

# Patient Health Questionnaire

## PATIENT INFORMATION

Date of completion \_\_\_\_\_

Mr.    Ms.    Miss    Mrs.    Dr.

Name: \_\_\_\_\_  
First
Middle Initial
Last

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Referred by: \_\_\_\_\_  DDS    MD    ENT    DC    Other

Location and/or Phone Number of Healthcare Provider: \_\_\_\_\_

Patient Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alternate Contact Number: \_\_\_\_\_

Type of Employment: \_\_\_\_\_

Responsible Party (if different than Patient): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Family Dentist: \_\_\_\_\_ Address and/or Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Address and/or Phone: \_\_\_\_\_

Reason(s) for this appointment:    Pain    Sleep/Airway    Orthodontics    Unknown

**WHAT IS THE CHIEF COMPLAINT FOR WHICH YOU ARE SEEKING TREATMENT IN OUR OFFICE?**  
 NOTE-PLEASE IDENTIFY YOUR CHIEF COMPLAINT AS #1, LIST ALL OTHER SYMPTOMS IN PRIORITY #2-9.

	Recent	Chronic (6 mo.+)		Recent	Chronic (6 mo.+)
___ Headache pain	□	□	___ Kicking or jerking leg repeatedly	□	□
___ Ear pain	□	□	___ Swelling in ankles or feet	□	□
___ Jaw pain	□	□	___ Morning Hoarseness	□	□
___ Pain when chewing	□	□	___ Dry mouth upon waking	□	□
___ Facial pain	□	□	___ Fatigue	□	□
___ Eye pain	□	□	___ Difficulty falling asleep	□	□
___ Throat pain	□	□	___ Tossing and turning frequently	□	□
___ Neck pain	□	□	___ Repeated awakening	□	□
___ Shoulder pain	□	□	___ Feeling unrefreshed in the morning	□	□
___ Back pain	□	□	___ Significant daytime drowsiness	□	□
___ Limited ability to open mouth	□	□	___ Frequent heavy snoring	□	□
___ Jaw joint locking	□	□	___ Affects sleep of others	□	□
___ Jaw joint noises	□	□	___ Gasping when waking	□	□
___ Ear congestion	□	□	___ Told that "I stop breathing" during sleep	□	□
___ Sinus congestion	□	□	___ Night-time choking spells	□	□
___ Dizziness	□	□	___ Unable to tolerate C-Pap	□	□
___ Tinnitus (ringing in the ears)	□	□	___ Tooth grinding	□	□
___ Muscle twitching	□	□	___ Teeth crowding	□	□
___ Vision problems	□	□		□	□
___ Other: _____	□	□		□	□

Do you have concerns in any of these areas:    General Appearance    Overbite  
 Ability to Function    Smile

Other Comments: \_\_\_\_\_

Do any of the above complaints or concerns affect your daily life? \_\_\_\_\_

**WHAT ARE THE RESULTS YOU ARE SEEKING FROM TREATMENT?**

\_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ALLERGIC REACTIONS**

*Please check any and all medications or substances that have caused an allergic reaction*

- Anesthetics
- Antibiotics
- Aspirin
- Barbituates

- Codeine
- Iodine
- Latex
- Metals

- Penicillin
- Plastic
- Sedatives
- Sulfa

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

**CURRENT MEDICATIONS**

*Please list all medications you are taking and the reason you take them. Include all over-the-counter medications, vitamins, herbs, etc.*

Medication	Dosage	Reason for Taking

See attached list

**PREVIOUS TREATMENTS/MEDICATIONS FOR THE CONDITION WE ARE EVALUATING**

Treatment and/or Medication	Doctor/Provider Name	Approximate Date of Treatment

I release and give my permission for this office to request information and communicate with the providers listed above.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (if patient is a minor): \_\_\_\_\_ Date: \_\_\_\_\_

**HEALTH AND MEDICAL HISTORY**

- Yes  No Are you currently pregnant?
- Yes  No Have you sustained injury to:  Head  Neck  Face  Teeth  Other: \_\_\_\_\_
- Yes  No Do you drink 4 or more cups of coffee per day?  Yes  No Do you smoke tobacco?
- Yes  No Have you had prior orthodontic treatments?  Yes  No Consume alcohol or take sedatives
- Yes  No Trouble breathing through nose

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**HEALTH AND MEDICAL HISTORY (CONTINUED)**

*Do you have, or have you experienced any of the following:*

<input type="checkbox"/> Yes	<input type="checkbox"/> No	Heart Disorder/ Heart Attack	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Thyroid Problem
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Heart Murmur	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Tuberculosis
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Mitral Valve prolaps	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Intestinal Disorder
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Heart Pacemaker	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Nervous System Disorder
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Heart Palpitations	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Anxiety
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Heart Valve Replacement	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Skin Disorder
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Irregular Heartbeat	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Urinary Tract Disorder
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Blood Pressure <input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Chronic Fatigue
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Stroke	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Fibromyalgia
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Bleeding Easily	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Cold hands and feet
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Bruising Easily	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Depression
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Cancer of	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Difficulty concentrating
		Chemo <input type="checkbox"/> Radiation <input type="checkbox"/>	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Difficulty breathing at night for sleep
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Anemia	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Dizziness
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Asthma	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Excessive Thirst
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Birth Defects	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Fainting
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Fluid Retention
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Epilepsy	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Frequent colds/flu
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Emphysema	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Frequent cough
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Glaucoma	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Frequent ear infections
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Gastroesophpgeal Reflex (Gerd)	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Frequent sore throat
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Hemophilia	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Frequent awaking at night - number of times _____
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Hepatitis	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Hearing impairment
<input type="checkbox"/> Yes	<input type="checkbox"/> No	History of Substance Abuse	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Memory Loss
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Hypoglycemia	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Hay Fever
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Huntington's Disease	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Insomnia
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Kidney Disease	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Muscle aches
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Liver Disease	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Muscle fatigue
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Leukemia	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Muscle spasms
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Migraines	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Muscle tremors
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Meniere's Disease	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Poor circulation
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Multiple Sclerosis	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Psychiatric Care
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Muscular Dystrophy	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Recent weight gain
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Neuralgia	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Recent weight loss
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Osteoarthritis	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Sinus problems
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Osteoporosis	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Shortness of breath
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Ovarian Cyst	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Slow healing sores
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Parkinson's Disease	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Speech difficulties
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Rhuematic Fever	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Swollen, stiff or painful joints
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Rheumatoid Arthritis	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Tired muscles
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Scarlet Fever			

Additional Information \_\_\_\_\_

**SURGICAL HISTORY** *Have you had any of the following:*

<input type="checkbox"/> Yes	<input type="checkbox"/> No	General Anesthesia	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Orthognathic Surgery
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Adnoids removed	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Oral Surgery
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Tonsils removed	Removal of third molar (wisdom teeth)	<input type="checkbox"/>	Other <input type="checkbox"/>
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Jaw Joint Surgery	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Other surgery _____

*please list below*

Other types of surgery \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**CURRENT SYMPTOMS**

**Head Pain**

Location			Recent	Chronic (over 6 mo.)	Severity			Duration			Frequency		
L	R	B			Mild	Mod	Severe	Min.	Hrs.	Days	Occasional	Frequent	Constant
L <input type="checkbox"/> R <input type="checkbox"/> B <input type="checkbox"/> Frontal (Forehead)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L <input type="checkbox"/> R <input type="checkbox"/> B <input type="checkbox"/> Generalized			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L <input type="checkbox"/> R <input type="checkbox"/> B <input type="checkbox"/> Parietal (Top of head)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L <input type="checkbox"/> R <input type="checkbox"/> B <input type="checkbox"/> Occipital (Back of head)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
L <input type="checkbox"/> R <input type="checkbox"/> B <input type="checkbox"/> Temporal (Temple area)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Do you have pain or discomfort in any of the following areas? If so, please indicate the approximate date the pain began.*

**Jaw Pain**

L  R Jaw pain with opening  
 L  R Jaw pain when chewing  
 L  R Jaw pain at rest

**Jaw Joint Sounds**

L  R Jaw sounds with opening  
 L  R Jaw sounds when chewing  
 L  R Jaw sounds at rest

**Jaw Locking**

Yes  No Jaw locks closed  
 Yes  No Jaw locks open

**Jaw Joint Symptoms**

Yes  No Teeth clenching  Day  Night  
 Yes  No Teeth grinding  Day  Night

**Eye Related Conditions**

Yes  No Blurred vision  
 Yes  No Double vision  
 Yes  No Eye pain

Yes  No Pain or pressure behind the eyes  
 Yes  No Extreme sensitivity to light (photophobia)  
 Yes  No Wear of glasses or contact lenses

**Ear Related Conditions**

L  R Buzzing in the ears  
 L  R Ear congestion  
 L  R Ear pain  
 L  R Hearing loss  
 L  R Itchiness or Stuffiness in ears

L  R Pain behind the ear  
 L  R Pain in front of the ear  
 L  R Recurrent ear infections  
 L  R Ringing in the ear (Tinnitus)

**Throat Related Conditions**

Yes  No Chronic sore throat  
 Yes  No Difficulty swallowing  
 Yes  No Swollen glands

Yes  No Thyroid enlargement  
 Yes  No Tightness in throat  
 Yes  No Constant feeling of a foreign object in throat

**Neck Related Conditions**

Yes  No Limited movement of neck  
 Yes  No Neck pain

Yes  No Numbness in hands or fingers  
 Yes  No Swelling in the neck

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Shoulder Related Conditions**

Yes  No Shoulder pain  
 Yes  No Shoulder stiffness

Yes  No Tingling in hands or fingers

**Back Related Conditions**

Yes  No Back pain - lower  
 Yes  No Back pain - middle  
 Yes  No Back pain - upper

Yes  No Sciatica  
 Yes  No Scoliosis

**Mouth and Nose Related Conditions**

Yes  No Dry mouth  
 Yes  No Chronic sinusitis  
 Yes  No Frequent snoring

Yes  No Burning tongue  
 Yes  No Broken teeth  
 Yes  No Frequent biting of the cheek

**Sleep Conditions**

Sleep Positions  Side  Back  Stomach  Varies

Is it easy to fall asleep?  Yes  No  
Do you feel rested upon AM waking?  Yes  No  
Stopped breathing during sleep?  Yes  No

Average hours of sleep per night? \_\_\_\_\_  
Do you wake often during the night?  Yes  No  
Gasping or Choking during sleep?  Yes  No  
Have you ever had a Sleep Study (PSG)?  Yes  No  
Result was \_\_\_\_\_

**HISTORY OF SYMPTOMS**

On what date, or approximate date, did this condition or symptoms first occur? \_\_\_\_\_

Yes  No Does any family member have the same or similar problem? If yes, please explain. \_\_\_\_\_

Can you relate your pain or condition to a motor vehicle accident or traumatic injury? \_\_\_\_\_

If yes, please complete Trauma History Section, enclosed as a separate form.

I authorize the release of all examination findings and diagnosis, report and treatment plans, etc., to any referring or treating health care provider. I additionally authorize the release of any medical information to insurance companies, or for legal documentation to process claims. I understand that I am responsible for all charges incurred for my treatment regardless of insurance coverage.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (if patient is a minor): \_\_\_\_\_ Date: \_\_\_\_\_

# Daytime Sleepiness Evaluation

## Epworth Sleepiness Scale

The Epworth Sleepiness Scale was developed and validated by Dr. Murray Johns of Melbourne Australia. It is a simple, self-administered questionnaire –widely used by sleep professionals in quantifying the level of daytime sleepiness.

***For the following situations, answer with one of the following numbers:***

***0 - Would never doze***

***1 - slight chance of dozing***

***2 - moderate chance of dozing***

***3 - high chance of dozing***

<b>Situation</b>	<b>Score</b>
Sitting and reading	
Watching Television	
Sitting, inactive in a public place	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
<b>Total Score</b>	