

## **Complete Health History Assignment**

STUDENT NAME:

### ***Biographical Information***

- DOB: 10/06/1987
- Gender: female
- Race: Caucasian
- Ethnicity: French
- Additional (Insurance information)

### ***Source and Reliability***

- Where does the information come from
- What indicators of reliability are there

### ***Reason for Seeking Care***

- CC: headache

### ***History of Present Illness (HPI)***

- Throbbing for the past two hours, can feel pulse in temples, 4 on a scale of 1-10, started while in the student center checking her mailbox; other symptoms: thirsty; has not taken any medications

### ***Past Medical History***

- General State of Health: good
- Past illnesses: none
- Chronic Illnesses: minor scoliosis (no pain or limitations)
- Injuries and treatments: broken toe in first grade (had crutches); visited a chiropractor
- Hospitalizations: none
- Surgeries: wisdom teeth removed (Dec. 2002)
- Active/Chronic Problems: sports-induced asthma; no limitations; not being treated
- Allergies
  - Seasonal; no food allergies
  - Drugs – See medication history below: had a drug reaction to an unknown asthma medicine at age 8
- Substance use/abuse
  - No tobacco use. Drinks wine ~once/month
  - Recreational drugs: none

- Exercise: running once every 2 weeks; trying to exercise more regularly; does Yoga once every 2 weeks
- Nutrition: “neither overly unhealthy nor healthy”
- Sleep Pattern: tries for 8 hours every night; a short nap every couple days

### ***Medication History***

- Current medications: none
- Vitamins: no, feels she should
- Herbal remedies/health supplements: none
- Past medication: Albuterol, d/c'd 2 years ago
  - Dose: 1 to 2 puffs as needed
  - Reason for taking: asthma
  - Reason for d/c: no need for it;
- Past medication: Benzaclyn d/c'd six months ago
  - Dose: topical
  - Reason for taking: acne
  - Reason for d/c: trying to find something that would work better
- Past medication: another asthma medication (does not recall what)
  - Dose: 1 puff a day in season
  - Reason for taking: asthma
  - Reason for d/c: rash
- Allergies/ADR's:
  - unknown asthma drug; rash at age 8. No treatment other than stopping the drug.

### ***Health Maintenance***

- Immunizations: “up to date”
- Frequency of physicals or routine care: annually
- Gynecological exams – Frequency and last: none
- Eye: every other year
- Cholesterol: whenever she donates blood; 197-203
- Self breast and testicular exams: no
- Seat belts, bike helmets: yes, no
- Efforts to change: trying to exercise more
- Diets: no particular

### ***Environmental Health***

- Occupation: student and Resident Assistant; after-school care supervisor
- Nature of Work: 20 hours a week, variety of tasks, supervision, rule enforcement; supervise small children
- Work setting – sun, office building; residence hall; classroom, cafeteria, playground
- Exposure to hazardous materials and loud noises: no
- Hobbies: reading, spending time with people, cross stitching
- Work related symptoms: occasional headaches; no treatment
- Travel history: UK, Caribbean, throughout USA

### ***Family History (Genogram or list)***

- Health status (living, dead, ill): past 2 generations still living, except for an uncle
- Diseases: maternal grandparents diabetes, mother skin cancer, paternal grandmother breast cancer, several high cholesterol, high BP
- Hereditary and environmental factors: alcohol abuse

### ***Psychosocial and Spiritual History***

- “Tell me about yourself”: average girl, enjoy life, not suicidal, moderate amount of stress
- Upbringing: raised in a 2-parent home in a small town with 3 siblings
- Marital status, roommates: single, no longer has a roommate
- Support network, friends: good
- Perceptions of healthcare: beneficial, especially if covered by insurance
- Perceptions of and satisfaction with life: it’s good, she likes her life
- How has illness impacted life: creates the occasional discomfort
- Religious beliefs, practices: Christian (Presbyterian); attends church weekly
- Prayer or meditation: yes, small bits each week

### ***Sexual History***

- Sexual drive as an indicator of overall health: believes it is normal
- Perception of sexuality: natural aspect of personality related to attraction between the sexes; heterosexual; monogamous but not active
- Frequency and nature of sexual activity: non-existent
- Age of first experience: N/A
- Sexual problems: N/A
- STDs: N/A
- Risk behaviors: N/A
- Sexual orientation: heterosexual
- Abuse/Rape: no
- Number of pregnancies, terminations: none
- Trying to become pregnant: no
- LMP: two weeks ago
- Menopause: no

### ***Review of systems***

- Constitutional symptoms (e.g., fever, weight loss): negative
- Eyes: negative
- Ears, Nose, Mouth, Throat: negative
- Cardiovascular: negative
- Respiratory: negative except past history of asthma
- Gastrointestinal: negative
- Genitourinary: negative
- Musculoskeletal: negative
- Integumentary (skin and/or breast): negative
- Neurological: negative except headaches (see HPI above)

- Psychiatric: negative
- Endocrine: negative
- Hematologic/Lymphatic: negative except iron too low to donate blood, but still w/n healthy limits
- Allergic/Immunologic: negative except for seasonal allergies.

### **ROS specific HPI**

Seasonal allergies worse in the spring. Thinks it is from pollen. Runny nose and itchy eyes. No congestion. Lasts about two months. Occasionally takes Claritin OTC seems to help. Is worse in West Palm Beach than back home in Colorado.