

CONFIDENTIAL PATIENT HISTORY FORM



SAFE, SMART, EFFECTIVE HEALTH CARE

**John Paul daSilva, RMT**

Registered Massage Therapy & Active Release Techniques  
 2325 St. John's Street  
 Port Moody, BC Canada  
 Tel: (604) 939-7556 Fax: (604) 936-0876  
**www.JPtheRMT.com**

**Name** \_\_\_\_\_ **Birthdate** \_\_\_\_\_  
 (month / day / year)

**Address** \_\_\_\_\_ **Family Doctor** \_\_\_\_\_  
 \_\_\_\_\_  
 Phone \_\_\_\_\_

**Postal Code** \_\_\_\_\_ **Referring Professional** \_\_\_\_\_  
**Phone** (home) \_\_\_\_\_  
 (cell/pager) \_\_\_\_\_  
 (work) \_\_\_\_\_  
 Phone \_\_\_\_\_

**Email** \_\_\_\_\_

**Occupation** \_\_\_\_\_

**Care Card #** \_\_\_\_\_  
**Extended Medical Insurer** \_\_\_\_\_  
**ICBC or WCB?**  No  Yes **Claim#** \_\_\_\_\_  
(if active claim, please inform RMT as you will need to fill out the related Claim Form)

**How did you hear about (Registered) Massage Therapy?** \_\_\_\_\_

**How did you hear about our clinic?** \_\_\_\_\_

**Please indicate if you believe if any of the following apply to you? (P = past C = current) Circle if necessary.**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Heart Attack                | <input type="checkbox"/> Headaches / Migraines        | <input type="checkbox"/> Joint Dislocation             |
| <input type="checkbox"/> High / Low Blood Pressure   | <input type="checkbox"/> Dizziness / Fainting         | <input type="checkbox"/> Bone Fracture                 |
| <input type="checkbox"/> Stroke or Aneurysm          | <input type="checkbox"/> Nausea                       | <input type="checkbox"/> Arthritis                     |
| <input type="checkbox"/> Pace Maker                  | <input type="checkbox"/> Spinal Injury                | <input type="checkbox"/> Osteoporosis                  |
| <input type="checkbox"/> other Heart condition       | <input type="checkbox"/> Head Injury                  | <input type="checkbox"/> Rods / Pins / Plates / Shunts |
| <input type="checkbox"/> Varicose Veins              | <input type="checkbox"/> Epilepsy / other seizures    | <input type="checkbox"/> Implants _____                |
| <input type="checkbox"/> Bruise easily               | <input type="checkbox"/> other Neurological condition | <input type="checkbox"/> Transplant _____              |
| <input type="checkbox"/> other Circulatory condition |   | <input type="checkbox"/> Corrective Lenses/Contacts    |
| <input type="checkbox"/> Diabetes                    | <input type="checkbox"/> Asthma                       | <input type="checkbox"/> Cancer _____                  |
| <input type="checkbox"/> Kidney Disease              | <input type="checkbox"/> Chronic Sinusitis            | <input type="checkbox"/> Hepatitis                     |
| <input type="checkbox"/> other Urinary condition     | <input type="checkbox"/> other Respiratory condition  | <input type="checkbox"/> HIV                           |
|  | <input type="checkbox"/> Irritable Bowel / Colitis    | <input type="checkbox"/> other Contagious condition    |
|  | <input type="checkbox"/> Digestive condition          | _____  |
|  | <input type="checkbox"/> Skin condition               |  |

**Please list any Medications you presently take:**  
 \_\_\_\_\_  
 \_\_\_\_\_

**Known Allergies** (including medications, foods, seasonal, oils and lotions, etc.)  
 \_\_\_\_\_

**Do you have any family history of medical conditions?**  Yes  No  
 Please list: \_\_\_\_\_

**Have you ever been hospitalized, had any major accidents, illnesses, or surgeries?**  Yes  No  
 Please comment: \_\_\_\_\_  
 \_\_\_\_\_

**Other therapy / treatment:** (past or present, does not have to be related to this visit)

<input type="checkbox"/> Massage Therapy	Date of last visit	_____	Location	_____
<input type="checkbox"/> Chiropractor	"	_____	"	_____
<input type="checkbox"/> Physiotherapy	"	_____	"	_____
<input type="checkbox"/> Naturopath	"	_____	"	_____
<input type="checkbox"/> Acupuncture	"	_____	"	_____
<input type="checkbox"/> Other _____	"	_____	"	_____

**List any Activities, Sports, Hobbies**  
(ie. Jogging, Hockey, Crafts, Computer, etc)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**List any NON-prescription vitamins, minerals or other supplements you are taking:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please CIRCLE the answer closest to how you PRESENTLY feel:** ( 1 = poor, 5 = excellent)

Quality of Sleep	1	2	3	4	5	Hours of sleep per night (approx.)	_____
Energy Level	1	2	3	4	5	Number of meals you regularly eat per day	_____
Eating Habits	1	2	3	4	5	Number of times you exercise per week	_____
Stress Level	1	2	3	4	5		
Exercise Habits	1	2	3	4	5		

Smoker	Yes	No	Occasional
Alcohol	Yes	No	Occasional

**Current Condition**

Please describe your current condition & symptoms: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How long have you had this condition? \_\_\_\_\_

How did it start? \_\_\_\_\_

\_\_\_\_\_

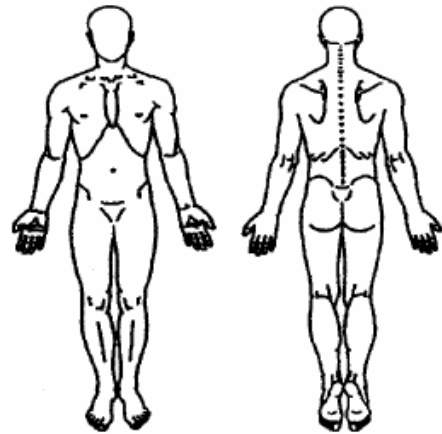
What aggravates it? \_\_\_\_\_

\_\_\_\_\_

What relieves it? \_\_\_\_\_

\_\_\_\_\_

**Please indicate on the diagram the nature of your symptoms, using the symbols indicated:**



Aching      ○ ○

Stabbing     X X X

Shooting    → →

Burning     # # #

Numbness or Tingling    ~ ~ ~

**Please Note:** Your appointment time has been reserved for you. In courtesy of your therapist & fellow patients, we ask that you provide us with 24 hours notice of cancellation, or a cancellation fee will be charged. Payment for all treatment, whether private or insured, is ultimately the responsibility of the patient.

I authorize the clinic and its associated RMTs to collect my personal and medical information as documented above in order to contact me, and give permission for the clinic to leave messages regarding appointments at any of the contact numbers I have provided above. In addition, I authorize the clinic and its associated RMTs to communicate with my referring MD as deemed necessary for my beneficial treatment. I also understand that my personal and medical information is confidential and will only be disclosed to third parties with my permission.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# Referral Information

*How did you hear about my practice?? (Please indicate all that apply)  
I would like to thank them for referring you to my practice.*

### Personal Referrals

Friend:  \_\_\_\_\_  
Colleague:  \_\_\_\_\_  
Family Member:  \_\_\_\_\_  
(Please indicate their name if they are a client of mine)

### Medical Referrals

Medical Doctor: \_\_\_\_\_  
Chiropractor: \_\_\_\_\_  
Physiotherapist: \_\_\_\_\_  
Massage Therapist: \_\_\_\_\_  
Acupuncturist: \_\_\_\_\_  
Other Health Professional: \_\_\_\_\_

### Other Referral Points

Gift Certificate (Received)      Gift Certificate (Won)  
Newport/Kula Yoga      Yellow Pages Book  
Runners Den      CanPages Book  
Curves   
Other  \_\_\_\_\_  
(Name/place of referral)

### Online/Social Media Referrals

JPtheRMT.com      YellowPages.ca  
ActiveRelease.com      CanPages.ca  
Facebook      MassageTherapy.bc.ca  
Twitter   
Other website  \_\_\_\_\_  
(Name of website)

# Patient Consent for Treatment

Any personal, medical and treatment information gathered will be kept as part of your patient file. All information within your file will be kept confidential and will not be released without your consent.

Your therapist will make every effort to ensure that your treatment is safe, effective and within your comfort level. At any time, before or during your treatment, you are encouraged to ask questions or request that any part of the treatment be omitted or discontinued. The treatment can be modified at any time to respond to your needs and comfort level.

Your input and feedback is essential in achieving the most effective treatment for you.

***Please sign below to indicate that you have read and understood the above statement, and to indicate your consent for treatment.***

Name: \_\_\_\_\_ Signature: \_\_\_\_\_  
(PLEASE PRINT) Date: \_\_\_\_\_

# Clinic Policy (Cancellations or Missed Appointments)

In consideration of your fellow patients and your therapist, please allow a minimum of **24 HOURS NOTICE** to change or cancel your appointment. You will be charged the **FULL TREATMENT COST** for late cancellations or missed appointments. Those patients who have pre-paid for their treatment are NOT EXEMPT from this policy. Charges for late cancellations or missed appointments will be deducted from your pre-paid amount

Active Release Techniques (ART) sessions are also subject to this policy

***Please sign below to indicate that you have read and understood the clinic policy stated above.***

Name: \_\_\_\_\_ Signature: \_\_\_\_\_  
(PLEASE PRINT) Date: \_\_\_\_\_