

Review of system / Stress level assessment

Name: _____ Date: _____

General	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
Feverish					
Weight gain					
Weight loss					
Swollen glands					
Night sweats					
Strong thirst					
Sweat easily					
Chills					
Hot soles & palms					
Feelings of cold					
Feelings of heat					
Easily fatigued					
Energy drops at certain time of day					

Head, Eyes, Ear, Nose and Throat	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
Headaches					
Migraines					
Facial pain					
Dizziness or vertigo					
Poor vision					
Cataracts					
Eye pain					
Spots in eyes					
Night blindness					
Color blindness					
Blurry vision					
Earaches					
Ringing in ears					
Poor hearing					
Nose bleeds					
Nasal stuffiness					
Loss of smell					
Bleeding gums					
Recurrent sore throats					
Dry throat/mouth					
Lots of saliva					
Persistent hoarseness					
Sores on lips/tongue					
Jaw clicks					
Gum problems					
Grind teeth					

Neuropsychological system	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
Seizures					
Poor memory					
Frequent headaches					
Concussion					
Easily stressed					
Depression					
Anxiety/fear					
Bad temper					
Crying spells					
Overwhelming joy					
Treated for mental problem					
Don't know how to relieve stress					
Emotionally exhausted					
Lack of happiness					
Physically exhausted					
Low self esteem					
Hopeless					
Angry					

Cardiovascular system	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
High blood pressure					
Low blood pressure					
Chest pain & tightness					
Fast heartbeat					
Slow heartbeat					
Irregular heartbeat					
Fainting					
Swelling in limbs					
Leg pain when walk					
Leg vein trouble					
Bleeding disorder					
High cholesterol					



Pulmonary system	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
Cough					
Asthma					
Tight chest					
Coughing with blood					
Shortness of breath					
Bronchitis					
Difficulty breathing					
Color of phlegm					
Catching colds & flu frequently					

Gastrointestinal system	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
Poor appetite					
Trouble swallowing					
Nausea					
Vomiting					
Belching					
Bad breath					
Bloated after meals					
Acid reflex					
Gas/cramping					
Loose stools					
Bloody stools					
Black stools					
Rectal pain					
Hemorrhoids					
Bowel movements frequency					

Hepatic and Biliary system	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
Hepatitis					
Jaundice					
Hypochondriac pain					
Gall stone					
Cholecystitis					
Cirrhosis					
Ascites					
Liver enlargement					



Genitourinary system	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
Painful urination					
Burning urination					
Difficulty urinating					
Urgent need to urinate					
Blood in urine					
Kidney stone					
Urine dark and small amount					
Edema					
Frequent urination					
Urinary incontinence					
Wakeup to urinate at night					
STD					
Prostate trouble					
Discharge from penis					
Impotence					

Skin and Hair	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
Bruise easily					
Rashes					
Hived					
Pimples					
Itching					
Dry skin or hair					
Oily skin or hair					
Loss of hair					
Recent moles					
Abnormal growths					
Sores or wounds do not heal					

Pregnancy/Gynecological system	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
Vaginal discharge					
Vaginal sores					
Breast lumps					
Nipple discharge					
Menopause					
PMS					
Fibroid					
Cysts					
# of pregnancies[]					
# of births []					
# of stillborn/abortions[]					
Birth control type					
Last PAP smear []					
Last menses []					
Period every [] days					
Period lasts [] days					
Period cycle is regular					
Flow excessive					
Small amount of flow					
Blood is dark red					
Blood is bright red					
Blood is pale red					
Clots present					
Cramping during period					

Musculoskeletal system	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
Joint pain/ stiffness					
Neck pain					
Muscle pain					
Upper back pain					
Localized weakness					
Lower back pain					
Numbness/ tingling					
Leg pain					
Pain interferes with normal daily activities					

STRESS LEVEL

WORK	RATE 1:10	FAMILY	RATE 1:10	GENERAL	RATE 1:10	FINANCIAL	RATE 1:10
Boss		In-Laws		Moving		Home	
Other Employees		Spouse		Accidents		Car	
Environment		Children		Lack of Discipline		Business	
Earnings		Parents		World Events		Investments	
Change in Duties		Close Friends		Political Issues		Loss of Money	
Too Many Responsibilities		Other Relationships		War		Loans	
Insecure Future		Not Having Children		Trust Issues			
Too Much Work		Sexual Difficulties		Not Feeling Recognized			
Lack of Work		Pregnancy		Disappointed			
Work Hours		Divorce					
Lack of Organization		Had Abortion					
Lack of Fulfillment		Lack of Intimacy and Romance					
Nature of Work		Other					