crime; the location of the crime or victims; or the identity, description or location of the person who committed the crime.

**Coroners, Medical Examiners and Funeral Directors** – We may release medical information to a coroner or medical examiner. This may be necessary, for example, to identify a deceased person or determine the cause of death. We may also release medical information about patients of the hospital to funeral directors as necessary to carry out their duties.

**National Security and Intelligence Activities** – We may release medical information about you to authorized federal officials for intelligence, counterintelligence and other national security activities authorized by law.

**Protective Services for the President and Others** – We may disclose medical information about you to authorized federal officials so they may conduct investigations or provide protection to the President, other authorized persons or foreign heads of state.

**Inmates** – If you are an inmate of a correctional institution or under the custody of a law enforcement official, we may disclose medical information about you to the correctional institution or law enforcement official as a authorized or required by law. This disclosure would be necessary 1) for the institution to provide you with health care; 2) to protect your health and safety or the health and safety of others; or 3) for the safety and security of the correctional institution.

**Special Categories of Information** – In some circumstances, your health information may be subject to restrictions that may limit or preclude some uses or disclosures described in this notice. For example, there are special restrictions on the use or disclosure of certain categories of information — e.g., tests for HIV or treatment for mental health conditions or alcohol and drug abuse.

**Health Information Exchange (HIE)** – We may share your health information electronically with other organizations where you receive health care. Sharing information electronically is a faster way to get your health information to the health care providers treating you. HIE participants are required to meet rules that protect the privacy and security of your health and personal information.

**Secure Patient Portal** – We have established a web-based system, called a Patient Portal, which allows us to securely communicate and transfer health care information to you. With your consent, you will receive a user ID and password to access the Patient Portal. If your user ID or password to your Patient Portal is obtained by another person, your medical information is subject to improper disclosure. Please notify us immediately if you feel your Patient Portal is being improperly accessed.

## YOUR RIGHTS REGARDING YOUR MEDICAL INFORMATION WE MAINTAIN ABOUT YOU

You have rights regarding the medical information we maintain about you. To exercise your rights regarding medical information we maintain about you, you must submit a written request to Palomar Health Medical Group, Privacy Office, 15611 Pomerado Road, Suite 400, Poway, CA 92064.

### RIGHT TO INSPECT AND COPY

You have the right to inspect and/or obtain a copy of your medical information, including lab test results. You can ask for an electronic or paper copy of your medical information.

We may deny your request to inspect and obtain a copy in very limited circumstances. If you are denied access to medical information, you may request that the denial be reviewed.

### RIGHT TO AMEND

If you feel that medical information we have about you is incorrect or incomplete, you may ask us to amend the information. You have the right to request an amendment for as long as the information is kept by or for Palomar Health Medical Group. Your request must be made in writing, and you must provide a reason that supports your request. We may deny your request as authorized by law.

Even if we deny your request for amendment, you have the right to submit a statement of disagreement.

### RIGHT TO AN ACCOUNTING OF DISCLOSURES

You have the right to request an accounting of disclosures. This is a list of the disclosures we made of medical information about you other than our own uses for treatment, payment and health care operations, and with other exceptions pursuant to law. Your request must state a time period which may not be longer than six years and may not include dates before April 14, 2003. The first list you request within a 12-month period will be free. For additional lists, we may charge you for the costs of providing the list.

### RIGHT TO REQUEST RESTRICTIONS

You have the right to request a restriction or limitation on the medical information we use or disclose about you for treatment, payment or health care operations; for use in a facility directory; or to family members and others involved in your care. We are not required to agree to your request, except to the extent that you request us to restrict disclosure to a health plan or insurer for payment or health care operations purposes if you, or someone else on your behalf (other than the health plan or insurer), has paid for the item or service out of pocket in full.

### RIGHT TO REQUEST CONFIDENTIAL COMMUNICATIONS

You have the right to request that we communicate with you about medical matters in a certain way or at a certain location. We will accommodate all reasonable requests. Your request must specify how or where you wish to be contacted.

### RIGHT TO A PAPER COPY OF THIS NOTICE

You have the right to a paper copy of this notice upon request. You may ask us to give you a copy of this notice at any time. Even if you have agreed to receive this notice electronically, you are still entitled to a paper copy of this notice. You may obtain a copy of this notice at our website: [PalomarHealth.org](http://PalomarHealth.org).

**Changes to this Notice** – We reserve the right to change this notice at any time, and to make the new notice effective for all medical information we maintain, including medical information we already have about you as well as any information we receive in the future. We will post a copy of the current notice in all of our departments and clinic sites.

**Complaints** – If you believe your privacy rights have been violated, you may file a complaint with us or with the Secretary of the U.S. Department of Health and Human Services. You may file a complaint with us by contacting the Privacy Officer by telephone at 1.877.376.3930 or in writing to Palomar Health Medical Group, Privacy Officer, 15611 Pomerado Road, Suite 400, Poway, CA 92064. You will not be penalized or retaliated against for filing a complaint.

**Complaints** – Other uses and disclosures of medical information not covered by this notice or the laws that apply to us will be made only with your written permission. If you provide us permission to use or disclose medical information about you, you may revoke that permission, in writing, at any time. If you revoke your permission, this will stop any further use or disclosure of your medical information for the purposes covered by your written authorization, except if we have already acted in reliance on your permission. You understand that we are unable to take back any disclosures we have already made with your permission, and that we are required to retain our records of the care that we provided to you.



## Notice Of Privacy Practices

Patient Label Here
Patient Name: _____
DOB: _____ MRN: _____

### Acknowledgement of Receipt

#### PATIENT INFORMATION

_____	_____
Patient Name (Please Print)	Patient Date of Birth
_____	_____
Patient / Guardian Signature	Date
_____	_____
Patient Phone XXX-XXX-XXXX	Name of Physician

By signing this form, the patient acknowledges receipt of the "Notice of Privacy Practices" of Palomar Health Medical Group. Our "Notice of Privacy Practices" provides information about how we may use and disclose protected health information. We encourage you to read it in full.

**I acknowledge receipt of the "Notice of Privacy Practices" of Palomar Health Medical Group.**

_____	_____
Patient / Guardian Signature	Date

\_\_\_\_\_  
If legal representative, state relationship to patient

I would like to receive a copy of any amended Notice of Privacy Practices via e-mail.

My email address is: \_\_\_\_\_

## PHMG Advance Directive Information

Patient Label Here
Patient Name: _____
DOB: _____ MRN: _____

### Your Rights as an Palomar Medical Group Patient

You have a legal right to make known your wishes about your medical care, including the right to accept or refuse treatment. The document "Advance Health Care Directive" is a means to specify your wishes and to make them legally binding.

### What is an Advance Health Care Directive?

This is a legal document that enables you to specify your desires about life-sustaining treatment. It also allows you to name someone you trust to speak for you when you are incapacitated. This document replaces "Living Wills" and the "Durable Power of Attorney for Health Care". You can identify your primary care physician and specify your wishes about CPR, feeding tubes, breathing machines, pain medication, organ donation and other desires.

### How do I find out more?

› **Internet Resources**

[http://ag.ca.gov/consumers/general/adv\\_hc\\_dir.php](http://ag.ca.gov/consumers/general/adv_hc_dir.php)

<http://www.cmanet.org/about/patient-resources/end-of-life-issues/advance-directives>

<http://www.coalitionccc.org/>

- › **The booklet "Finding Your Way"** is a useful guide to thinking about and discussing these issues. To order a copy, send \$1.50 check (payable to "CHCD") to Center for Healthcare Decisions, 3400 Data Drive, Rancho Cordova, CA 95670 or order it through their website, [www.chcd.org](http://www.chcd.org).

### How do I obtain an Advance Healthcare Directive form?

The California Medical Association – Kit available for nominal fee (currently \$6)

1201 J St. STE 200

Phone: **800.786.4262**

Sacramento, CA 95814

Fax: **916.551.2036**

Obtain the form on-line free of charge at:

<http://ag.ca.gov/consumers/pdf/AHCDS1.pdf>

### What other kinds of directives are available?

- › **Physician Orders for Life-Sustaining Treatment (POLST)** – this complements the Advance Directive by having a physician order signed and ready-to-go in the event you need life-sustaining treatment. Specific instructions may be made about CPR and medical interventions like assisted breathing and artificial feeding.

Palomar Health Medical Group has a written policy on Advance Directives. Check the box below if you wish more information.

<b>Patients:</b> Please check the appropriate box(es):	
<input type="checkbox"/>	I have an Advance Directive and/or POLST. I will provide Palomar Health Medical Group with a copy. [Give the copy to one of our staff or mail to AHMG, 15611 Pomerado Road, Poway, CA 92064, ATTN: Medical Records.]
<input type="checkbox"/>	I have an Advance Directive/POLST but do not wish to provide AHMG with a copy.
<input type="checkbox"/>	I do not have an Advance Directive/POLST.
<input type="checkbox"/>	I would like more information on Palomar Health Medical Group policy on Advance Directives.
_____ Signature of Patient or Patient's Legal Representative	_____ Date



# Health History

NAME (LAST, FIRST, M.I.)	DATE OF BIRTH	SEX: <input type="checkbox"/> M <input type="checkbox"/> F	TODAY'S DATE
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ADDRESS	PHONE	EMAIL
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## PHARMACY

PHARMACY	ADDRESS	PHONE #
PHARMACY	ADDRESS	PHONE #

## MEDICATIONS, OVER THE COUNTER MEDICATIONS & VITAMINS

DRUG NAME, STRENGTH, FREQUENCY	DRUG NAME, STRENGTH, FREQUENCY

## ADULT ALLERGIES

NOTE: ALLERGIES ENTERED HERE WILL NOT BE CHECKED AGAINST THE CURRENT MEDICATION LIST.

<input type="checkbox"/> ACCUPRIL (QUINAPRIL)	<input type="checkbox"/> DEMEROL	<input type="checkbox"/> LATEX	<input type="checkbox"/> PREVACID
<input type="checkbox"/> ACETAMINOPHEN	<input type="checkbox"/> DEPAKOTE	<input type="checkbox"/> LEVOFLOXACIN	<input type="checkbox"/> PRILOSEC
<input type="checkbox"/> ACYCLOVIR	<input type="checkbox"/> DIABETA (GLYBURIDE)	<input type="checkbox"/> LIDOCANE	<input type="checkbox"/> PRINIVIL
<input type="checkbox"/> ADVIL (IBUPROFEN)	<input type="checkbox"/> DIAMOX	<input type="checkbox"/> LIPITOR	<input type="checkbox"/> QUINOLONES
<input type="checkbox"/> ALTACE (RAMIPRIL)	<input type="checkbox"/> DICLOXACILLIN	<input type="checkbox"/> LODINE	<input type="checkbox"/> RANITIDINE
<input type="checkbox"/> AMPICILLIN	<input type="checkbox"/> DOXYCYCLINE	<input type="checkbox"/> LOPRESSOR (METOPROLOL)	<input type="checkbox"/> SEPTRA (SULFAMETHOXAZOLE)
<input type="checkbox"/> AMARYL (GLIMEPIRIDE)	<input type="checkbox"/> EGG	<input type="checkbox"/> MICRONASE (GLYBURIDE)	<input type="checkbox"/> SULFA
<input type="checkbox"/> AUGMENTIN (AMOXICILLIN)	<input type="checkbox"/> ERYTHROMYCIN	<input type="checkbox"/> MINOCIN (MINOCYCLINE)	<input type="checkbox"/> TAGAMET (CIMETIDINE)
<input type="checkbox"/> ASPIRIN	<input type="checkbox"/> FAMOTIDINE	<input type="checkbox"/> MORPHINE	<input type="checkbox"/> TEGRETOL (CARBAMAZEPINE)
<input type="checkbox"/> BACTRIM (SULFAMETHOXAZOLE)	<input type="checkbox"/> FLAGYL	<input type="checkbox"/> MOTRIN (IBUPROFEN)	<input type="checkbox"/> TENORMIN (ATENOLOL)
<input type="checkbox"/> BIAXIN	<input type="checkbox"/> FLOXIN	<input type="checkbox"/> NAPROSYN (NAPROXEN)	<input type="checkbox"/> TETANUS TOXOID
<input type="checkbox"/> CARAFATE (SUCRALFATE)	<input type="checkbox"/> GLUCETROL (GLIPIZIDE)	<input type="checkbox"/> NEPTAZANE	<input type="checkbox"/> TETRACYCLINE
<input type="checkbox"/> CECLOR (CEFACTOR)	<input type="checkbox"/> HEPARIN	<input type="checkbox"/> NIACIN	<input type="checkbox"/> TICLID
<input type="checkbox"/> CELEBREX	<input type="checkbox"/> IBUPROFEN	<input type="checkbox"/> OXYCODONE	<input type="checkbox"/> VALIUM (DIAZEPAM)
<input type="checkbox"/> CEPHALOSPORINS	<input type="checkbox"/> INDERAL (PROPRANOLOL)	<input type="checkbox"/> PEANUT	<input type="checkbox"/> VANCOMYCIN
<input type="checkbox"/> CIPRO (CIPROFLOXACIN)	<input type="checkbox"/> INDOCIN (INDOMETHACIN)	<input type="checkbox"/> PENICILLIN	<input type="checkbox"/> VASOTEC
<input type="checkbox"/> CLINORIL (SULINDAC)	<input type="checkbox"/> INSULIN (ANIMAL)	<input type="checkbox"/> PERCOCET (OXYCODONE)	<input type="checkbox"/> ZESTRIL
<input type="checkbox"/> CONTRAST MEDIA (IOVERSOL)	<input type="checkbox"/> IODINE OR SHELLFISH	<input type="checkbox"/> PERSANTINE	<input type="checkbox"/> ZITHROMAX
<input type="checkbox"/> CODEINE	<input type="checkbox"/> KEFLEX (CEPHALEXIN)	<input type="checkbox"/> PLAVIX	<input type="checkbox"/> ZOCOR
<input type="checkbox"/> COUMADINE	<input type="checkbox"/> KLONOPIN	<input type="checkbox"/> PHENYTOIN	<input type="checkbox"/> ZYLOPRIM (ALLOPURINOL)
<input type="checkbox"/> DARVON	<input type="checkbox"/> LASIX (FUROSEMIDE)	<input type="checkbox"/> PRAVOCHOL	

# Health History

FOOD ALLERGIES / OTHER ALLERGIES		

MEDICAL HISTORY			
<input type="checkbox"/> ALLERGIES	ONSET DATE	<input type="checkbox"/> GALLBLADDER DISEASE	ONSET DATE
<input type="checkbox"/> ANEMIA	ONSET DATE	<input type="checkbox"/> GERD	ONSET DATE
<input type="checkbox"/> ANGINA	ONSET DATE	<input type="checkbox"/> HEADACHE, MIGRAINE	ONSET DATE
<input type="checkbox"/> ANXIETY	ONSET DATE	<input type="checkbox"/> HEART DISEASE	ONSET DATE
<input type="checkbox"/> ARTHRITIS	ONSET DATE	<input type="checkbox"/> HEART VALVE DISORDER	ONSET DATE
<input type="checkbox"/> ASTHMA	ONSET DATE	<input type="checkbox"/> HEPATITIS / LIVER DISEASE	ONSET DATE
<input type="checkbox"/> ATRIAL FIBRILLATION	ONSET DATE	<input type="checkbox"/> HYPERTENSION	ONSET DATE
<input type="checkbox"/> BLOOD CLOTS	ONSET DATE	<input type="checkbox"/> IRRITABLE BOWEL DISEASE	ONSET DATE
<input type="checkbox"/> CANCER	ONSET DATE	<input type="checkbox"/> MYOCARDIAL INFARCTION	ONSET DATE
<input type="checkbox"/> CARDIAC ARRHYTHMIA	ONSET DATE	<input type="checkbox"/> OSTEOPOROSIS	ONSET DATE
<input type="checkbox"/> COPD	ONSET DATE	<input type="checkbox"/> RENAL DISEASE	ONSET DATE
<input type="checkbox"/> CORONARY ARTERY DISEASE	ONSET DATE	<input type="checkbox"/> SEIZURE DISORDER	ONSET DATE
<input type="checkbox"/> DEPRESSION	ONSET DATE	<input type="checkbox"/> STROKE	ONSET DATE
<input type="checkbox"/> DIABETES	ONSET DATE	<input type="checkbox"/> THYROID DISEASE	ONSET DATE
<input type="checkbox"/> ELEVATED LIPIDS	ONSET DATE	<input type="checkbox"/> OTHER	ONSET DATE

SURGICAL HISTORY			
<input type="checkbox"/> ANGIOPLASTY	DATE	<input type="checkbox"/> CATARACT EXTRACTION	DATE
<input type="checkbox"/> APPENDECTOMY	DATE	<input type="checkbox"/> CHOLECYSTECTOMY	DATE
<input type="checkbox"/> ARTHROSCOPY	DATE	<input type="checkbox"/> COLECTOMY	DATE
<input type="checkbox"/> BACK SURGERY	DATE	<input type="checkbox"/> COLOSTOMY	DATE
<input type="checkbox"/> BILATERAL TUBAL LIGATION	DATE	<input type="checkbox"/> D&C	DATE
<input type="checkbox"/> BLOOD TRANSFUSION	DATE	<input type="checkbox"/> GASTRIC BYPASS	DATE
<input type="checkbox"/> BREAST AUGMENTATION	DATE	<input type="checkbox"/> HERNIA REPAIR	DATE
<input type="checkbox"/> CABG	DATE	<input type="checkbox"/> HIP REPLACEMENT	DATE
<input type="checkbox"/> CARDIAC PACEMAKER	DATE	<input type="checkbox"/> HYSTERECTOMY	DATE
<input type="checkbox"/> CARPAL TUNNEL RELEASE	DATE	<input type="checkbox"/> KNEE REPLACEMENT	DATE
		<input type="checkbox"/> LASIK	DATE
		<input type="checkbox"/> MASTECTOMY	DATE
		<input type="checkbox"/> MYOMECTOMY	DATE
		<input type="checkbox"/> ORIF	DATE
		<input type="checkbox"/> THYROIDECTOMY	DATE
		<input type="checkbox"/> TONSILLECTOMY	DATE
		<input type="checkbox"/> OTHER	DATE

# Health History

FAMILY HISTORY <input type="checkbox"/> None		
RELATIONSHIP		<input type="checkbox"/> ALIVE AND WELL
FAMILY MEMBER NAME		<input type="checkbox"/> DECEASED
<input type="checkbox"/> ADD / ADHD	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ALCOHOLISM	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ALLERGIES	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ALZHEIMER'S DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ARTHRITIS	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ASTHMA	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> BLOOD DISORDER	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> CANCER	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> CARDIOVASCULAR DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> CORONARY ARTERY DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> CORONARY ARTERY DISEASE (PRE)	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> DEPRESSION	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> DEVELOPMENTAL DELAY	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> DIABETES	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ECZEMA	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ELEVATED LIPIDS	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> GENETIC DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> HEARING DEFICIENCY	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> HYPERTENSION	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> IRRITABLE BOWEL DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> LEARNING DISABILITY	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> MENTAL ILLNESS	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> MIGRANES	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> OBESITY	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> OSTEOPOROSIS	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> PERIPHERAL VASCULAR DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> RENAL DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> SEIZURE DISORDER	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> STROKE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> THYROID DISORDER	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> OTHER	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH

FAMILY HISTORY – Continued		
RELATIONSHIP		<input type="checkbox"/> ALIVE AND WELL
FAMILY MEMBER NAME		<input type="checkbox"/> DECEASED
<input type="checkbox"/> ADD / ADHD	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ALCOHOLISM	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ALLERGIES	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ALZHEIMER'S DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ARTHRITIS	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ASTHMA	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> BLOOD DISORDER	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> CANCER	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> CARDIOVASCULAR DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> CORONARY ARTERY DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> CORONARY ARTERY DISEASE (PRE)	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> DEPRESSION	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> DEVELOPMENTAL DELAY	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> DIABETES	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ECZEMA	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> ELEVATED LIPIDS	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> GENETIC DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> HEARING DEFICIENCY	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> HYPERTENSION	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> IRRITABLE BOWEL DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> LEARNING DISABILITY	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> MENTAL ILLNESS	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> MIGRANES	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> OBESITY	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> OSTEOPOROSIS	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> PERIPHERAL VASCULAR DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> RENAL DISEASE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> SEIZURE DISORDER	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> STROKE	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> THYROID DISORDER	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH
<input type="checkbox"/> OTHER	ONSET AGE	<input type="checkbox"/> CAUSE OF DEATH

# Health History

## SOCIAL HISTORY

DATE OF RECENT TRAVEL AND DESTINATION:

## GENERAL HEALTH & HABITS (CHECK ALL THAT APPLY)

PRESENT HEALTH STATUS: <input type="checkbox"/> EXCELLENT <input type="checkbox"/> VERY GOOD <input type="checkbox"/> AVERAGE <input type="checkbox"/> POOR		WEIGHT: 10 YRS AGO?	5 YRS AGO?	WEIGHT NOW?
REGULAR EXERCISE? <input type="checkbox"/> YES <input type="checkbox"/> NO	DO YOU SMOKE? <input type="checkbox"/> YES <input type="checkbox"/> NO	ALCOHOL USE? <input type="checkbox"/> YES <input type="checkbox"/> NO	CAFFEINE USE? <input type="checkbox"/> YES <input type="checkbox"/> NO	
HOW LONG REGULARLY? (YRS)	<input type="checkbox"/> CIGARETTES <input type="checkbox"/> PIPE <input type="checkbox"/> CIGARS	# DRINKS PER DAY/WK	# CUPS OF COFFEE/DAY?	
TYPE:	PACKS PER DAY:	STOPPED? <input type="checkbox"/> YES <input type="checkbox"/> NO	# CUPS OF TEA/DAY?	
FREQUENCY (WK/TIME)	YRS SMOKED:	YRS QUIT:	# CANS/GLASSES?	

## OB GYN HISTORY

LAST PERIOD:	<input type="checkbox"/> LIGHT BLEEDING	FLOW DURATION	<input type="checkbox"/> REGULAR CYCLES	LAST PAP SMEAR
PADS USED IN 24HR:	<input type="checkbox"/> HEAVY BLEEDING	AGE OF FIRST PERIOD	<input type="checkbox"/> IRREGULAR CYCLES	<input type="checkbox"/> PAST ABNORMAL PAP
<input type="checkbox"/> TAMPON USE	PREGNANCIES (GRAVID)	DELIVERIES (PARA):		<input type="checkbox"/> MENOPAUSE

## OB GYN SURGICAL HISTORY (PLEASE CHECK ALL THAT APPLY) None

<input type="checkbox"/> BREAST AUGMENTATION	<input type="checkbox"/> BREAST LUMPECTOMY	<input type="checkbox"/> HYSTERECTOMY (TOTAL ABD)	<input type="checkbox"/> MYOMECTOMY	<input type="checkbox"/> SALPINGO OOPHORECTOMY
<input type="checkbox"/> BILATERAL TUBAL LIGATION	<input type="checkbox"/> CESAREAN SECTION	<input type="checkbox"/> MASTECTOMY	<input type="checkbox"/> REDUCTION MAMMOPLASTY	<input type="checkbox"/> VAGINA HYSTERECTOMY
<input type="checkbox"/> BREAST BIOPSY	<input type="checkbox"/> D AND C	<input type="checkbox"/> OTHER:		

## VACCINATIONS

<input type="checkbox"/> FLU	<input type="checkbox"/> PNEUMOCOCCAL	<input type="checkbox"/> HEP B	<input type="checkbox"/> MENINGOCOCCAL	<input type="checkbox"/> TETANUS
<input type="checkbox"/> PPD (TUBERCULOSIS TEST)		<input type="checkbox"/> OTHER:		

## ADVANCE DIRECTIVE

Do you have an Advance Directive?  Yes  No

Would you like to discuss Advance Directives?  Yes  No



Patient Name: \_\_\_\_\_  
DOB: \_\_\_\_\_  
Date: \_\_\_\_\_



## Reason for Visit

Orthopedic treatment is often a result of an accident or injury, your insurance company may require the details of your visit before processing your claim(s) for payment; this information is often used to determine financial liability. Most insurance companies will not pay claims without this information.

**NAME (PLEASE PRINT):** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**If you are here for a reason OTHER THAN AN ACCIDENT, please complete this section**

My visit is due to \_\_\_\_\_ Date first noticed: \_\_\_\_\_

Place occurred (home, work, school, etc) \_\_\_\_\_

Please describe how this may have occurred: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**If you are here DUE TO AN ACCIDENT; please complete this section**

My visit is due to an accident: No  Yes  If yes, date of accident: \_\_\_\_\_

Location of accident (home, work, school, care, etc) \_\_\_\_\_

Please describe how the accident occurred: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of Medical Insurance Company: \_\_\_\_\_

Is there any other insurance company or entity that may be financially responsible for payment of this claim, such as an automobile insurance, homeowners insurance, student insurance, etc.? If so, please explain and provide any additional information so we can determine who the appropriate entity is to be billed for your services.

Note: Although you may advise us that another entity is responsible for payment of the claims, *our office does not file third party billing*; and if it is determined that a third party is responsible, we will provide you with the necessary paperwork to submit your claims. In the meantime, you are financially responsible for any outstanding bills due Arch Health Partners Orthopedic Surgery Associates and payment will be expected upon receipt of the first itemized statement.

My signature below indicates that I have read the above and understand I am financially responsible for all medical care rendered, pending any liability disputes.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# Oswestry Low Back Pain Disability Questionnaire

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Sources: Fairbank JCT & Pynsent, PB (2000) The Oswestry Disability Index. *Spine*, 25(22):2940-2953.  
Davidson M & Keating J (2001) A comparison of five low back disability questionnaires: reliability and responsiveness. *Physical Therapy* 2002;82:8-24.

The Oswestry Disability Index (also known as the Oswestry Low Back Pain Disability Questionnaire) is an extremely important tool that researchers and disability evaluators use to measure a patient's permanent functional disability. The test is considered the 'gold standard' of low back functional outcome tools <sup>[1]</sup>.

## Scoring instructions

For each section the total possible score is 5: if the first statement is marked the section score = 0; if the last statement is marked, it = 5. If all 10 sections are completed the score is calculated as follows:

Example:           16 (total scored)  
                          50 (total possible score) x 100 = 32%

If one section is missed or not applicable the score is calculated:

                  16           (total scored)  
                          45 (total possible score) x 100 = 35.5%

Minimum detectable change (90% confidence): 10% points (change of less than this may be attributable to error in the measurement)

## Interpretation of scores

<b>0% to 20%: minimal disability:</b>	The patient can cope with most living activities. Usually no treatment is indicated apart from advice on lifting sitting and exercise.
<b>21%-40%: moderate disability:</b>	The patient experiences more pain and difficulty with sitting, lifting and standing. Travel and social life are more difficult and they may be disabled from work. Personal care, sexual activity and sleeping are not grossly affected and the patient can usually be managed by conservative means.
<b>41%-60%: severe disability:</b>	Pain remains the main problem in this group but activities of daily living are affected. These patients require a detailed investigation.
<b>61%-80%: crippled:</b>	Back pain impinges on all aspects of the patient's life. Positive intervention is required.
<b>81%-100%:</b>	These patients are either bed-bound or exaggerating their symptoms.

# Oswestry Low Back Pain Disability Questionnaire

## Instructions

This questionnaire has been designed to give us information as to how your back or leg pain is affecting your ability to manage in everyday life. Please answer by checking ONE box in each section for the statement which best applies to you. We realise you may consider that two or more statements in any one section apply but please just shade out the spot that indicates the statement which most clearly describes your problem.

### Section 1 – Pain intensity

- I have no pain at the moment
- The pain is very mild at the moment
- The pain is moderate at the moment
- The pain is fairly severe at the moment
- The pain is very severe at the moment
- The pain is the worst imaginable at the moment

### Section 2 – Personal care (washing, dressing etc)

- I can look after myself normally without causing extra pain
- I can look after myself normally but it causes extra pain
- It is painful to look after myself and I am slow and careful
- I need some help but manage most of my personal care
- I need help every day in most aspects of self-care
- I do not get dressed, I wash with difficulty and stay in bed

### Section 3 – Lifting

- I can lift heavy weights without extra pain
- I can lift heavy weights but it gives extra pain
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently placed eg. on a table
- Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned
- I can lift very light weights
- I cannot lift or carry anything at all

### Section 4 – Walking\*

- Pain does not prevent me walking any distance
- Pain prevents me from walking more than 1 mile
- Pain prevents me from walking more than 1/2 mile
- Pain prevents me from walking more than 100 yards
- I can only walk using a stick or crutches
- I am in bed most of the time

### Section 5 – Sitting

- I can sit in any chair as long as I like
- I can only sit in my favourite chair as long as I like
- Pain prevents me sitting more than one hour
- Pain prevents me from sitting more than 30 minutes
- Pain prevents me from sitting more than 10 minutes
- Pain prevents me from sitting at all

### Section 6 – Standing

- I can stand as long as I want without extra pain
- I can stand as long as I want but it gives me extra pain
- Pain prevents me from standing for more than 1 hour
- Pain prevents me from standing for more than 30 minutes
- Pain prevents me from standing for more than 10 minutes
- Pain prevents me from standing at all

### Section 7 – Sleeping

- My sleep is never disturbed by pain
- My sleep is occasionally disturbed by pain
- Because of pain I have less than 6 hours sleep
- Because of pain I have less than 4 hours sleep
- Because of pain I have less than 2 hours sleep
- Pain prevents me from sleeping at all

On a scale from 0 to 10, indicate the intensity of your left and right leg pain during the past week, with 0 being 'None' and 10 being 'Unbearable pain'. Right \_\_\_\_\_ Left \_\_\_\_\_

### Section 8 – Sex life (if applicable)

- My sex life is normal and causes no extra pain
- My sex life is normal but causes some extra pain
- My sex life is nearly normal but is very painful
- My sex life is severely restricted by pain
- My sex life is nearly absent because of pain
- Pain prevents any sex life at all

### Section 9 – Social life

- My social life is normal and gives me no extra pain
- My social life is normal but increases the degree of pain
- Pain has no significant effect on my social life apart from limiting my more energetic interests eg, sport
- Pain has restricted my social life and I do not go out as often
- Pain has restricted my social life to my home
- I have no social life because of pain

### Section 10 – Travelling

- I can travel anywhere without pain
- I can travel anywhere but it gives me extra pain
- Pain is bad but I manage journeys over two hours
- Pain restricts me to journeys of less than one hour
- Pain restricts me to short necessary journeys under 30 minutes
- Pain prevents me from travelling except to receive treatment

On a scale from 0 to 10, indicate the intensity of your back pain during the past week, with 0 being 'None' and 10 being 'Unbearable pain'. \_\_\_\_\_

## References

1. Fairbank JC, Pynsent PB. The Oswestry Disability Index. Spine 2000 Nov 15;25(22):2940-52; discussion 52.