HORMONE CONSULT INTAKE FORM

Nancy Siskowic, NP, NCMP, CNS-BC
Nurse Practitioner Women's Health
Nationally Certified Menopause Practitioner (NAMS)
Psych/Mental Health Nurse Practitioner - Board Certified
Spiritual Director
36 Malaga Cove Plaza #203
Palos Verdes Estates CA, 90274
Phone: 310-872-4640 Fax: 310-375-8415
nsiskowic@gmail.com
www.nancysiskowic.com

Date: _____

Name: _____

Address: _____

City:_____ State: _____ Zip:_____

Home Phone: _____ Cell Phone: _____

Email: ax _____

Work Phone: _____ Fax: _____. _

Date of Birth: _____ Age: _____

Referred by: _____

Emergency Contact: _____Phone: _____

Primary Health Care Provider:_____

Gynecologist:_____

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Office Use only:

CPT: _____ DX: _____

Billing Dates_____

_____

HORMONE SYMPTOM CHECK LIST

Prepared by Nancy Siskowic, NP, CNS-BC
Nurse Practitioner Women's Health ~ Psychotherapist
310-872-4640 www.nancysiskowic.com Revised 3/2/19

Name _____ Age _____ Date_____

In the past month have I experienced?"	**0 = no**	**1 = some**	**2 = often**	**Is this a problem for you?**	
Hot flashes - night sweats...kicking covers off feet	0	1	2	Y	N
Sleep disturbance…frequent awakening or mind racing	0	1	2	Y	N
Fatigue, weakness	0	1	2	Y	N
Memory loss, foggy thinking.	0	1	2	Y	N
Depression, Irritability, mood swings, tension	0	1	2	Y	N
Easily tearful	0	1	2	Y	N
Wanting to be left alone…isolating behavior	0	1	2	Y	N
Anxiety, panic that comes and goes	0	1	2	Y	N
Heart palpitations, light-headed or dizzy (circle)	0	1	2	Y	N
Chest pressure or pain, shortness of breath	0	1	2	Y	N
Lost days from work	0	1	2	Y	N
Bloating, flatulence (gas)	0	1	2	Y	N
Muscle or joint aches and pains	0	1	2	Y	N
Hair loss, dry skin, nose bleeds, facial hair (circle)	0	1	2	Y	N
Skin 'crawling', sensitivity to touch, numbness	0	1	2	Y	N
Migraines (more frequent).	0	1	2	Y	N
Weight gain (esp. mid body).	0.	1.	2	Y	N
Occasional extreme breast tenderness	0	1	2	Y	N
Vaginal dryness, itching, burning	0	1	2	Y	N
Pain with intercourse	0	1	2	Y	N
Lessened sexual desire, drive, activity	0	1	2	Y	N
Difficulty achieving orgasm	0	1	2	Y	N
Frequent vaginal / urinary tract infections	0	1	2	Y	N
Leaking urine with cough, sneeze, laugh, exercise	0	1	2	Y	N
Leaking urine with strong sudden urge	0	1	2	Y	N

Which of the above is/are most problematic for you? _____

Other symptoms? _____

What is the reason for you visit?

What questions or concerns would you like addressed during your appointment?

Do you have concerns / fears about menopause / hormone therapy?

Please list any major illnesses, injuries, surgeries or hospitalizations (excluding pregnancy).

Does your medical history include any of the following (please underline all that apply)

Migraines
High Blood Pressure
Stroke
High Cholesterol
Heart Attack
Easy Bruising
Blood Clots
Anemia
Indigestion
Frequent Nausea or Vomiting
Diabetes
Thyroid
Asthma
Arthritis
Back pain
Seizures
Macular Degeneration
Cataracts

Colitis
Diarrhea
Constipation
Bloody or Black Stools
Hepatitis
Liver Disease
Gallbladder Disease
Breast Biopsies
Endometriosis
Fibroids
Teeth or Gum Problems
Frequent Falling
Losing Height
Broken Bones
Weight
Cancer
Infertility
Suicidal Thoughts

Other…

What is the date of your last…

Pap smear: _____ Any abnormal Pap tests?_____

Mammogram: _____Chemistry Panel: _____

Bone Density Test: _____Colonoscopy: _____

Family History:

Please list family member(s) who have the following…

High blood pressure	**Heart attack**
Stroke	**Blood clots**
Glaucoma	**Diabetes**
Osteoporosis	**Hip fracture**
Breast cancer	**Ovarian cancer**
Colorectal cancer	**Alzheimer's / Dementia**
Alcoholism	**Depression**

Is there anything about your family's health history that you would like to discuss?

Obstetrical and Gynecologic History:

Are you currently using birth control? _____ What method?_____

How many times have you been pregnant? _____ How many children do you have? _____

Your age at the birth of your first child: _____ At the birth of your last child: _____

Any complication during pregnancy, delivery or post partum?_____

Age at First Menstrual Period: _____

Last Menstrual Period: _____

If you are still having periods…

Are they regular? _____How many days do they last? _____

Do you have spotting or bleeding in between? _____

Has there been a recent change? Explain…

Do you have problems with PMS?

Are you currently sexually active?

Do you have concerns about your sex life?

Are you allergic to any medications? _____ If yes please list which ones and your reaction...
Do you have a peanut allergy?_____

Do you have any other allergies? _____ If yes please indicate to what, and your reaction…

Are you currently using hormone therapy for menopause?

Please list all medications and supplements (over the counter) you are currently taking…

NAME	DOSE	FREQUENCY	HOW LONG

Do you exercise?_____ How often? _____

What do you do?_____

Do you consider your diet excellent_____ good _____ fair _____ poor _____

Do you smoke cigarettes?_____ How many per day _____ Do you want to quit _____

Do you drink alcohol? _____ How many drinks each week? _____ Do you feel a need to

cut down on you drinking_____ Do you use recreational drugs?_____

Within the last year have you experienced emotional, physical or sexual abuse? _____

What are your current major stressors or life changes?_____

Any major changes in family health in the past year?_____

How do you handle stress? _____

What do you do to relax? _____

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Limits of Confidentiality Statement

Whatever we talk about, I will hold in strictest confidence. There are some legal exceptions to this:

- If you authorize a release of information with a signature.
- If your mental condition becomes an issue in a law suit.
- If you present as a physical danger to yourself (Johnson v county of Los Angeles, 1983)
- If you present as a danger to others (Tarasoff v Regents of University of California, 1967)
- If child or elder abuse and/or neglect is suspected (Welfare & Institution and/or Penal Codes)

In the latter two cases, I am required by law to inform potential victims, protective agencies, and/or legal authorities so that protective measures may be taken.

Payment for Services

Payments are due and payable at each appointment. If you plan to utilize your insurance benefits, you are responsible for obtaining prior authorization for treatment. Super bills will be provided at the end of each month for submission to your health insurance companies.

Cancellation & Missed Appointment Policy

Scheduled appointment times are reserved especially for you. If you miss or cancel an appointment with less than 24 hours notice, you will be responsible for the fee. Your insurance will not be billed for fees associated with missed or cancelled appointments.

Prescriptions and Refills

Refills can be handled by fax. Pleas allow 3 days for all refill requests. When you have a week remaining on your prescription, contact your pharmacy and request a refill. If you are not current with your appointments, refill requests may be denied.

Signature_____ **Date** _____