Dr. Tamara Eriksen N.D.
Tailor Made Wellness Clinic
#200, 85 Cranford Way
Sherwood Park, AB T8H 0H9
Phone: 780-464-5220
Email: dr.teriksen@gmail.com

Adult Intake Form

Alberta Healthcare # (required for clinic paperwork purposes)	

Personal Information

Name	Date
Address	
City, Province	Postal Code
Phone.	OK to leave messages? ☐ Yes ☐ No
Alternate Phone:	OK to leave messages? ☐ Yes ☐ No
Birth Date:	Gender:
Marital Status:	
Email	
Occupation:	

Emergency Contact Information

Emergency Contact:	
Phone	Relationship
Medical Doctor:	
Date of last physical exam:	Tests done? ☐ Yes ☐ No

Allergies

Dr. Tamara Eriksen N.D.
Tailor Made Wellness Clinic
Phone: 780-464-5220

Adult Intake Form Continued

Medical History			
What is the main reason for your visit today?			
List in order of importance other health problems that are troubling you?			
1.		How long?	
2.		How long?	
3.		How long?	

Current Medications / Nutritional Supplements / Herbal Preparations (please list dosages)	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Sleep habits											
How many hours of sleep/night?	☐ 0 - 3	☐ 4 – 6	☐ 6 - 8	☐ 8 - 10	☐ 10+						
Difficulty falling asleep	☐					Frequent dreaming	☐				
Frequent waking in night	☐					Night sweats	☐				
Sleep during the day?	☐					Feel rested on waking?	☐				
Quality of sleep?	☐ Excellent	☐ Good	☐ Fair	☐ Poor							

Sexual/Reproductive Health										
Are you sexually active?	☐ Yes	☐ No	Sexual orientation:							
WOMEN	Age of first menses?				Date of last period?					
	Regular pap tests?	☐ Yes	☐ No	Abnormal results?						
	Changes in sexual desire?				Fertility issues?	☐ Yes	☐ No			
	# Pregnancies:	# Live births		# Miscarriages:		# Terminations:				
	Have you ever had?	☐ Hysterectomy	☐ Endometriosis	☐ Ovarian Cysts	☐ Fibroids					

Dr. Tamara Eriksen N.D.
Tailor Made Wellness Clinic
Phone: 780-464-5220

Sexual/Reproductive Health cont'd…		
MEN	Difficulty achieving erections? ☐ Yes ☐ No	Difficulty maintaining erections? ☐ Yes ☐ No
	Do you get up at night to urinate? ☐ Yes ☐ No	Frequency?
	Have you ever had a prostate exam? ☐ Yes ☐ No	

Lifestyle/Habits	
Which of the following do you currently use? (Details/Dosage/Frequency)	
☐ Alcohol	
☐ Tobacco	
☐ Coffee	
☐ Hormones	
☐ Sedatives	
☐ Antacids	
☐ Laxatives	
☐ Cortisone	
☐ Recreational Drugs _____	
Do you exercise? ☐ Yes ☐ No	How often?
What do you do?	

Past Medical History (please check all that apply) :

	Present	Past	Never		Present	Past	Never
Frequent tonsillitis	☐	☐	☐	Chronic Sinusitis	☐	☐	☐
Asthma	☐	☐	☐	Headaches	☐	☐	☐
Frequent ear infections	☐	☐	☐	Urinary Tract Infections	☐	☐	☐
Tuberculosis	☐	☐	☐	Visual problems	☐	☐	☐
Epilepsy	☐	☐	☐	Diabetes	☐	☐	☐
High Cholesterol	☐	☐	☐	Heart Attack/Stroke	☐	☐	☐

Dr. Tamara Eriksen N.D.
Tailor Made Wellness Clinic
Phone: 780-464-5220

	Present	Past	Never		Present	Past	Never
Varicose veins	☐	☐	☐	STI/STD	☐	☐	☐
Hemorrhoids	☐	☐	☐	Depression	☐	☐	☐
Rectal bleeding	☐	☐	☐	Physical abuse	☐	☐	☐
Gas/bloating	☐	☐	☐	Emotional abuse	☐	☐	☐
Acid Reflux/Heartburn	☐	☐	☐	Child abuse	☐	☐	☐
Other	☐	☐	☐	Sexual abuse	☐	☐	☐

Traumas / Surgeries / Major Illnesses

Falls / Accidents (please list with dates, if possible)

Surgeries (please list with dates, if possible)

Family History

	Mother	Father	Sibling	Grandparent	Aunt/Uncle	Other/Details
Heart Disease	☐	☐	☐	☐	☐	
Arthritis	☐	☐	☐	☐	☐	
Diabetes	☐	☐	☐	☐	☐	
High Blood Pressure	☐	☐	☐	☐	☐	
Cancer	☐	☐	☐	☐	☐	
Other	☐	☐	☐	☐	☐	

Anything else you think I should know?

Dr. Tamara Eriksen N.D.
Tailor Made Wellness Clinic
Phone: 780-464-5220

Marketing Data Collection:			
How did you hear about our clinic:	☐ Friend		
☐ Phone book	☐ Sign	☐ Other	

Please remember - *It takes time to get better.*

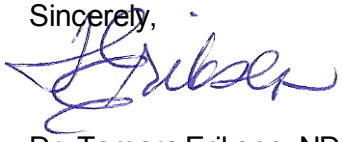
Frequently, our patients have spent many years with chronic medical problems unsolved by conventional medicine. Some are currently receiving positive and necessary treatment from one or more medical doctors or other health-care providers. Some are simply not feeling well and want to improve their general health. Whichever scenario applies to you, it is important to realize that it takes time to heal using naturopathic medical principles and techniques.

As a general rule, it takes about 2 months of treatment for every year you've experienced the condition to feel momentous improvements in your wellbeing. Certainly, our goal is for patients to be able to notice positive change within 1 – 2 visits, but this is not always realistic. We ask you to be patient as a patient! If you have concerns as to your speed of progress, please discuss them with your attending physician.

We are here to serve you!

If you have any questions or concerns regarding your treatment, please contact Dr. Eriksen via email at dr.teriksen@gmail.com.

Sincerely,



Dr. Tamara Eriksen, ND

*** * Please read and sign the consent form on the reverse of this page. * ***

Dr. Tamara Eriksen N.D.
Tailor Made Wellness Clinic
Phone: 780-464-5220

RISK DISCLOSURE

It is very important that you inform your ND immediately of any disease process that you are suffering from and any medications/over the counter drugs that you are currently taking.

Please advise your ND if you are pregnant, suspect you are pregnant or if you are breast-feeding.

As a patient you will receive information about your diagnosis and/or treatment, alternative courses of action, the material effects, costs, expected benefits, risks, side effects and in each case the consequences of not having the diagnosis and/or treatment acted upon.

There are some potential health risks associated with treatment by naturopathic medicine. These may include but are not limited to:

- Some patients experience allergic reactions to certain supplements and herbs. Please advise your ND if you have any allergies.
- Pain, bruising or injury from injections, blood draws, acupuncture or IV therapy.
- Fainting during injections, blood draws, acupuncture or IV therapy.
- Puncturing of an organ with acupuncture needles. *(EXTREMELY RARE)*
- Accidental burning or bruising of the skin from the use of moxa and/or during cupping.
- Muscle strains and sprains from spinal manipulation.

The attending ND is trained to handle emergencies should the need arise.

PERSONAL INFORMATION – PATIENT CONSENT FOR COLLECTION, USE & DISCLOSURE

We value your privacy! Dr. Eriksen and the staff at Tailor Made Wellness Clinic commit to being open and transparent about the way we handle your personal information. All staff members who come in contact with your personal information are aware of the sensitive nature of the information that you have disclosed to us. They have signed confidentiality agreements and are trained in the appropriate use and protection of your personal information.

- *We only share your information with your consent*;
- Storage, retention and destruction of your personal information complies with existing legislation, and privacy protection protocols;
- Our privacy protocols comply with privacy legislation and standards of our regulatory body, the College of Naturopathic Doctors of Alberta.

PATIENT CONSENT

I have reviewed the above information and I understand:

- ***The clinic may collect, use and disclose personal information as set out above.***
- ***The clinic does not guarantee treatment results.***
- ***My ND will explain to me the exact nature of any treatment provided, discuss side effects and possible adverse reaction and answer any questions I may have.***
- ***I am free to expressly withdraw my consent for any individual treatment and/or to discontinue treatment in full at any time.***
- ***I may, from time to time, receive emails regarding upcoming events, courses and seminars (if email address is provided on form.)***
- ***I understand that Dr. Eriksen has a 24-hour cancellation policy and the clinic reserves the right to bill for missed appointments and same-day cancellations.***

Patient's Name (print)	**Patient's Signature**	**Date**