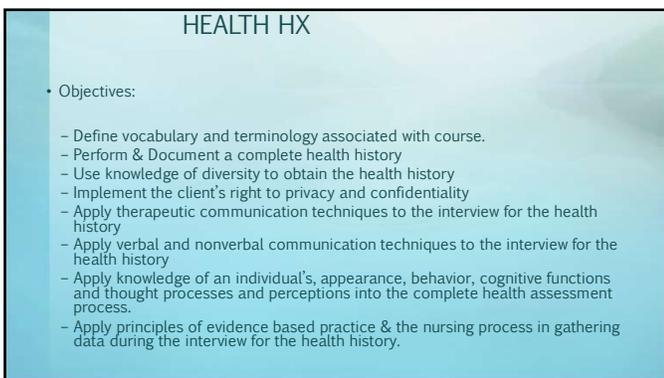
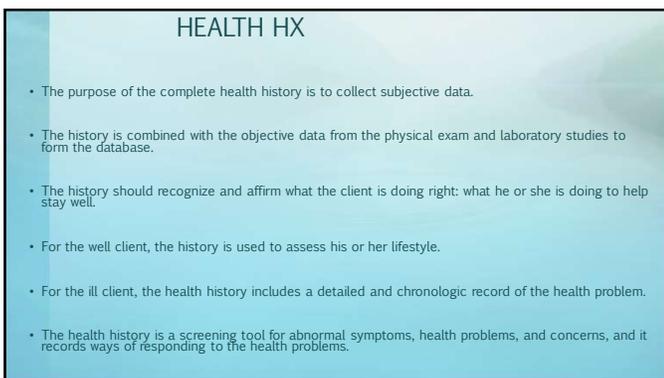


1



2



3

HEALTH HX

- Record the date and time of the interview
- Biographic Data
 - Includes the name, address and phone number, age and birth date, birthplace, gender, marital status, race, ethnic origin and occupation. Also should include the language and communication needs.
- Source of History
 - Record who furnishes the information
 - Judge how reliable the informant seems
 - A reliable person always give the same answers, even when questions are rephrased or repeated later in the interview
 - Note if the person appears well or ill

4

HEALTH HX

- Reason for Seeking Care
 - A brief statement in the client's own words that describes the reason for the visit.
 - It states at least one symptom or sign and the duration.
 - Record what the client says is the reason for seeking care, enclose it in quotation marks to indicate the clients exact word and record a time frame.
 - The most important reason may not necessarily be the one stated first. Try to focus on which is the most pressing concern.

5

HEALTH HX

- Present health or history of present illness
 - Well client-a short statement about the general state of health.
 - Ill client-this section is a chronologic record of the reason for seeking care from the time the symptoms first started until now.
 - Isolate each reason for care identified.
 - If the concern started months or years ago, record what occurred during that time and find out why the person is seeking care now.
 - Collect all the data first.
 - Final summary of any symptom the client has should include the PQRST of the symptom

6

HEALTH HX

- Past Health
- Past health events may have residual effects on the current health state.
 - Childhood Illnesses
 - Accidents or Injuries
 - Serious or Chronic Illnesses
 - Hospitalizations
 - Operations
 - Obstetric History
 - Immunizations
 - Last Examination Date
 - Allergies
 - Current Medications

7

HEALTH HX

- Family History
 - Highlights diseases and conditions a client may be at risk for
 - May cause client to change lifestyle and do early screening
 - Draw a Genogram for at least three generations
 - Use symbols to depict the gender, relationship, and age of immediate blood relatives in at least three generations
 - Record the medical condition of each relative and other significant health data

8

HEALTH HX

- Add several questions to the Complete Health History when the person is a new immigrant such as:
 - Spiritual resources/religion
 - Past health
 - Health perception
 - Nutritional

9

Health hx

- Review of Systems
 - The purpose of this section is:
 - To evaluate the past and present health state of each body system
 - To double-check in case any significant data were omitted in the Present Illness section
 - To evaluate health promotion practices

The order of the Review of Systems is head to toe.

10

Health hx

- Review of Systems
 - General Overall Health State
 - Weight, BMI, V/S.
 - Skin
 - History of skin disease, ABCDE of a lesion, excessive dryness, moisture, pruritus, excessive bruising, rash or lesion.
 - Health Promotion
 - Hair
 - Recent loss, change in texture, nails, change in shape, color or brittleness.
 - Health Promotion
 - Head
 - Headaches, head injuries, dizziness, or vertigo
 - Eyes
 - Difficult with vision, glasses, redness or swelling, watering, discharge, glaucoma, cataracts
 - Health Promotion
 - Ears
 - Earaches, infections, discharge and its characteristics, tinnitus or vertigo
 - Health Promotion

11

Health hx

- Nose and Sinuses
 - Discharge and its characteristics, frequent or severe colds, sinus pain, nosebleeds, allergies, change in sense of smell
 - Health Promotion
- Mouth and Throat
 - Pain, frequent sore throats, bleeding gums, toothache, lesions, dysphagia, hoarseness.
 - Health Promotion
- Neck
 - Pain, limitation of motion, lumps or swelling, enlarged or tender nodes, goiter
- Breast
 - Pain, lump, nipple discharge, rash, history of breast disease, any surgery
 - Health Promotion
- Axilla
 - Tenderness, lump or swelling, rash

12

Health hx

- Respiratory System
 - History of lung disease, chest pain, wheezing, noisy breathing, shortness of breath, cough, sputum
 - Health Promotion
- Cardiovascular
 - Chest pain, pressure, tightness or fullness, palpitations, cyanosis, dyspnea, orthopnea, nocturia, edema, history heart murmur
 - Health Promotion
- Peripheral vascular
 - Coldness, numbness and tingling, swelling of legs, discoloration in hands or feet, varicose veins or complications, intermittent claudication
 - Health Promotion
- Gastrointestinal
 - Appetite, food intolerance, dysphagia, heartburn, indigestion, pain, frequency of BM, constipation
 - Health Promotion
- Urinary System
 - Frequency, urgency, nocturia, dysuria, polyuria, oliguria, hesitancy or straining
 - Health Promotion
- Male Genital System
 - Penis or testicular pain, sores or lesions, penile discharge, hernia
 - Health Promotion

13

Health hx

- Female Genital System
 - Menstrual history, vaginal itching, menopause, obstetric history
 - Health Promotion
- Sexual Health
 - Are you currently in a sexual relationship
- Musculoskeletal System
 - History of arthritis, gout, pain, stiffness, swelling, muscle cramping
 - Health Promotion
- Neurologic System
 - History of seizures, stroke, fainting, blackouts, Motor function, tics or tremors, paralysis
 - Health Promotion
- Hematologic System
 - Bleeding, excessive bruising, lymph nodes, swelling, blood transfusions
- Endocrine System
 - History of diabetes, thyroid disease, excessive sweating, nervousness

14

Health hx

- Functional Assessment
 - Measures a client's self-care ability in the areas of general physical health or absence of illness.
 - Self Esteem, Self Concept
 - Education, financial status, value-belief system
 - Activity/Exercise
 - Daily profile reflecting usual daily activities
 - Sleep/Rest
 - Sleep patterns, daytime naps, any sleep aids
 - Nutrition/Elimination
 - Record 24 hour diet recall, describe eating habits, who cooks food, how food paid for
 - Interpersonal Relationships/Resources
 - Social roles, role in family, how do you get along with others
 - Spiritual Resources
 - Use FICA assessment questions

15

Health hx

- Coping and Stress Management
 - Stress relievers,
- Personal Habits
 - Tobacco
 - How many packs/day
 - Alcohol
 - How much and how often, when was last drink
 - Illicit or Street Drugs
 - What, when, how much
- Environment/hazards
 - Housing, neighborhood, safety of area, adequate utilities, use of seat belts
- Intimate Partner Violence
 - Do you feel safe at home?
- Occupational Health
 - Ask person to describe their job

16

Health hx

- Perception of Health
 - How does the client define health?
 - How does the client view their situation now?

17

Health hx



18
