Record Amanda Bainbridge

Client D.O.B: 25/12/1980
Created By: Auto
Business: Soma Holistic Health
Created On: 02/11/2023 12:24 pm
Activity Date: 02/11/2023 12:24 pm

Personal Details

The questionnaire requires a lot of very detailed information. This assists us to identify correlations between your symptoms so we can find the underlying cause/s of your presentations. It can look a little overwhelming but we recommend taking some time out with a cup of tea or coffee and working through the form. There is no pressure to disclose anything which makes you feel uncomfortable.

First Name
Amanda

Last Name
Bainbridge

Address
1/13 MacDonnell Road

City
Margate

State
QLD

Postcode
4019

Email
Amanda.l.Bainbridge@gmail.com

Mobile Phone

0449675005

Date of Birth
25/12/1980

Occupation
Business Analyst

What is the Main Reason/s for your Visit
General Malaise and weariness
Please list any Surgeries you have had (including year)
Please list any Medications you take regularly (if none, please write Nil)
Nil
Please list any Supplements you take regularly (if none, please write Nil)
Nil
Please list any major childhood illnesses, health conditions or accidents (if none, please write Nil)
Nil
Please list any allergies you have (including food, medications or essential oils)
Nil
Please list if there is a family history of any medical or genetic health conditions (ie. Cancer, High Blood Pressure, High Cholesterol, Parkinson's Disease, Alzheimer's Disease etc)
I think dad has high blood pressure and Leakemia
Do You Have a Pacemaker?
No

Are You Currently Pregnant?
No

Have you experienced Kinesiology before?
No

How Did You Hear About Soma Holistic Health
Friend

Emergency Contact Details
We require these details just in case you suffered a medical episode whilst under our care. The details of your Kinesiology session would not be disclosed.
Name of Person:
Andrew Hecker

Relationship
Husband

Contact Number
+61 473 234 381

General Medical History

Please select any of the below conditions / symptoms that you have experienced in the past or are experiencing now (can select multiple answers)
Tiredness / Fatigue

If you selected any of the responses above, please provide some further information ie. Year diagnosed, test results, diagnosis, treatment
In the last month, I've felt tired and fatigue. Sometimes my eyes just close and I feel myself drifting off to sleep at times when it's not ok to do so. At work, at dentist, at dinner.
Please list any other conditions or concerns not listed above
I've also lost motivation to do things. I used to be quite productive. Now I have a list of things that need to be done (just stuff like organising the garage, cleaning the spare room, fixing the garden) that I can't be bothered with.

Mental Health & Emotional Issues

Please select any of the below conditions / symptoms that you have experienced in the past or are experiencing now (can select multiple answers). If you have don't experience any mental health symptoms, please move onto the next section

Anxiety (generalised or social), Apathy, Mental or Emotional Exhaustion, Motivation (lack of), Panic Attacks

If you selected any of the responses above, please provide some further information ie. Year diagnosed, test results, diagnosis, treatment

I left Sydney a year ago due to anxiety and panic attacks which have eased since I moved here. I 'be been quite well until about 8 weeks ago, when I started crying out of the blue, which persisted, and turned into feelings of exhaustion and apathy. I've had blood tested, I don't have the results yet, but will make sure to get them before I see you.

Please list any other mental health conditions or concerns not listed above

Please select whether you are under the care of one or more of the following mental health practitioners

Digestive Issues

Please select any of the below conditions / symptoms that you have experienced in the past or are experiencing now (can select multiple answers). If you have don't experience any digestive symptoms, please move onto the next section

If you selected any of the responses above, please provide some further information ie. Year diagnosed, test results, diagnosis, treatment

Please list any other digestive conditions or concerns not listed above

Reproductive Issues (Females Only)

Please select any of the below conditions / symptoms that you have experienced in the past or are experiencing now (can select multiple answers). If you have don't experience any reproductive symptoms, please move onto the next section

If you selected any of the responses above, please provide some further information ie. Year diagnosed, test results, diagnosis, treatment

Please list any other reproductive conditions or concerns not listed above

Structural Issues

If you selected Structural Issues in the first section, please complete this page. Otherwise, scroll down to the next section.

Back Pain (please also mark on diagram below)

If you answered yes, what would you rate your back pain out of 10 (with 1 being none and 10 being excruciating)

/10

Neck Pain (please also mark on diagram below)

If you answered yes, what would you rate your neck pain out of 10 (with 1 being none and 10 being excruciating)

/10

Hip Pain (please also mark on diagram below)

If you answered yes, what would you rate your hip pain out of 10 (with 1 being none and 10 being excruciating)

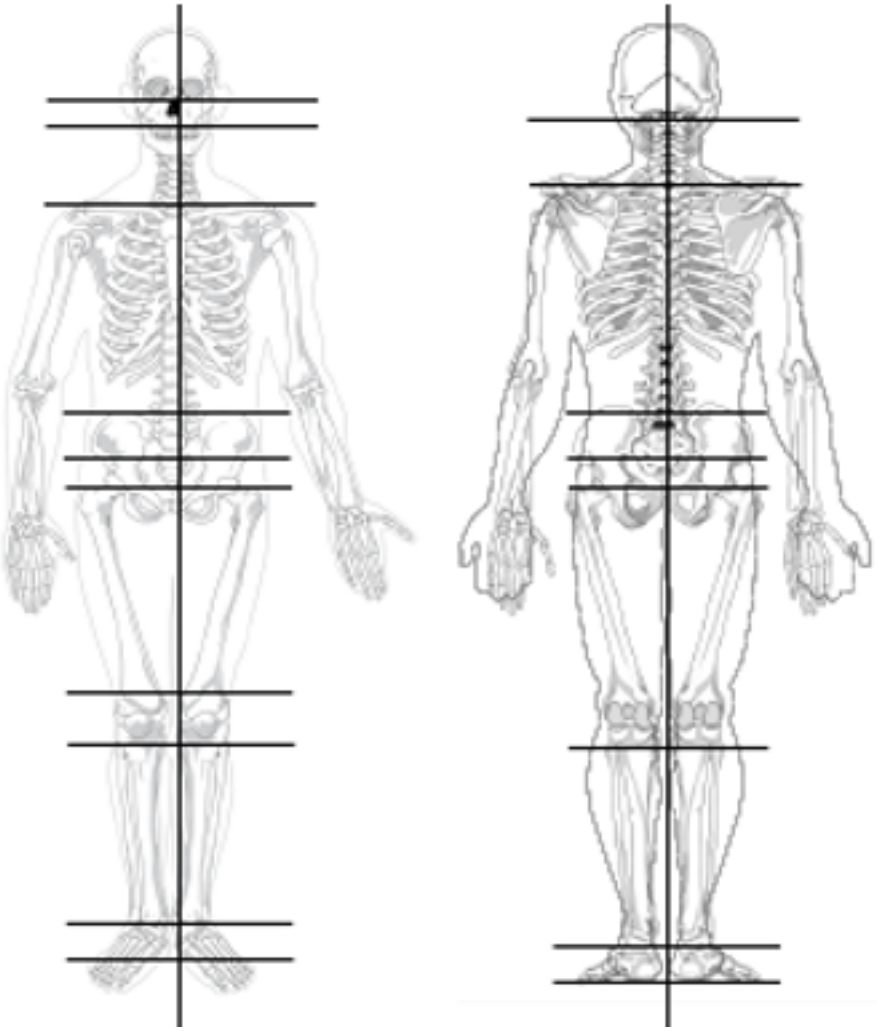
/10

Shoulder Pain (please also mark on diagram below)

If you answered yes, what would you rate your shoulder pain out of 10 (with 1 being none and 10 being excruciating)

/10

Please mark any areas that cause you pain or discomfort. You can colour the affected area or draw an arrow to the injury. You can also add text by selecting the text button and double clicking near the affected area.



Please list any events that resulted in major physical injury ie. car accidents, major falls etc.
Please list any other structural conditions or concerns not listed above

Viruses

Please select any of the below conditions / symptoms that you have experienced in the past or are experiencing now (can select multiple answers). If you have don't experience any mental health symptoms, please move onto the next section

Chicken Pox / Shingles (HHV3), Coronavirus, Herpes Virus (Cold Sores) (HHV1)

If you selected any of the responses above, please provide some further information ie. Year diagnosed, test results, diagnosis, treatment

I had a cold sore last month. I haven't had one for years. I used to get them often from stress.

Please list any other viral conditions or concerns not listed above

Diet and Nutrition

Please select any of the answers that reflects your current daily food routine (can select multiple answers)

Meat and 3 Vegetables

Do you crave sugar or sweets?

No

Do you crave salty carbs?

No

Do you smoke or vape?

No

How many standard alcoholic drinks do you consume weekly on average?
3-5

How much water do you dink daily on average?
2 litres?

Medical Reports and Tests

Please upload any relevant Medical Reports or Tests that will help us to understand your current health condition/s.

Client Consent

I give my consent for Kinesiology treatment, and understand my session is confidential. I understand that I may withdraw this consent either verbally or written at any time.
Yes

Declaration
I declare the information provided in the Client Intake Form is true and correct. To the best of my knowledge, I have disclosed all information regarding my past and present state of health. I understand it is my responsibility to inform my Kinesiologist of any changes to medication, major illnesses, or health conditions in subsequent visits. (Please refer to the Informed Consent form for detailed information relating to consent).

Name
Amanda Bainbridge

Signature