



# Idaho Joint & Spine, PC

\_\_\_ NEW PATIENT  
\_\_\_ INFO CHANGE

DATE: \_\_\_\_\_

## PATIENT INFORMATION

(This information is regarding the person who is seeing the doctor)

<b>Patient Name:</b> _____
Address: _____
City, State, & Zip: _____
<b>Date of Birth:</b> _____ <b>Age:</b> _____ <b>Sex:</b> _____
<b>Marital Status:</b> _____ <b>Spouse's Name:</b> _____
<b>Social Security Number:</b> _____
<b>Home Phone:</b> _____
<b>Cell Phone:</b> _____
<b>Email:</b> _____
<b>Reminder Preference (Pick 1):</b> <input type="checkbox"/> Text <input type="checkbox"/> Phone <small>*By selecting text, you agree that we can send text messages regarding appointments. Please reply "Y" to each message to confirm.</small>
<b>Preferred Pharmacy:</b> _____
<b>Employer:</b> _____
<b>Employer's Phone #:</b> _____
<b>Primary Care Provider (PCP):</b> _____
<b>Do you want your records sent to your PCP?</b> <input type="checkbox"/> YES <input type="checkbox"/> NO

<b>Policy Holder Info OR Responsible Party</b> <input type="checkbox"/> MYSELF <small>(If someone other than patient is responsible for the bill we will need the following)</small>
<b>Relationship to Patient:</b> <input type="checkbox"/> Spouse <input type="checkbox"/> Parent <input type="checkbox"/> Other
<b>Name:</b> _____
<b>Date of Birth:</b> _____
Address: _____
City, State, & Zip: _____
Home Phone: _____
Cell Phone: _____
Employer: _____
Employer Address: _____
Social Security Number: _____
<b>NEAREST RELATIVE INFORMATION</b> <small>(This information will be used when we are unable to contact the patient.)</small>
<b>Name:</b> _____
<b>Relationship to Patient:</b> _____
<b>Phone Number:</b> _____
<b>Referred By:</b> _____

## INSURANCE INFORMATION

Please select one:  Health Insurance  Worker's Comp\*  Auto Accident\*  Self  
 \* Is this visit due to:  Injury on the job? / / date of injury  Automobile accident / / date of injury

<b>Primary Insurance:</b> _____ <b>Policy Number</b> _____
<b>Secondary Insurance:</b> _____ <b>Policy Number</b> _____

<b>Worker's Comp Insurance Company:</b> _____ <b>Claim Number</b> _____
<b>Worker's Comp Adjuster:</b> _____ <b>Phone:</b> _____

<b>Liabile Insurance Company Name:</b> _____ <b>Claim Number</b> _____
<b>Attorney:</b> _____ <b>Phone:</b> _____

**AUTHORIZATION TO RELEASE INFORMATION:** I hereby authorize the above-named agency to release any treatment information requested by attorneys, physicians, insurance companies, employers, health care providers or any other entity which may be concerned with the payment of charges incurred for the treatment services of Idaho Joint & Spine, PC and hereby authorize payment directly to Idaho Jpint & Spine, PC. I accept responsibility for payment of any charges not paid for or accepted by my insurance.

\_\_\_\_\_ Date \_\_\_\_\_ Patient (If not the patient, please indicate legal relationship)

**I have reviewed this office's NOTICE OF PRIVACY PRACTICES which explains how my medical information will be used and disclosed. I understand I am entitled to receive a copy of this document.**

\_\_\_\_\_ Date \_\_\_\_\_ Patient (If not the patient, please indicate legal relationship)

Office Use Only:  Insurance Cards Copied  ID Copied  Practice Fusion  AMD



# Idaho Joint and Spine

Dr. James Whitaker, D.O. Physical Medicine and Rehabilitation

9510 W Fairview Ave., Boise, ID 83704 (208) 322-5922 ph (844) 502-7766 fax

---

## FINANCIAL POLICIES

Thank you for choosing to involve us in your healthcare. We are committed to providing you with quality healthcare. Our practice firmly believes that a good physician/patient relationship is based upon understanding and good communication. Thus, this policy is designed to outline our financial policies. Please read it, ask any questions you may have, and sign the bottom of the form. Additional questions can be addressed to our office manager, Sarah, at (208) 322-5922 or info@idahojointandspine.com. If you would like a copy, please let us know.

- 1. Missed and Cancelled less than 24-hour appointments.** Appointments which are cancelled with less than 24-hour notification or "No Show" will be subject to a **\$40.00 fee**. We understand that situations arise in which you must cancel your appointment. It is requested that **if you must cancel your appointment you provide more than 24-hour notice**. This will enable another person who is waiting for an appointment to be scheduled in that appointment slot. The Cancellation and "No Show" fees are the sole responsibility of the patient and must be paid in full before the patient's next appointment. We understand that unavoidable circumstances may cause you to cancel within 24 hours. Fees in this instance may be waived but only with management approval. It is our policy that after three (3) "No Show" appointments or cancellations less than 24 hours during a 12-month period then we reserve the right to discharge you from our practice.
- 2. Late Arrival.** Your time is valuable. In order to respect your time and that of other patients, we ask that you **arrive 5 minutes early**. If you are more than 5 minutes late, we may not be able to keep your appointment slot and you may have to reschedule. If this happens, you may be subject to the fees. If you are regularly late to appointments then we reserve the right to discharge you from our practice.
- 3. Massage Appointments.** Massage Therapy appointments which are cancelled with less than 24-hour notification or "No Show" will be subject to a **\$40.00 fee** and fall under #1 above.
- 4. Insurance.** We participate in most insurance plans, including Medicare and Medicaid (Idaho). If you are insured by a plan we do not participate with, payment in full is expected at each visit. If you are insured by a plan we do business with but don't have an up-to-date insurance card, payment is expected in full each visit until we can verify your coverage. Knowing your insurance coverage is your responsibility. We will attempt to assist in verifying benefits and coverage, but this is not a guarantee. Please contact your insurance company with any questions you may have regarding your coverage.
- 5. Co-payments, Co-insurances, and Deductibles.** All co-payments, co-insurances, and deductible amounts must be paid at the time of service. This arrangement is part of your contract with your insurance company. Failure on our part to collect these amounts from patients can be considered fraud and violate our contracts. Please help us in upholding the law and keeping our insurance contracts by paying your portions at each visit.
- 6. Non-covered services.** Please be aware that some – and perhaps all – of the services you receive may be noncovered or not considered reasonable or necessary by your insurance company. You must pay for these services in full at the time of visit.
- 7. Proof of insurance.** All patients must complete our patient information before seeing the doctor. We must obtain a copy of your driver's license or valid legal ID and current valid insurance to provide proof of insurance. If you fail to provide us with correct information in a timely manner, you may be responsible for the balance of your claim. If the coverage you provide is not valid, you will be responsible for the balance.
- 8. Claims Submission.** We will submit your claims and assist you in any way we reasonably can to help get your claims paid. Your insurance company may need you to supply certain information directly. It is your responsibility to comply with their request. Please be aware that the balance of your claim is your responsibility whether or not your insurance company pays your claim. Your insurance benefit is a contract between you and your insurance company; we are not party to that contract.
- 9. Coverage changes.** If your insurance changes, please notify us before your next visit so we can make the appropriate changes to help you receive your maximum benefits. If your insurance company does not pay your claim in 45 days, the balance will automatically be billed to you. Please be aware that if your insurance company requires a referral to see a specialist and it is your responsibility to ensure that happens.
- 10. Nonpayment.** If your account is over 90 days past due, you will receive a letter stating that you have 20 days to pay your account in full. Partial payments will not be accepted unless otherwise negotiated. Please be aware that if a balance remains unpaid, we may refer your account to a collection agency and you and your immediate family members may be discharged from this practice. If this is to occur, you will be notified by mail that you have 30 days to find alternative medical care. During that 30-day period, our physician will only be able to treat you on an emergency basis.

**Please sign that you have read, understand and agree to this Financial Policy.**

\_\_\_\_\_  
**Patient Name (Please Print)**

\_\_\_\_\_  
**Date of birth**

\_\_\_\_\_  
**Signature of Patient or Patient Representative**

\_\_\_\_\_  
**Date**



# Idaho Joint and Spine

Dr. James Whitaker, D.O.  
Physical Medicine and Rehabilitation  
9510 W Fairview Ave., Boise, ID 83704  
(208) 322-5922 ph

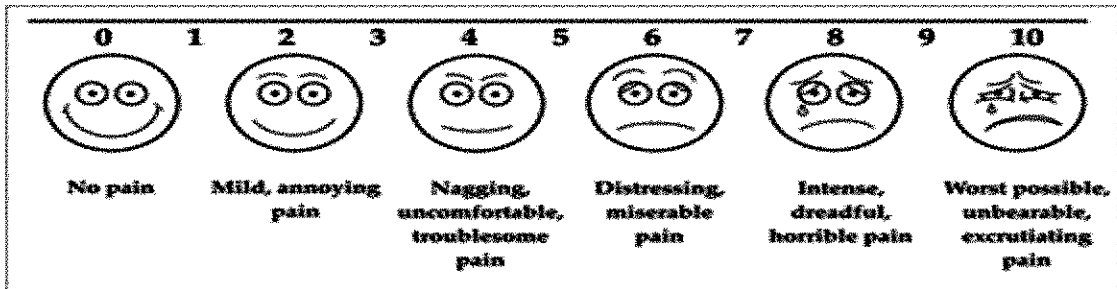
## NEW PATIENT QUESTIONNAIRE FOR HEADACHE AND MIGRAINE MANAGEMENT

Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

### CURRENT PHYSICAL STATUS

USING THE PAIN SCALE BELOW, ANSWER THE FOLLOWING QUESTIONS:



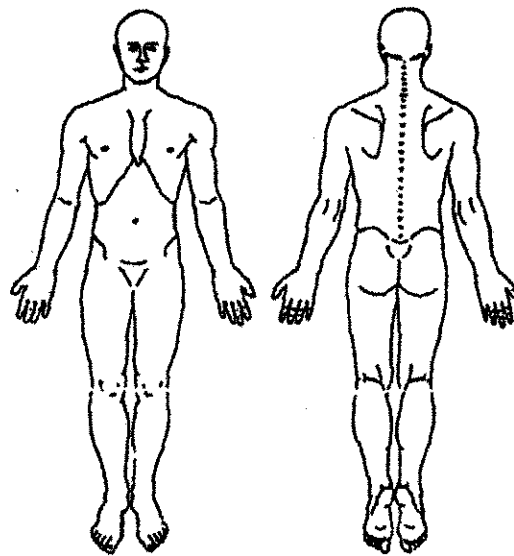
How would you rate your pain today? \_\_\_\_\_

Over the last five days, what were your pain levels?

Lowest \_\_\_\_\_ Highest \_\_\_\_\_ Average \_\_\_\_\_

Using the symbols below, mark the areas on your body where you feel the described sensation. Include all affected areas.

- Aching:  $\Delta \Delta \Delta \Delta$
- Numbness: =====
- Pins & Needles:  $\circ \circ \circ \circ \circ$
- Burning:  $X X X$
- Stabbing:  $////$
- Other: .....



Office Use Only:  
 BP: \_\_\_\_\_/\_\_\_\_\_  
 HR: \_\_\_\_\_  
 Height: \_\_\_\_\_  
 Weight: \_\_\_\_\_

Have you recently had or do you **now** have:

**NONE of the Below**

- |  |  |  |   |
|--|--|--|---|
| <input type="checkbox"/> Fever or Chills     | <input type="checkbox"/> Excessive Fatigue     | <input type="checkbox"/> Weight Gain             | <input type="checkbox"/> Weight Loss          |
| <input type="checkbox"/> Change in Vision    | <input type="checkbox"/> Eye Pain              | <input type="checkbox"/> Change in Hearing       | <input type="checkbox"/> Ear Pain             |
| <input type="checkbox"/> Snoring             | <input type="checkbox"/> Nose Bleeds           | <input type="checkbox"/> Difficulty Swallowing   | <input type="checkbox"/> Gum Trouble          |
| <input type="checkbox"/> Neck Pain           | <input type="checkbox"/> Neck Lumps            | <input type="checkbox"/> Cough                   | <input type="checkbox"/> Wheezing             |
| <input type="checkbox"/> Shortness of Breath | <input type="checkbox"/> Chest Pain            | <input type="checkbox"/> Palpitations            | <input type="checkbox"/> Abnormal Heartbeat   |
| <input type="checkbox"/> Swollen Ankles      | <input type="checkbox"/> Nausea                | <input type="checkbox"/> Vomiting                | <input type="checkbox"/> Constipation         |
| <input type="checkbox"/> Diarrhea            | <input type="checkbox"/> Loss of Bowel Control | <input type="checkbox"/> Loss of Bladder Control | <input type="checkbox"/> Difficulty Urinating |
| <input type="checkbox"/> Blood in Urine      | <input type="checkbox"/> Hives                 | <input type="checkbox"/> Rash                    | <input type="checkbox"/> Backache             |
| <input type="checkbox"/> Muscle Pain         | <input type="checkbox"/> Muscle Weakness       | <input type="checkbox"/> Knee Pain               | <input type="checkbox"/> Shoulder Pain        |
| <input type="checkbox"/> Headaches           | <input type="checkbox"/> Numbness              | <input type="checkbox"/> Tingling                | <input type="checkbox"/> Lack of Coordination |
| <input type="checkbox"/> Recent Falls        | <input type="checkbox"/> Depression            | <input type="checkbox"/> Anxiety                 | <input type="checkbox"/> Poor Sleep           |
| <input type="checkbox"/> Easy Bruising       | <input type="checkbox"/> Large Lymph Nodes     | <input type="checkbox"/> Hair Change/Loss        | <input type="checkbox"/> Increased Appetite   |

Right Handed?  or Left Handed?

Do you use any of the following?

**NONE of the Below**

- |                                      |                                       |  |
|--------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Crutches    | <input type="checkbox"/> Cane         | <input type="checkbox"/> Artificial Limb |
| <input type="checkbox"/> Walker      | <input type="checkbox"/> Brace/Splint | <input type="checkbox"/> Wheelchair      |
| <input type="checkbox"/> Other _____ |                                       |  |

Do you need assistance with any the following:

**NONE of the Below**

- |                                      |                                   |   |   |
|--------------------------------------|-----------------------------------|---|---|
| <input type="checkbox"/> Dressing    | <input type="checkbox"/> Bathing  | <input type="checkbox"/> Caring for hair  | <input type="checkbox"/> Shaving          |
| <input type="checkbox"/> Yard Work   | <input type="checkbox"/> Eating   | <input type="checkbox"/> Meal Preparation | <input type="checkbox"/> Using the toilet |
| <input type="checkbox"/> Housework   | <input type="checkbox"/> Shopping | <input type="checkbox"/> Walking          | <input type="checkbox"/> Driving a Car    |
| <input type="checkbox"/> Other _____ |                                   |   |   |

### SOCIAL HISTORY

Marital Status:  Married  Single  Separated  Divorced  Widowed

Highest Education Level? \_\_\_\_\_

Employment:  Unemployed  Employed–Part Time  Employed–Full Time  Student  Other

Current or Most Recent Employment (Company, Location, Position, How long?) \_\_\_\_\_

### HEALTH HABITS

Do you use caffeine?  Yes  No If Yes, # beverages per day? \_\_\_\_\_

Do you consume alcohol?  Yes  No If Yes, how much? \_\_\_\_\_ How often? \_\_\_\_\_

How many days per week do you exercise? \_\_\_\_\_

What kind of exercise do you typically do? \_\_\_\_\_

Do you use currently use tobacco?  Yes  No

If Yes, how many packs per day? \_\_\_\_\_ For how many years? \_\_\_\_\_

Have you ever used tobacco?  Yes  No

If Yes, when did you quit? \_\_\_\_\_

Do you or did you use illicit drugs?  Yes  No

If Yes, what type? \_\_\_\_\_ How often or When? \_\_\_\_\_

What are your hobbies and interests? \_\_\_\_\_

**MEDICAL HISTORY**

What medical conditions do you have? (Check all that apply.)

**NONE of the Below**

- Head Trauma     Diabetes     Hearing Problems     DVT
- Heart Attack     COPD     Asthma     GERD
- Arthritis     Gout     Psoriasis     Seizures
- Stroke     Depression     Thyroid Disease     Vision Problems
- Cancer     Fractures     High Blood Pressure     Kidney Problems
- Liver Problems     Osteoporosis     Pregnant (Currently)     Previous C-Section
- Sleep Apnea     Fibromyalgia     Irritable Bowel     Chronic Fatigue Syndrome

**Other:** \_\_\_\_\_

Do you have any history of abuse?     NO     YES    If yes,     Physical     Sexual     Emotional

What surgeries or hospitalizations have you had?     **NONE**

What \_\_\_\_\_ When \_\_\_\_\_  
 What \_\_\_\_\_ When \_\_\_\_\_  
 What \_\_\_\_\_ When \_\_\_\_\_

Have you had any previous injuries?     Yes     No

If YES, what was injured and when did it occur? \_\_\_\_\_

What medical problems run in your family? \_\_\_\_\_

**MEDICAL EXAMS**

Date of you last complete physical exam (month and year)? \_\_\_\_\_

Physician who performed your last complete exam? \_\_\_\_\_

Date of most recent laboratory testing (month and year)? \_\_\_\_\_

Any abnormal findings in the lab tests? (If yes, please specify) \_\_\_\_\_

**ALL CURRENT MEDICATIONS**

**NONE**

List all medications you are currently taking. List preventative medications first then abortive/acute medications. Include all over the counter supplements, and vitamins. (Write on back for more room)

*The last 2 pages of this form contain a list of common medications for your reference.*

Name of Medication	Dosage / Amount		Frequency / How Often?	Date Started	Is the med effective?	Side Effects Experienced

**ALL PAST HEADACHE MEDICATIONS**

NONE

List only medications you are no longer taking. Include all over the counter supplements, and vitamins. *The last 2 pages of this form contain a list of common medications for your reference.*

Name of Medication	Dosage / Amount	Frequency / How Often?	Date Started	Date Stopped	Reason for Discontinuation

Are you allergic to any medications?  Yes  No If yes, please list below.

Any history of substance abuse? If yes, explain: \_\_\_\_\_

**HEADACHE HISTORY**

Please mark the types of headaches you have:

Migraine  Tension  Sinus  Cluster  Menstrual  Unknown

How old were you when you first started experiencing headaches of any type? \_\_\_\_\_

How old were you when you first started experiencing bad headaches? \_\_\_\_\_

How many days per month do you get headaches of any type? \_\_\_\_\_

How many days per month do you get bad headaches (interfere with ability to do things)? \_\_\_\_\_

How many days per month do you take medication to relieve your headaches? \_\_\_\_\_

How painful do your headaches usually get? 1 (almost no pain) to 10 (worst pain imaginable) \_\_\_\_\_

Number of unscheduled visits to doctor's office for headache treatment in the *past 6 months* \_\_\_\_\_

Number of visits to the ER or Urgent Care for headache treatment in the *past 6 months* \_\_\_\_\_

Does anyone else in your family have headaches?  NO  YES If yes, who? \_\_\_\_\_

**HEADACHE TRIGGERS**

Please circle the number that represents **how often(0-100%)** each of these triggers your headaches. 0=Never 1=Occasionally (1-33% of the time) 2=Frequently (34-66%) 3=Nearly always (67-100%)

How Often	Trigger	How Often	Trigger	How Often	Trigger
0 1 2 3	Stress	0 1 2 3	Hormones	0 1 2 3	Sleep
0 1 2 3	Let-down Periods	0 1 2 3	Weather	0 1 2 3	Not Eating
0 1 2 3	Neck pain/Stiffness	0 1 2 3	Lights/Glare	0 1 2 3	Caffeine
0 1 2 3	Relationships	0 1 2 3	Perfume/Odors	0 1 2 3	Alcohol
0 1 2 3	Worry/Anxiety	0 1 2 3	Heat	0 1 2 3	MSG
0 1 2 3	Sadness/Depression	0 1 2 3	Smoke	0 1 2 3	Sweeteners
0 1 2 3	Anger/Frustration	0 1 2 3	Travel	0 1 2 3	Other Foods
0 1 2 3	Sexual Activity	0 1 2 3	Altitude	0 1 2 3	Exercise

**HEADACHE SYMPTOMS** (Please mark symptoms that typically occur just before or during a headache)

<input type="checkbox"/>	H/A lasting longer than 4 hours	<input type="checkbox"/>	Temporary paralysis	<input type="checkbox"/>	Pain when chewing
<input type="checkbox"/>	Pulsating/throbbing pain	<input type="checkbox"/>	Speech problems	<input type="checkbox"/>	Agitation/Restlessness
<input type="checkbox"/>	Pain increased with activity	<input type="checkbox"/>	Difficulty swallowing	<input type="checkbox"/>	Loss of consciousness
<input type="checkbox"/>	One-sided pain	<input type="checkbox"/>	Dizziness	<input type="checkbox"/>	Shortness of breath/chest pains
<input type="checkbox"/>	Moderate to severe pain	<input type="checkbox"/>	Ringing in ears/Ear pain	<input type="checkbox"/>	Flushing/blushing
<input type="checkbox"/>	Light sensitivity	<input type="checkbox"/>	Eyelid/Face	<input type="checkbox"/>	Chills
<input type="checkbox"/>	Sound sensitivity	<input type="checkbox"/>	Eye Irritation and/or tearing	<input type="checkbox"/>	Fever
<input type="checkbox"/>	Nausea and/or vomiting	<input type="checkbox"/>	Drooping runny nose	<input type="checkbox"/>	Excessive sweating
<input type="checkbox"/>	Vision Change Before H/A	<input type="checkbox"/>	Nasal congestion	<input type="checkbox"/>	Hallucinations
<input type="checkbox"/>	Vision Change After H/A begins	<input type="checkbox"/>	Tenderness of scalp	<input type="checkbox"/>	Diarrhea
<input type="checkbox"/>	Face numbness	<input type="checkbox"/>	Tenderness of temples	<input type="checkbox"/>	Constipation
<input type="checkbox"/>	Arm/Leg numbness	<input type="checkbox"/>	Neck/shoulder stiffness	<input type="checkbox"/>	Frequent Urination

Do you have any warning symptoms occurring before (6-48 hrs) the onset of a headache?  Yes  No

If yes, explain: \_\_\_\_\_

Any other problems that you think may be causing or intensifying your headaches? \_\_\_\_\_

**PREVIOUS TESTS FOR HEADACHE:**

Test	Yes/No	Location of Test (site, city, state)	Results of Test	Year
Neurological Consult (most recent)	_____	_____	_____	_____
Headache Specialist (most recent)	_____	_____	_____	_____
CT scan of Brain	_____	_____	_____	_____
MRI scan of Brain	_____	_____	_____	_____
MRI or CT scan of Neck	_____	_____	_____	_____
EEG (brain wave tracing)	_____	_____	_____	_____
Sinus x-ray or scan	_____	_____	_____	_____
Spinal Tap	_____	_____	_____	_____
Angiogram (arteriogram)	_____	_____	_____	_____
Transcranial Doppler	_____	_____	_____	_____
EKG (heart)	_____	_____	_____	_____
ENT (ear, nose, & throat) consult	_____	_____	_____	_____
TMJ Specialist	_____	_____	_____	_____
Allergy Testing	_____	_____	_____	_____
Other Testing: _____	_____	_____	_____	_____

### PREVIOUS TREATMENTS FOR HEADACHE

(Please note different kinds of treatments you have tried for your headaches)

Treatment	Yes/No	Who treated you? (Name of Dr, Location)	Treatments Effective?	Year(s)
Acupuncture	_____	_____	_____	_____
Chiropractics	_____	_____	_____	_____
Osteopathic Manipulation	_____	_____	_____	_____
Biofeedback/Relaxation Therapy	_____	_____	_____	_____
Psychotherapy/Counseling	_____	_____	_____	_____
Physical Therapy	_____	_____	_____	_____
Nutritional Therapy	_____	_____	_____	_____
Trigger Point Injections	_____	_____	_____	_____
Nerve Blocks	_____	_____	_____	_____
In-Patient Hospitalization (For Headaches)	_____	_____	_____	_____
Other Treatments: _____	_____	_____	_____	_____

### HEADACHE IMPACT TEST – 6

	Never	Rarely	Some Times	Very Often	Always
When you have headaches, how often is the pain severe?					
How often do headaches limit your ability to do usual daily activities including household work, work, school, or social activities?					
When you have a headache, how often do you wish you could lie down?					
In the past 4 weeks, how often have you felt too tired to work or do daily activities because of your headaches?					
In the past 4 weeks, how often have you felt fed up or irritated because of your headaches?					
In the past 4 weeks, how often did headaches limit your ability to concentrate on work or daily activities?					
	6 pts each	8 pts each	10 pts each	11 pts each	13 pts each
Total Scores:					

<b>For Office Use Only</b>	<b>Total Score:</b> _____
----------------------------	---------------------------

### HOW HEADACHES IMPACT YOUR LIFE – MIDAS

Please answer the following questions about *ALL your headaches* you have had over the last 3 months. Write the *number of days* on the line next to each question. Write "0" if you did not do the activity in the last 3 months.

1. How many days in the last 3 months did you miss work or school because of headaches? \_\_\_\_\_ days
2. How many days in the last 3 months was your productivity at work or school reduced by half or more because of your headaches? (**Do not include days you counted in question 1**). \_\_\_\_\_ days
3. How many days in the last 3 months did you not do household work because of headaches? \_\_\_\_\_ days
4. How many days in the last 3 months was your productivity in household work reduced by half or more because of your headaches? (**Do not include days you counted in question 3**). \_\_\_\_\_ days
5. How many days in the last 3 months did you miss family/social/leisure activities because of headaches? \_\_\_\_\_ days

<b>For Office Use Only</b>	<b>Total Score:</b> _____
----------------------------	---------------------------



### PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems? <i>(Please mark only one answer)</i>	Not at All (0 points)	Several Days (1 point)	More Than Half the Days (2 points)	Nearly Every Day (3 points)
Little interest or pleasure in doing things				
Feeling down, depressed, or hopeless				
Trouble falling or staying asleep, or sleeping too much				
Feeling tired or having little energy				
Poor appetite or overeating				
Feeling bad about yourself — or that you are a failure or have let yourself or your family down				
Trouble concentrating on things, such as reading the newspaper or watching television				
Moving or speaking so slowly that other people could have noticed OR the opposite — being so fidgety or restless that you have been moving around a lot more than usual				
Thoughts that you would be better off dead or of hurting yourself in some way				
<b>Column Totals:</b>				

**For Office Use Only** | **Total Score:** \_\_\_\_\_

	Not at All (0 points)	Several Days (1 point)	More Than Half the Days (2 points)	Nearly Every Day (3 points)
If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?				

### GENERALIZED ANXIETY DISORDER 7-ITEM (GAD-7) SCALE

Over the last 2 weeks, how often have you been bothered by any of the following problems? <i>(Please mark only one answer)</i>	Not at All (0 points)	Several Days (1 point)	More Than Half the Days (2 points)	Nearly Every Day (3 points)
1. Feeling nervous, anxious, or on the edge				
2. Not being able to stop or control worrying				
3. Worrying too much about different things				
4. Trouble relaxing				
5. Being so restless that it's hard to sit still				
6. Becoming easily annoyed or irritable				
7. Feeling afraid as if something awful might happen				
<b>Column Totals:</b>				

**For Office Use Only** | **Total Score:** \_\_\_\_\_

	Not at All (0 points)	Several Days (1 point)	More Than Half the Days (2 points)	Nearly Every Day (3 points)
If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?				

**AMOUNT OF SLEEP**

On work/school days I usually go to bed at \_\_\_\_\_ am/pm    On my days off I usually go to bed at \_\_\_\_\_ am/pm  
On work/school days I usually get up at \_\_\_\_\_ am/pm    On my days off I usually get up at \_\_\_\_\_ am/pm  
On work/school days I usually sleep \_\_\_\_\_ hours    On my days off I usually sleep \_\_\_\_\_ hours

**EPSWORTH SLEEPINESS SCALE**

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? *This refers to your usual way of life in recent times. (Even if you have not done some of these things recently, try to work out how they would have affected you.) Use the following scale to choose the most appropriate number for each situation:*

	Would Never Doze (0 pt)	Slight Chance of Dozing (1 pt)	Moderate Chance of Dozing (2 pt)	High Chance of Dozing (3 pt)
1. Sitting and Reading	_____	_____	_____	_____
2. Watching TV	_____	_____	_____	_____
3. Sitting inactive in a public place	_____	_____	_____	_____
4. As a passenger in a car for an hour without a break (e.g., theatre)	_____	_____	_____	_____
5. Lying down to rest in the afternoon (when circumstances permit)	_____	_____	_____	_____
6. Sitting and talking with someone	_____	_____	_____	_____
7. Sitting quietly after lunch without alcohol	_____	_____	_____	_____
8. In a car, while stopped for a few minutes in traffic	_____	_____	_____	_____

**For Office Use Only**    **Total Score:** \_\_\_\_\_

**THOUGHTS/COMMENTS YOU FEEL ARE IMPORTANT REGARDING YOUR HEADACHES:**

**\* I attest that this information is true and accurate to the best of my knowledge.**

**PATIENT SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**DOCTOR SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

***(The last two pages of this form are for reference only to fill out the medications portion.)***

## Medication List to Help With Your History

### Blood Pressure Medicines

<u>Beta Blockers</u>	
Atenolol	Tenormin
Labetalol	Trandate
Metoprolol	Lopressor, Toprol
Nadolol	Corgard
Propranolol	Inderal, InnoPran
Timolol	Blocadren

### Calcium Channel Blockers

Amlodipine	Norvasc
Diltiazem	Cardizem
Flunarizine	Sibelium
Nicardipine	Cardene
Nifedipine	Procardia, Adalat
Nimodipine	Nimotop
Verapamil	Calan, Isoptin

### ACE-inhibitors

Captopril	Capoten
Enalapril	Vasotec
Lisinopril	Zestril, Prinivil
Quinapril	Accupril
Trandolapril	Tarka
Benzapril	Lotensin

### ARBs

Candesartan	Atacand
Irbesartan	Avapro
Olmosartan	Benicar
Losartan	Cozaar
Telmisartan	Micardis

### Alpha-adrenergic inhibitors

Clonidine	Catapres
Doxazosin	Cardura

### **Diuretics**

Acetazolamide	Diamox
Furosemide	Lasix
Hydrochlorothiazide	
Triamterene/HCTZ	Dyazide

### **Antidepressants**

#### Tricyclics

Amitriptyline	Elavil
Nortriptyline	Pamelor
Desipramine	Norpramin
Imipramine	Tofranil
Protriptyline	Vivactil
Doxepin	Sinequan
Clomipramine	Anafranil

#### SSRI's

Citalopram	Celexa
Escitalopram	Lexapro
Fluoxetine	Prozac
Paroxetine	Paxil

Sertraline

Zoloft

#### SNRI's

Duloxetine	Cymbalta
Venlafaxine	Effexor, Pristiq
Milnacipan	Savella

#### Atypical antidepressants

Bupropion	Wellbutrin
Trazodone	Deseryl
Mirtazapine	Remeron
Nefazodone	Serzone

#### Other psych meds

Clozapine	Clozaril
Ziprasidone	Geodon
Risperidone	Resperdal
Quetiapine	Seroquel
Olanzapine	Zyprexa
Aripipazole	Abilify

#### MAO inhibitors

Isocarboxazid	Marplan
Phenelzine	Nardil
Tranylcypromine	Pamate

### **Anti-Anxiety**

Alprazolam	Xanax
Oxazepam	Serax
Lorazepam	Ativan
Clonazepam	Klonopin
Diazepam	Valium
Clorazepate	Tranxene
Buspirone	Buspar

### **Sleeping Aids**

Zolpidem	Ambien
Ramelteon	Remeron
Zaleplon	Sonata
Eszopiclone	Lunesta
Hydoxyzine	Atarax, Vistaril
Ramelteon	Rozerem

### **COX-2 Inhibitors**

Celecoxib	Celebrex
Rofecoxib	Vioxx
Valdecoxib	Bextra

### **NSAIDs**

Aspirin	
Diclofenac	Voltaren
Difunisal	Dolobid
Etodolac	Lodine
Fenoprofen	Nalfon
Flurbiprofen	Ansaid
Ibuprofen	Advil, Motrin

Indomethacin	Indocin
Ketoprofen	Orudis
Ketoralac	Toradol
Meclofenamate	Meclomen
Nabumetone	Relafen
Naproxen	Aleve, Anaprox
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinioril
Meloxicam	Mobic

Phenobarb/Belladonna	Bellergal
----------------------	-----------

**Muscle Relaxants**

Baclofen	Lioresal
Carisprodol	Soma
Cyclobenzaprine	Flexeril
Methocarbamol	Robaxin
Orphenadrine	Norflex, Norgesic
Tizanidine	Zanaflex
Metaxalone	Skelexin

**Anti-Seizure / Anti-Convulsant**

Carbamazepine	Tegretol
Clonazepam	Klonopin
Phenytoin	Dilantin
Divalproex	Depakote
Gabapentin	Neurontin
Topiramate	Topamax
Zonesimide	Zonegran
Levetiracetam	Keppra
Lamotrigine	Lamictal
Tiagabine	Gabatril
Pregabalin	Lyrica
Oxcarbazepine	Trileptal

**Narcotic / Opioid Analgesics**

Butorphanol	Stadol NS
Fentanyl	Duragesic, Actiq
Fioricet/Fiorinal with Codeine	
Oxycodone	Percocet, Tylox
Hydrocodone	Lortab, Vicodin
Codeine	Tylenol #3
Oxycontin	
Morphine	
Tramadol	Ultram, Ultracet
Meperidine	Demerol
Hydromorphone	Dilaudid
Propoxyphene	Darvocet
Methadone	

**Stimulant / Anti-Manic**

Dextroamphetamine	Dexedrine
Methylphenidate	Ritalin, Concerta
Amphetamine	Adderall
Permoline	Cylert
Atomoxetine	Strattera
Lithium	Lithobid, Eskalith

**Analgesics**

Butalbital/Aspirin	Fiorinal
Butalbital/Tylenol	Fioricet, Esgic
Aspirin/Acetaminophen/Caffeine (Excedrin)	
Lidocaine	Lidoderm patch
Lidocaine	nasal spray
Isometheptane	Midrin

**Triptans**

Almotriptan	Axert
Eletriptan	Relpax
Frovatriptan	Frova
Naratriptan	Amerge
Rizatriptan	Maxalt
Sumatriptan	Imitrex
Zolmitriptan	Zomig

**Anti-Ulcer**

Lansoprazole	Prevacid
Omeprazole	Prilosec
Pantoprazole	Protonix
Esomeprazole	Nexium
Rebeprazole	Aciphex
Ranitidine	Zantac

**Ergots**

Bromocriptine	Parlodel
Dihydroergotamine NS	DHE-45, Migranal
Ergonovine	Ergotrate
Ergotamine	Cafergot
Methylergonovine	Methergine
Methysergide	Sansert

**Anti-Nausea**

Metoclopramide	Reglan
Prochlorperazine	Compazine
Promethazine	Phenergan
Odansetron	Zofran
Trimethobenzamide	Tigan
Granisetron	Kytril