

Pediatric Intake Packet (6 to 12 years)

Welcome to Nourish Natural Health Clinic, LLC. In order to provide your child with the best possible care, we ask you to complete this form in its entirety. Thank you!

Patient Information

Name: _____ Date: _____
 Parent's names: _____
 Address: _____
 Telephone: (home): _____ (Parent's work): _____ (cell): _____
 Preferred number for messages and appointment reminders? _____
 Can Nourish Natural Health Clinic identify themselves when leaving a message? _____
 Is it okay to leave a message with detailed information? _____
 Parent's e-mail: _____
 Age: _____ Date of Birth: _____ Gender: F M Ethnic heritage: _____
 How did you hear about this clinic? _____
 May we thank them for the referral? yes ____ no ____
 Has any other family member been seen at my practice? _____
 Name of doctor's office/hospital/clinic where your child's health records are kept: _____

 Reason for today's visit or chief complaint: _____

Health History

Does your child have a Primary Care Provider? Y / N
 If yes, please give their name, location, and phone number: _____

 What are your child's most important health concerns?
 1. _____
 2. _____
 3. _____

Does your child have any known contagious diseases at this time? Y / N
 If yes, what? _____
 Was your child breastfed? Y / N For how long? _____
 Has your child been exposed to second hand smoke? Y / N For how long? _____

Previous Illnesses

Rheumatic fever	Y N	Mumps	Y N
Chicken Pox	Y N	Measles	Y N
Scarlet fever	Y N	Rubella	Y N



Frequent colds	Y N	Pneumonia	Y N
Ear infections	Y N	Approx. no. of times:	
Strep throat	Y N	Approx. no. of times:	
Tonsillitis	Y N	Approx. no. of times:	
Antibiotics	Y N	Approx. no. of times:	
Other: _____			

Hospitalizations, Surgery, Imaging

What hospitalizations, surgeries, X-rays, CAT scans, MRI's, EEG, EKG's, has your child had?

_____ year: _____ year: _____
 _____ year: _____ year: _____

Immunizations

Polio	Y N	Influenza	Y N
DPT	Y N	Hib	Y N
Tetanus	Y N	Hep B	Y N
Diphtheria	Y N	MMR	Y N
Pertussis	Y N	Chicken Pox	Y N
Adverse reactions?	Y N	If yes, what? _____	
Other: _____			

Family History

Does your child have a family history of any of the following conditions? (please circle and note who)

Cancer	Diabetes	Heart Disease	High Blood Pressure
Kidney Disease	Epilepsy	Arthritis	Glaucoma
Tuberculosis	Stroke	Anemia	Mental Illness
Asthma	Allergies	Osteoporosis	Eczema
IBD	Alcoholism		

Any other relevant family history? _____

Allergies

Is your child hypersensitive or allergic to....

Any drugs? _____
 Any foods? _____
 Environmental allergens/chemicals? _____

Diet

Does your child follow a specific diet? Please explain: _____



Typical Food Intake:

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages: _____

Medications

Please list **any** prescription medications, over the counter medications, vitamins, or other supplements your child is currently taking or uses frequently. Include dosages.

- 1) _____ 5) _____
- 2) _____ 6) _____
- 3) _____ 7) _____
- 4) _____ 8) _____

Habits

- | | | |
|---------------------------|-----|---------------------------------|
| Does your child watch TV? | Y N | Approx. no. of hours/day: _____ |
| Read? | Y N | Approx. no. of hours/day: _____ |
| Spend time outside daily? | Y N | |
| Eat refined sugar? | Y N | |
| Drink soda? | Y N | |

Review of Systems

Y = condition your child has now N = never had P = significant problem in the past

Mental/ Emotional			
Treated for emotional problems?	Y N P	Depression?	Y N P
Anxiety or nervousness?	Y N P	Mood swings?	Y N P
Irritability?	Y N P	Cries easily?	Y N P
Poor Concentration?	Y N P	Unusual fears?	Y N P
Hyperactivity?	Y N P	Eating Disorder?	Y N P
Sleep problems?	Y N P	Nightmares?	Y N P
Head			
Headaches?	Y N P	Head injury?	Y N P
Migraines?	Y N P	Jaw/ TMJ problems?	Y N P
Eyes			
Impaired vision?	Y N P	Glasses or contacts?	Y N P
Blurriness?	Y N P	Eye pain/ strain?	Y N P
Color blindness?	Y N P	Tearing or dryness?	Y N P
Ears			
Impaired hearing?	Y N P	ringing?	Y N P



Earaches?	Y N P	Ear infections?	Y N P
Nose and Sinuses			
Frequent colds?	Y N P	Nose bleeds?	Y N P
Sinus problems?	Y N P	Hay fever?	Y N P
Stuffiness?	Y N P	Loss of smell?	Y N P
Mouth and Throat			
Frequent sore throat?	Y N P	Dental cavities?	Y N P
Hoarseness?	Y N P	Breath odor?	Y N P
Teeth grinding?	Y N P	Canker sores?	Y N P
Neck			
Lumps in neck?	Y N P	Neck pain or stiffness ?	Y N P
Difficulty swallowing?	Y N P		
Respiratory			
Cough?	Y N P	Sputum?	Y N P
Asthma?	Y N P	Wheezing?	Y N P
Bronchitis?	Y N P	Shortness of breath?	Y N P
Pneumonia?	Y N P		
Cardiovascular			
Heart disease?	Y N P	Congenital defect?	Y N P
Murmurs?	Y N P		
Gastrointestinal			
Change in appetite?	Y N P	Nausea?	Y N P
Vomiting?	Y N P	Stomach aches?	Y N P
Constipation?	Y N P	Diarrhea?	Y N P
Blood in stool?	Y N P	Motion/car sickness?	Y N P
Heartburn?	Y N P	# Bowel movements/day _____	
Urinary			
Increased urinary frequency?	Y N P	Bedwetting?	Y N P
Abnormal color/odor of urine?	Y N P	Frequency at night?	Y N P
Frequent urinary tract infections?	Y N P	Kidney disease?	Y N P
Male Reproductive			
Hernias?	Y N P	Testicular Masses?	Y N P
Testicular pain?	Y N P		
Female Reproductive			
Age of first menses? _____		Nipple discharge?	Y N P
Length of cycle _____ days		Vaginal pain?	Y N P
Duration of menses _____ days		Vaginal itching?	Y N P
Are cycles regular?	Y N P	Vaginal discharge?	Y N P
Clotting?	Y N P	Breast tenderness?	Y N P
Cramping?	Y N P	Breast lumps?	Y N P
Bleeding between cycles?	Y N P	Nipple discharge?	Y N P
Heavy or excessive flow?	Y N P		



Immune

Chronically swollen glands?	Y N P	Slow wound healing?	Y N P
High fevers?	Y N P	Night sweats?	Y N P

Endocrine

Heat or cold intolerance?	Y N P	Excessive Hunger?	Y N P
Diabetes?	Y N P	Excessive Thirst?	Y N P
Low blood sugar?	Y N P	Fatigue?	Y N P

Musculoskeletal

Joint pain or stiffness?	Y N P	Muscle spasms or cramps?	Y N P
Broken bones?	Y N P		

Neurological

Seizures?	Y N P	Vertigo or dizziness?	Y N P
Muscle Weakness?	Y N P		

Skin

Rashes?	Y N P	Eczema?	Y N P
Acne, Boils?	Y N P	Itching?	Y N P
Color changes?	Y N P	Hives?	Y N P
Dry skin?	Y N P	Color changes?	Y N P

Blood/ Peripheral Vascular

Easy bleeding?	Y N P	Anemia?	Y N P
Easy bruising?	Y N P		

Any information about your child's health that you would like to add? _____

*Thank you. I look forward to helping your child in every way I can. If you have any questions please ask!
~ Dr. Shannon May*

Informed Consent and Request for Naturopathic Medical Care, Chinese Medicine Treatment and Acupuncture

As a patient I have the right to be informed about my health condition(s) and recommended treatment. This disclosure is to help me become better informed so that I may make the decision to give, or withhold, my consent as to whether or not to undergo care with Dr. Shannon R. May, ND, L.Ac, having had the opportunity to discuss the potential benefits, risks and hazards involved.

I, _____, hereby request and consent to examination and treatment with Naturopathic Medicine and Chinese Medicine by Dr. Shannon R. May, ND, L.Ac, and/or other licensed doctors of naturopathic medicine or licensed acupuncturists serving as backup for her, hereafter called allied health care provider. I can request that students and preceptors not be included in my evaluation and treatment.

I understand that I have the right to ask questions and discuss to my satisfaction with Dr. Shannon R. May, ND, L.Ac, and/ or with the allied health care provider providing backup:

- 1.) my suspected diagnosis(es) or condition(s)
- 2.) the nature, purpose, goals and potential benefits of the proposed care
- 3.) the inherent risks, complications, potential hazards or side effects of treatment or procedure
- 4.) the probability or likelihood of success
- 5.) reasonable available alternatives to the proposed treatment procedure
- 6.) potential consequences if treatment or advice is not followed and/ or nothing is done

I understand that a Naturopathic evaluation and treatment may include, but are not limited to:

- Physical exam (including general, musculoskeletal, EENT, heart and lung, orthopedic and neurological assessments)
- Common diagnostic procedures (pap smears, diagnostic imaging, laboratory evaluation of blood, urine, stool and saliva)
- Soft tissue and therapeutic adjustment (including therapeutic massage, deep tissue massage, neuromuscular technique, naturopathic adjustment of the spine and extremities, pregnancy massage (to relieve muscular discomfort associated with pregnancy), muscle energy technique and cranio-sacral therapy)
- Dietary advice and therapeutic nutrition (including use of foods, diet plans, nutritional supplements and intra-muscular vitamin injections)
- Botanical/ herbal medicines (prescribing of various therapeutic substances including plant, mineral, and animal materials. Substances may be given in the forms of teas, pills, creams, powders, tinctures which may contain alcohol, suppositories, topical creams, pastes, plasters, washes or other forms)
- Homeopathic remedies (highly diluted quantities of naturally occurring substances)
- Hydrotherapy (use of hot and cold water, may include transcutaneous electrode stimulation)
- Counseling (including but not limited to visualization for improved lifestyle strategies)

The scope of practice of acupuncture is outlined below. I understand that Chinese medicine and Acupuncture evaluation and treatment may include, but are not limited to:

- Acupuncture (insertion of specialized disposable stainless steel sterilized needles through the skin into underlying tissues at specific points on the bodies surface)
- Use of electrical, mechanical and magnetic devices
- Moxa (indirect or direct burning of herbal material in the form of a loosely compacted herb or stick)
- Cupping (used to relieve symptoms of pain and chest congestion in which glass cups are placed on the skin with a vacuum created by heat)



- Gua sha (rubbing on an area of the body with a blunt or round instrument)
- Dietary advice (based on traditional Chinese medicine theory)
- Herbs (use of patented herbal formulas in the form of teas, powders, tinctures, pastes, and plasters, which may be taken internally or used externally as a wash. Formulas may include shells, minerals and animal materials)

Potential risks: Pain, discomfort, blistering, minor bruising, discoloration, infections, burns, itching; loss of consciousness and deep tissue injury from needle insertions, topical procedures, heat or frictional therapies, hydrotherapies; allergic reaction to prescribed herbs, supplements, prescription medications; soft tissue or bony injury from physical manipulations; aggravation of pre-existing symptoms.

Potential benefits: Restoration of the body’s maximal and optimal functioning capacity, relief of pain and other symptoms of disease, assistance with injury and disease recovery, and prevention of disease or its progression.

Notice to pregnant women: All female patients must alert the provider if they have confirmed or suspect pregnancy as some of the therapies prescribed could present a risk to the pregnancy. Labor- stimulating techniques or any labor-inducing substances will not be used unless the treatment is specifically for the induction of labor and any treatment intended to induce labor requires a signed letter from a primary care provider authorizing or recommending such treatment.

Notice to individuals with bleeding disorders, pace makers, and/ or cancer. For your safety it is vital to alert your provider, Dr. Shannon R. May, ND, L.Ac., of these conditions. Please Initial:

____I understand that Dr. Shannon R. May, ND, L.Ac, is not licensed to prescribe any controlled substances.

____I understand that Dr. Shannon R. May, ND, L.Ac will provide the appropriate referrals to manage any prescription med needs.

____I understand the US Food and Drug Administration has not approved nutritional, herbal and homeopathic substances; however these have been used widely in Europe, China and the USA for years.

____I understand that Dr. Shannon R. May, ND, L.Ac is not a psychologist or psychiatrist. Counseling services are provided for the support of improved lifestyle strategies.

I do not expect Dr. Shannon R. May, ND, L.Ac, and/or any allied health care provider to be able to anticipate and explain all of the risks and complications, and I wish to rely on the provider to exercise all judgment during the course of the procedure based on the known facts. I also understand that it is my responsibility to request that Dr. May explain therapies and procedures to my satisfaction. I further acknowledge that no guarantee of services have been made to me concerning the results intended from any treatment provided to me. By signing below I acknowledge that I have been provided ample opportunity to read this form or that it has been read to me. I understand all of the above and give my oral and written consent to the evaluation and treatment. I intend this as a consent form to cover the entire course of treatments for my present condition and any future conditions for which I seek treatment

Printed Name of Patient _____ Signature of Patient _____

Printed Name of Guardian _____ Signature of Guardian _____

Date Signed _____

Please fill out both sides of this page.



**Notice of Privacy Practices
Nourish Natural Health Clinic, LLC**

Nourish Natural Health Clinic, LLC refers to Dr. Shannon R. May, her student preceptors and her contracted employees.

This notice describes how medical information about you may be used and disclosed; and how you can get access to this information. Please review it carefully. We are legally obligated to provide this information to you. It is subject to change and updated versions are always available from Dr. May.

Nourish Natural Health Clinic, LLC is the private medical practice of Dr. Shannon R. May. The majority of the time Dr. May is the only person with access to your medical information; however, there are a few instances in which she may share pertinent information about you for the purposes of treatment, payment or health care operations. She may disclose your health information to other health professionals, their staff or students who may consult on your treatment or the coordination of your health care.

Nourish Natural Health Clinic, LLC also uses and discloses your health information for billing and payment collection from you, an insurance company, or someone else for health care services you receive from us. We may also tell your insurance company about your proposed treatment to determine whether your plan will pay for the treatment.

We may use and disclose your health information in order to run the necessary administrative, educational, quality assurance, and business functions of Nourish Natural Health Clinic, LLC. Data about effectiveness of treatments and what services we should offer may be gathered from patient's health information. We may also use and disclose your health information to contact you regarding treatment options, products or services and for appointment reminders.

Other potential instances in which your health information could be disclosed without your explicit permission include legal obligations at the federal, state or local level to disclose to specified parties for purposes including subpoenas/ court orders, public health risks, governmental agency oversight of health care, threats to health or safety, disaster relief, national security, for identification of deceased persons, or for the purpose of organ or tissue transplantation. Military command or government authority may acquire information about veterans or members of the military. Correctional institutions may acquire information about inmates for the purpose of providing health care and safety. Information about employees can be disclosed to employers regarding worker's compensation type programs.

With some rare exceptions, you have the right to access and get a copy of any data regarding your health information from Nourish Natural Health Clinic, LLC. In the exceptional cases in which we are permitted to withhold information from you, you may ask that the denial be reviewed. You have the right to amend your health information. We will amend the information, except if it a) is not information that we created, (unless the source of the information is no longer available to make the amendment), b) is not part of the health information that we keep c) is of a type that you would not be permitted to inspect and copy; d) is already accurate and complete.

Dr. May and all associates of Nourish Natural Health Clinic, LLC seek to maintain confidentiality regarding your health information. We are happy to discuss your concerns about these matters and consider further restricting use and disclosure of your health information.

Signature _____ Date Signed _____

Printed Name Relationship to Patient _____

Please fill out both sides of this page.

NOURISH NATURAL HEALTH CLINIC FEE SCHEDULE

Payment is required at the time of service, unless previous arrangements have been made. We accept cash, checks, VISA, or Mastercard for payment.

New Adult Patient Office Visit <i>(approximately 1 1/2 hours)</i>	\$265
New Pediatric Patient Visit <i>(approximately 1 hour)</i>	\$230
Routine Return Visit <i>(approximately 60 min)</i> <i>(approximately 30 min)</i>	\$85-120 \$120 \$85
New Patient Acute Visit <i>(approximately 30 - 45 min)</i>	\$230
Return Patient Acute Visit <i>(approximately 15 – 30 min)</i>	\$60-85
Phone/Skype Consults (Same as Routine Return Visits)	\$85-120

**Phone calls and email messages regarding questions about your current treatment plan, and taking less than 10 minutes of time, are not charged.*

**Any laboratory fees, imaging fees or natural supplement items that may be recommended are not included in the office visit fee.*

Insurance Reimbursement:

Currently, insurance companies and HMO's in Minnesota do not cover naturopathic services. Flex Spending programs may allow for naturopathic health care deductions. Check with your plan administrators. We recommend that everyone ask their insurance providers to allow coverage for natural healthcare expenses.

However, insurance billing for certain lab work is possible with some insurance companies.

Cancellation Policy:

If you need to change or cancel your appointment, please give us at least 24 hours notice. Appointments that are either missed or cancelled with less than 24 hours notice (excluding emergencies) will be charged a \$85 (New Patient Visits) or \$45 (Return Visits) fee.

I have reviewed the above fees and understand that I am responsible for payment at the time of service, unless previously arranged by Dr. May. I also understand that I will be billed for phone or Skype consultations and e-mail correspondence, except those regarding questions about prescribed treatments and conditions already being treated, and lasting less than 10 minutes of time.

In addition, I understand that lab work may or may not be covered by my insurance plan and that I am responsible for payment of lab work ordered if my insurance company does not cover it. I also understand that I will be charged \$85 (New Patient Visits) \$45 (Return Visits) for appointments cancelled without 24 hours notice, except in cases of emergency.

Signed: _____ Date: _____

**E-Mail Authorization and Consent Agreement Between
Nourish Natural Health Clinic Clinician and Patient**

I have been advised that:

E-mail is never, ever appropriate for urgent or emergency problems.

E-mail is not confidential. Employers have a legal right to monitor e-mail if they choose; system operators for most e-mail systems have access to all e-mail that passes through their systems.

E-mail communications travel across the public Internet. It is not always possible to verify that e-mail is actually received, opened and read by the addressee.

There is not a way to assure the privacy of e-mail on a shared computer or e-mail account.

All e-mail correspondence will become a part of my medical record at Nourish Natural Health Clinic, LLC. It is extremely important to include my name on each and every e-mail sent to Nourish Natural Health Clinic, LLC and/or Dr. May.

Since e-mail may not be monitored while my clinician is away on business or on vacation, I will follow-up by telephone or in person if I do not receive a response within a week.

I have been provided with information about the use of Internet e-mail to communicate matters pertaining to my health and healthcare, and I understand the issues and concerns inherent in this use.

I have been provided with information about the use of Internet e-mail communications between my health provider, including information concerning my healthcare and personal medical information. I understand that I may revoke this agreement at any time by contacting my clinician. I designate that all e-mail correspondence coming from me or to me should be sent to the following Internet e-mail address: _____

E-mail address: _____

Signature: _____ Date: _____

Name: _____ DOB: _____

Printed Name of Clinician: _____

Signature of Clinician: _____