Pregnancy Confidential Intake Form

Pregnant Person's Name:_____

Estimated Due Date _____

Address_____Town_____

State_____Zip_____ Date of Birth_____ Age_____

Partner's Name: _____

Home Phones_____ _____

Work Phones_____ _____

Cells_____ _____

Emails _____ _____

Previous birth experience:

_____ _____

Childbirth class?_____

Marital/Relationship status_____Referred by_____

Delivering at Home? Hospital? _____

Midwifery/obstetric careprovider _____

Who else will be attending your birth?

Do you know the sex of your baby? Have you named your baby yet?

Was your baby conceived with fertility assistance?

Are you having any challenges with this pregnancy?

Have you considered using a doula? If so, who have you hired?

Is there anything else you would like me to know?

Client Confidentiality and Release Form

I understand this modality is not a replacement for medical care. The practitioner does not diagnose medical illness, disease or other physical or mental conditions. As such, the practitioner does not prescribe medical treatment with pharmaceuticals, nor does he/she perform spinal manipulations. The practitioner may recommend referral to a qualified health care professional for any physical or emotional conditions I may have. I have stated all my known conditions and take it upon myself to keep the therapist/practitioner updated on my health.

Confidentiality of medical and personal information obtained during the course of the practitioner's work is of the utmost importance. HIPAA regulations require all practitioners obtain a signed release form from their client *before* taking any information about them. The best way to be fully compliant is to obtain this release signature at the initial consultation. Clients should receive a copy of the form they signed (upon request), and the practitioner maintains a copy for their records

I, (name)_____

give my permission, for my practitioner to take notes including health history/ medical and /or personal information I choose to disclose to him/her.

Client Signature: _____ Date: _____

Practitioner signature_____Date:_____

Client Name:

Current issues

What pain or discomforts are you having?
_____

When did your first notice it?_____What brought it on?_____

Describe any stressors occurring at the time_____

What activities provide relief?_____what makes it worse?_____

Is this condition getting worse?_____interfere with work_____sleep_____ recreation_____

Have you had massage/bodywork before?_____ What type?_____

Medical History

Gender: Sex assigned at birth_____ Gender currently identifying as_____

Are you currently under the care of another health care provider(s)?_____Reason (s)_____
_____

Name(s) of Practitioner_____Address:_____

Phone_____email_____

An important aspect of health is mental health. Do you have a mental health therapist?

Have you been diagnosed with a mental illness?

Current Medications and /orSupplements/Remedies:_____

_____

Allergies: specify allergen and reaction:_____

Surgical History (year and type) and/or Recent Procedures:_____

_____

Hospitalizations: _____

Accidents or Traumas_____

Falls/Injuries to Sacrum/head/tailbone (describe)_____

Other:

Please review and check the following:

Headaches Type:	Past	Present	Numbness in feet or legs when sta	Past	Present
Asthma			Sore heels when walking		
Cold Hands or feet			Anxiety		
Swollen ankles			Depression		
Sinus Conditions Frequent Colds			Sleep Disturbance		
Seizures			Fainting Spells		
Low Back Pain			Muscular Tension: Location:		
Skin Disorders: Type			Varicose Veins Hemorrhoids Location		
Sciatica			Herniated/Bulging Discs		
Painful/Swollen Joints			Artifical/Missing limbs		
High or Low Blood Pressure			Contact Lenses		
Dentures/Partials			Cancer (past or current) Type		
Thyroid imbalance			Pituitary gland imbalance		
Anemia			Other		

Family History

	Still Living?	**Cause and Age of Death**	**Major Health Issues**
Mother			
Father			
Siblings			
Maternal Grandmother			
Maternal Grandfather			
Paternal Grandfather			
Paternal Grandmother			

Gastroinstestinal Health History

Describe your typical:

Breakfast:_____

Lunch:_____

Dinner:_____

Snacks:_____Water Intake(glasses/day)_____Caffeine_____

Do you have any food sensitivities or allergies?

Have you ever felt you had disordered eating or been diagnosed with disordered eating?

Do you experience bloating/gas/burps after eating?_____What foods trigger this?_____

Food Allergies?_____Describe_____

How often are your bowel movements?_____Do your stools: sink_____float_____

Constipation?_____Blood in stool ?_____Mucus in stool?_____Pain when stooling?_____

Diarrhea?_____Other?_____

Lifestyle, Emotional & Spiritual

How would you describe your sleep habits?

What is your opinion of yourself?___

Describe the most positive emotion you experience

When and Where do you experience this emotion?__

Describe the most negative emotion you experience__

When and Where do you experience this emotion?_

Describe your Spiritual and/or Religious practice:

What hobbies/ activities provide you with pleasure and accomplishment

Describe your exercise routine (type, frequency)

What changes would you like to achieve in 6 months:

One Year**:**

Do you use Tobacco?_____ Quantity_____/ppd Alcohol?_____Quantitiy_____ounces/ day

Marijuana?_____Quantity_____Other:_____ Have you been under treatment for substance use?

Have you experienced trauma? Yes___No____Describe_

Did you seek out counseling for this?

Did therapy help?

Gynecological Health History

Method of Contraception (circle) pills patch diaphragm injection condoms IUD abstinence rhythm method Fertility Awareness Other:_____Length of time using method_____Last Pap smear____Results _____

Are now or in the past experiencing Fertility Challenges? Yes___No___Describe your treatment :_____

(IUI, IVF,etc)_____

Menstrual History Review and check as indicated:

Age of Menses:_____What was this like for you?_____

Last Menstrual Period:_____Length of Menses_____

Are you trying to Conceive? Yes_____No_____ Are you Pregnant? Yes____No____Unsure____

Painful Periods	Past Present	Irregular cycles Early Late	Past Present
Heaviness in Pelvis prior to menses		Dark Thick Blood at: Beginning End Both	
Excessive Bleeding Pads per Hour		Headache or Migraine with menses	
Dizziness		Bloating	
Water Retention		Ovulation: Painful Failure to	
Endometriosis Location (if known)		Fibroids Location (if known)	
Uterine or Cervical Polyps		Uterine Infection(s)	
Vaginal Infection(s)		Cysts Location:	
Bladder Infection(s)		Urinary Incontinence	
Painful Intercourse		Vaginal Dryness	
Episodes of Amenorrhea How long?			

Rate your interest in Sex: High_____Moderate_____Low_____None_____

Do you have or ever had difficulty experiencing orgasms_____

Pregnancy History

Number of Pregnancies:_____Dates_____Miscarriage(s)_____Dates_____Termination(s)_____Dates:_____

Number of Births:_____ Dates:_____

Complications for any of the above, describe:_____

Premature Births?_____ Spotting During Pregnancy? _____Weak Newborns? _____Incompetent Cervix? _____

Describe your experience with:

Pregnancy:_____

Labor:_____

Birthing_____

Post Partum:_____

Maternal Family History of (*please circle*) Infertility Fibroids Endometriosis------PMS Menopause

Cancer(type)_____Menstrual Problems _____ Other_____

Medications your mother took when she was pregnant with you (if any)_____

Your Birth Trauma (if known) _____

What would you like me to know about your experience with pregnancy and birth?

Urological Health History

Please check the symptoms below that apply

Painful Urination	Past	Present	Urinary Retention	Past	Present
Urinary Incontinence or Dribbling			Difficult starting or holding urine stream		
Weak or Interrupted Urine flow			Blood or pus in urine		
Pain or Burning with Urination			Pelvic pressure		
Nocturnal Urination How many times?			Insatiable sex drive		
Pain in lower back, esp After intercourse			Frequent Bladder or Kidney Infections When?		

Additional Comments:

Consent for Massage Therapy

New York State Consumer Information: Who are massage therapists?

Massage therapists are licensed health professionals who apply a variety of scientifically developed massage techniques to the soft tissue of the body to improve muscle tone and circulation. Massage therapists work to enhance well-being, reduce the physical and mental effects of stress and tension, prevent disease, and restore health.

New York State Statute: § 7801. Definition of practice of massage therapy

The practice of the profession of massage therapy is defined as engaging in applying a scientific system of activity to the muscular structure of the human body by means of stroking, kneading, tapping and vibrating with the hands or vibrators for the purpose of improving muscle tone and circulation.

Massage Therapy Consent:

The client understands that . . .

- The relationship between the client and the massage therapist is a confidential one and that all information provided to the therapist is to be kept confidential.
- The massage therapist will respect the patient's/client's right to an informed and voluntary consent for the release of patient/client information.
- The massage offered is solely for therapeutic reasons and both the client and the massage therapist have the right to be free from any unwanted, harmful and/or offensive (physical or other) behavior.
- The client's body will be properly draped at all times for comfort, security and warmth. Only the body areas receiving immediate therapy will be undraped.
- The massage therapist will respect the patient's/client's right to refuse, modify or terminate treatment, regardless of prior consent for such treatment.
- The massage therapist will not cause the patient/client more pain than the patient/client is willing to accept, nor will they exert any psychological pressure to induce the patient/client to accept a level of pain higher than the patient/client has expressly agreed to experience.
- It may be necessary to obtain permission from the client's healthcare provider (primary care or other physician) to receive or continue therapy.
- The client will inform the massage therapist of any discomfort during the massage session, so that the application of pressure or strokes may be adjusted to my level of comfort.
- The client understands that massage is a touch modality and may trigger strong emotional responses in the client. The client will immediately inform the massage therapist of any emotional discomfort.
- Therapeutic massage is an ancillary treatment and is not intended as a primary medical treatment.
- The massage therapist does not diagnose conditions and I may be asked by my therapist to contact my primary care physician to receive a proper diagnosis.
- Should the client have to cancel an appointment for any reason, I agree to give the massage therapist notification at least 24 hours in advance of that appointment.
- The client freely gives permission to receive massage therapy treatment.

Client (print please): _____ Date: _____

Client (or guardian): _____(signature)

Massage therapist: _____ Date: _____

Consent Addendums:

Application of therapeutic massage techniques may be made to all areas of the body with the exception of the genital area. It is important to note that there are other areas of the body that, though they can be legitimately accessed for therapeutic reasons, may be sensitive in some manner for the client. The following consent waivers are for those regions of the body that can be, but are not considered part of a standard full-body massage therapy. The following waivers are only valid in conjunction with a properly signed "Consent for Therapy" as found on the reverse side of this document.

Consent for massage therapy to the gluteal and deep hip rotator muscle (buttock) area

This area includes the soft tissue from the gluteal cleft, moving lateral to the tensor fascia lata, superior margin is the iliac crest and the inferior margin is to the ischial tuberosity. Draping is performed to expose this area yet leave the genital area covered.

- The massage therapist has discussed with me issues involving massage therapy for the buttock and hip area to my satisfaction.
- I freely give my permission to receive massage therapy treatment to the buttock and hip area.

Client (or guardian): _____ Date: _____

Therapist: _____ Date: _____

Consent for massage therapy to the abdominal region

This area includes the soft tissue superior to an imaginary line drawn from the left AIIS to right AIIS of the client and inferior to the tissue of the female breasts and/or the fifth (5) rib. This area also includes anterior access to the psoas and iliacus muscles within the pelvic girdle.

- The massage therapist has discussed with me issues involving massage therapy for the abdominal region to my satisfaction.
- I freely give my permission to receive abdominal massage therapy.

Client (or guardian): _____ Date: _____

Therapist: _____ Date: _____

Consent for breast massage therapy (females only)

This area includes the soft tissue of the breast including extensions of breast tissue to the axilla (arm pit region), lower edge of the clavicle, sternal mid-line and the anterior edge of the latissimus dorsi. Breast massage does not include touching the nipple of the breast.
Due to the sensitive nature of breast massage, the therapist and the client each retain the right to immediately modify or terminate treatment for any reason.

- The massage therapist has provided me with written materials regarding the health benefits of therapeutic breast massage.
- The massage therapist has discussed with me issues involving breast massage therapy to my satisfaction.
- I freely give my permission to receive breast massage therapy.

Client (or guardian): _____ Date: _____

Therapist: _____ Date: _____