

Legal Name (First, MI, Last): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex M: \_\_\_\_\_ F: \_\_\_\_\_  
 Preferred Name (Nickname): \_\_\_\_\_ Gender you identify as: \_\_\_\_\_ Preferred pronoun: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: (home) \_\_\_\_\_ (work): \_\_\_\_\_ (cell): \_\_\_\_\_  
 Email (to enroll in Patient Ally): \_\_\_\_\_ SSN: \_\_\_\_\_  
 Pharmacy: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Marital status: \_\_\_\_\_ Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_  
 Employer Address: \_\_\_\_\_

Ethnicity: ☐ American Indian or Alaska Native ☐ Asian ☐ Black or African American Race: ☐ Hispanic or Latino  
 (Optional) ☐ Native Hawaiian or Pacific Islander ☐ White ☐ Other ☐ Non-Hispanic or Latino

Preferred Language: \_\_\_\_\_ Would you like an interpreter present at your appointments: \_\_\_\_\_

How did you hear of us? Insurance Friend/Family Walking-by Internet Events Media Other: \_\_\_\_\_

I hereby authorize The Pearl Health Center Provider(s) and Medical Staff to communicate with me regarding my medical status and/or conditions via:

☐ Telephone: Phone Number \_\_\_\_\_

\*\*Detailed Messages may be left by medical staff on the phone number listed above: Y \_\_\_\_\_ N \_\_\_\_\_

#### Emergency Contact

Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

May we release medical information to this person? Yes \_\_\_\_\_ No \_\_\_\_\_

#### INSURANCE INFORMATION

Insurance Co: \_\_\_\_\_ Member ID#: \_\_\_\_\_

Group# \_\_\_\_\_ Telephone \_\_\_\_\_

Primary Insured Name: \_\_\_\_\_ Relationship to member: \_\_\_\_\_

Primary Insured Date of Birth: \_\_\_\_\_ Primary Insured Address: \_\_\_\_\_

Please check all of the services that you are interested in:

☐ Primary Care ☐ Mental Health ☐ Weight Loss ☐ Fine Lines/Wrinkles ☐ Spider veins ☐ Massage  
☐ Chiropractic ☐ Acupuncture ☐ Naturopathic ☐ Travel Medicine ☐ Other: \_\_\_\_\_

#### LEGAL REQUIREMENT

- I authorize the Pearl Health Center to treat me. Services may include conventional, as well as complementary and alternative medicines, as indicated.
- I authorize all insurance payments to be made directly to the Pearl Health Center. I consent to the release of all information the insurance company may request for filing my claims.
- I have received and reviewed the handout called Privacy Practices Notice. I understand that I can ask for further information if needed.

#### Appointment Cancellation and Billing Policy

**We realize that emergencies occur. However, in order to help us be available to patients who would like to be seen, we request that you notify us within a minimum of 24-hours if you need to cancel or reschedule an appointment. More than two last-minute cancellations or failure to show for an appointment may result in discharge from the practice.**

☐ I have read the payment and collection policy on the back of this form and understand that I am ultimately responsible for any charges not covered by insurance.



Signature of Patient or Responsible Party \_\_\_\_\_ Date: \_\_\_\_\_

## Pearl Health Center Payment and Collection Policy

The entire team at the Pearl Health Center is focused on making your healthcare experience as successful as possible. This includes helping you understand your bill. We hope the following will help clarify the most frequently asked questions.

### Insurance Benefits

1. We are happy to bill your insurance plan for the care provided to you. We participate with most plans. As a courtesy, we typically call your insurance company to verify your benefits, deductible and copay amounts and we advise you do the same. Should your plan require a referral or authorization for a service, we will attempt to obtain it.  
***However, the benefits of your insurance is between you and your insurance company.***
2. Laboratory specimens are sent to an outside lab for processing and you may receive an additional bill from the lab. Since all charges are your responsibility to pay, we urge you to contact your plan should you have questions about your benefits or the way your insurance company may process your claim.

### Copays

Copays and/or deductibles are due at the time of service.

### No insurance?

If you do not have insurance coverage, we offer a cash-pay discount for payment in full at the time of service. Cash prices are available upon request but they are not available for all services. Keep in mind that outside lab services will be at an additional cost.

### Monthly Statements

Statements are sent monthly and we ask that you will pay any balance due within 30 days.

### Unpaid accounts

Accounts over 90 days past due without a payment plan will be entered into a collection process which may affect your credit. If you have questions or concerns about your bill please call our business office at 503-525-0090, Option 3. Monthly payment arrangements to work within your budget are available. Past due accounts must be paid in full or payment arrangements made before further care is obtained at the clinic.

Please keep us informed of any changes in your insurance plan eligibility and update us if your address or telephone number changes.

### Overpayments

Overpayments are identified periodically and refunds of amounts over \$10 occur automatically. Refunds of overpayments less than \$10 may be obtained by calling our business office.

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



**Health History** *Please take the time to fill in this information.*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Occupation: \_\_\_\_\_

How long has it been since your last medical evaluation?: \_\_\_\_\_  
Do follow any special diet? If yes, please describe: \_\_\_\_\_

Yes No

Tobacco? If yes, how much/many per day? \_\_\_\_\_

tobacco? \_\_\_\_\_

Yes No

For how many years have you used

Alcohol? If yes, how many drinks per week? \_\_\_\_\_

Yes No

Caffeinated drinks? How many per day? \_\_\_\_\_

Yes No

Regular Exercise? Please describe: \_\_\_\_\_

Please list any **allergies or sensitivities to medications**: Check here if none:

**Allergy: Type of reaction:**

_____	_____
_____	_____
_____	_____

If you have personal reasons to not receive blood products, please check here:

**Current Medications** (prescription & non-prescription, please include dose):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Herbs or Supplements**

_____	_____
_____	_____
_____	_____
_____	_____

**Please turn page over and continue**



**Immunizations:**

Date Date

Tetanus booster (every 10 yrs): \_\_\_\_\_ Pneumonia vaccine: \_\_\_\_\_ Hepatitis A vaccine: \_\_\_\_\_  
 \_\_\_\_\_ Flu vaccine: \_\_\_\_\_ Hepatitis B vaccine: \_\_\_\_\_ other: \_\_\_\_\_  
 \_\_\_\_\_ Pertussis booster: \_\_\_\_\_

**Personal Medical History:** *Please check the appropriate box*

Yes No Yes No

High blood pressure: \_\_\_\_\_ Gastrointestinal disorder: \_\_\_\_\_  
 Cholesterol problems: \_\_\_\_\_ Acid reflux: \_\_\_\_\_  
 Heart disease: \_\_\_\_\_ Stomach ulcer: \_\_\_\_\_  
 type: \_\_\_\_\_ Hepatitis: \_\_\_\_\_  
 Thyroid disorder: \_\_\_\_\_ Irritable bowel \_\_\_\_\_  
 Diabetes: type: \_\_\_\_\_ Frequent bladder infections: \_\_\_\_\_ Kidney disease: \_\_\_\_\_  
 Incontinence: \_\_\_\_\_  
 Anemia: \_\_\_\_\_ Respiratory problems: \_\_\_\_\_  
 Bleeding/clotting disorder: \_\_\_\_\_ Asthma: \_\_\_\_\_  
 Stroke: \_\_\_\_\_ Seasonal allergies: \_\_\_\_\_  
 Skin disorder: \_\_\_\_\_ Sleep problems: \_\_\_\_\_  
 type: \_\_\_\_\_ Serious infections: \_\_\_\_\_  
 Cancer: \_\_\_\_\_ Chronic pain: \_\_\_\_\_  
 type: \_\_\_\_\_ location of pain: \_\_\_\_\_

Other illnesses: \_\_\_\_\_

Please list any **surgeries**: \_\_\_\_\_

Yes No

Do you have a tendency for depression? \_\_\_\_\_

If yes, what treatment has been helpful? \_\_\_\_\_

**Family History:**

Diabetes _____	Alcoholism _____	Relationship to you _____	relationship to you _____
Depression _____	High blood pressure _____	Heart disease _____	Bleeding disorder _____
_____ High Cholesterol _____	Strokes _____	Prostate cancer _____	_____
Arthritis _____	Breast cancer _____	_____	_____
Thyroid disease _____	Other cancers _____	Osteoporosis _____	_____

Please specify any specific issues or problems you would like to address today:

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### Authorization to Communicate PHI

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Provider: \_\_\_\_\_

I hereby authorize The Pearl Health Center Provider(s) and Medical Staff to communicate with the following individual(s) regarding my medical status and/or conditions:

_____	_____	_____
Name	Relationship	Phone Number

☐ I hereby revoke this authorization on \_\_\_\_\_

_____	_____	_____
Name	Relationship	Phone Number

☐ I hereby revoke this authorization on \_\_\_\_\_

_____	_____	_____
Name	Relationship	Phone Number

☐ I hereby revoke this authorization on \_\_\_\_\_

_____	_____	_____
Name	Relationship	Phone Number

☐ I hereby revoke this authorization on \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

933 NW 25th Ave  
Portland OR, 97210  
PearlHealth.Center



Phone: 503 · 525 · 0090  
Fax: 971 · 244 · 0219

#### Privacy Policy

This notice describes how medical information about you may be used, disclosed, and how you can obtain access to the information. **PLEASE REVIEW CAREFULLY.**

#### Our Responsibility

By law we are required to safeguard your PROTECTED HEALTH INFORMATION (PHI). Your PHI includes data about your past and present health conditions, the service provided to you, and the payment for said health care. This notice advises you of your rights and explains when, why, and how we can legally release your PHI to a third party outside of our practice. We take the responsibility seriously and promise to make every effort to execute them in an efficient manner.

#### WE MAY USE AND DISCLOSE YOUR HEALTH CARE INFORMATION IN THE FOLLOWING WAYS

- **Treatment:** We may disclose your PHI to practitioners, office staff or other personnel in the clinic. We may also disclose your health care information to other providers who are involved in taking care of you and your health.
- **Payment:** We may disclose your PHI to bill and collect payment for the treatment and services we provide
- **For Health Care Operations:** We may use and disclose medical information about you for office operations. These uses and disclosures are necessary to run the office and make sure that all of our patients receive quality care. For example, we may use medical information to review our treatment and services and to evaluate the performance of our staff in caring for you. We may also combine medical information about many patients to decide what additional services we should offer, what services are not needed, and whether certain new treatments are effective. We may also disclose information to other doctors, nurse practitioners, nurses, medical assistants, technicians, and other office personnel for review and learning purposes. We may also combine the medical information we have with medical information from other offices and groups to compare how we are doing and see where we can make improvements in the care and services we offer. We may remove information that identifies you from this set of medical information so others may use it to study health care and health care delivery without learning who the specific patients are.
- **Disclosures to Business Associates:** In certain circumstances, we may need to share your medical information with a business associate (i.e., transcription company, accountant, or attorney) so it can perform a service on our behalf. We will have a written contract in place with the business associate requiring it to protect the privacy of your medical information.
- **Appointment Reminders:** We may contact you by phone or leave a message on your home phone, work phone, cell phone or email as a reminder that you/your child has an appointment scheduled for treatment or medical care at the office. Please notify us if you do not wish to be contacted for appointment reminders.
- **Treatment Alternatives/Health-Related Benefits and Services:** We may tell you about or recommend possible treatment options or alternatives or health-related benefits or services that may be of interest to you. Please notify us if you do not wish to receive communications about treatment alternatives or health-related products or services.
- **SPECIAL SITUATIONS:** We may use or disclose health information about you without your permission for the following purposes, subject to all applicable legal requirements and limitations:
- **Oregon Immunization Alert Program:** We will report your child's immunizations to the Oregon State immunization registry. Only authorized users have access to a child's immunization history.
- **Family and Friends:** We may release medical information about you to a friend or family member who is involved in your medical care if we obtain your verbal agreement to do so or if we give you an opportunity to object to such a disclosure and you do not raise an objection. We may also give information to your family or friends if we can infer from the circumstances, based on our professional judgment that you would not object. For example, we may assume you agree to our disclosure of your child's personal health information to both parents. In situations where you are not capable of giving consent (because you are not present or due to your incapacity or medical emergency), we may, using our professional judgment, determine that a disclosure to your family member or friend is in your best interest. In that situation we will disclose only health information relevant to the person's involvement in your care. In addition, we may disclose medical information about you to an entity assisting in a disaster relief effort so that your family can be notified about your condition, status and location.
- **Research and Organ/Tissue Donation:** We may use and disclose health information about you for research projects that are subject to a special approval process. We will ask you for your permission if the researcher will have access to your name, address or other information that reveals who you are, or will be involved in your care at the office. If you are an organ donor, we may release medical information to organizations that handle organ procurement or organ, eye or tissue transplantation or to an organ donation bank, as necessary to facilitate organ or tissue donation and transplantation.
- **As Required By Law or To Avert a Serious Threat to Health or Safety:** We will disclose medical information about you when required to do so by federal, state or local law; when necessary to prevent a serious threat to your health and safety or to the health and safety of the public or another person; or for public health reasons in order to prevent or control disease, injury or disability; or to report births, deaths, suspected abuse or neglect, non-accidental physical injuries, reactions to medications or problems with products.
- **Military and Veterans/Law Enforcement:** If you are a member of the armed forces, we may release medical information about you as required by military command authorities. We may also release medical information about foreign military personnel to the appropriate foreign military authority. We may release medical information if asked to do so by law

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enforcement officials in response to a court or administrative order. Subject to all applicable legal requirements, we may also disclose health information about you in response to a subpoena.

- **Workers' Compensation/Health Oversight Activities:** We may release medical information about you for workers' compensation or similar programs. These programs provide benefits for work-related injuries or illness. We may disclose medical information to a health oversight agency for activities authorized by law. These oversight activities include, for example, audits, investigations, inspections, and licensure. These activities are necessary for the government to monitor the health care system, government programs, and compliance with civil rights laws.
- **Lawsuits and Disputes:** If you are involved in a lawsuit or a dispute, we may disclose medical information about you in response to a court or administrative order. We may also disclose medical information about you in response to a subpoena.
- **Coroners, Medical Examiners and Funeral Directors:** We may release medical information to a coroner or medical examiner. This may be necessary, for example, to identify a deceased person or determine the cause of death.
- **Information Not Personally Identifiable:** We may use or disclose health information about you in a way that does not personally identify you or reveal who you are.
- **OTHER USES AND DISCLOSURES OF HEALTH INFORMATION:** We will not use or disclose your health information for any purpose other than those identified in the previous sections without your specific, written Authorization. If you give us Authorization to use or disclose health information about you, you may revoke that Authorization in writing, at any time. If you revoke your Authorization, we will no longer use or disclose information about you for the reasons covered by your written Authorization, but we cannot take back any uses or disclosures already made with your permission. Unless otherwise requested, we will send a chart summary when an Authorization is received. If we have HIV or substance abuse information about you, we cannot release that information without a special signed, written authorization (different than the Authorization mentioned above) from you. In order to disclose these types of records for purposes of treatment, payment or health care operations, we will have to have a special written authorization that complies with the law governing HIV or substance abuse records

#### Your Rights Regarding Medical Information about you

- **Right to Amend:** If you feel that medical information we have about you is incorrect or incomplete, you may ask us to amend the information. You have the right to request an amendment for as long as the information is kept by or for this office. To request an amendment, complete and submit a MEDICAL RECORD AMENDMENT/CORRECTION FORM to the Practice Manager. We may deny your request for an amendment if it is not in writing or does not include a reason to support the request. In addition, we may deny your request if you ask us to amend information that: Was not created by us, unless the person or entity that created the information is no longer available to make the amendment; Is not part of the medical information kept by or for the office; Is not part of the information which you would be permitted to inspect and copy; or Is accurate and complete.
- **Right to a Paper Copy of This Notice. You have the right to a paper copy of this notice:** You may ask us to give you a copy of this notice at any time. Even if you have agreed to receive this notice electronically, you are still entitled to a paper copy of this notice.
- **Review and Receive Copies:** You may review and/or receive copies of your PHI, such as medical records and billing data. Under certain circumstances, a summary, or explanation of your PHI may be more helpful than the actual copies. If you agree, we will provide your health care information in the form you request. We may charge for a fee for copies, summary, or explanation. In limited situations, we may deny some or all your request. If we do, we will provide our rationale in writing and offer an appeal procedure.
- **Right to Request Restrictions:** You have the right to request a restriction or limitation of the medical information that we use or disclose about you for treatment, payment or health care operations. We are not required to agree to your request except under certain limited circumstances. If you do not want the Pearl Health Center to disclose your medical information for a specific visit to a health plan and you notify the Practice Manager. This request must be in writing. We will not ask you for the reason for your request. Your request must specify how or where you wish to be contacted
- **Request accounting of disclosures:** You have the right to ask for a list of our disclosures of your PHI
- **Receive confidential communication by alternative means or at a secondary location:** We will accommodate any reasonable request to use alternative means of communication or use a secondary address

If you have any questions about this notice or if you are concerned that your privacy has been violated, Please contact our Practice Manager at (503) 525-0090.

Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **Physician and Patient/Family Bill of Rights and Responsibilities**

The Pearl Health Center believes your health care is based on a partnership between the patient, providers and office staff. The partnership is designed to facilitate informed decision-making.

### **You have the Right to:**

1. Expect privacy and respect while you receive your health care.
2. Always receive polite and respectful care.
3. Receive health care that is based on standards and guidelines.
4. Expect timely and reasonable answers to your questions.
5. Be seen within reasonable time.
6. Know who is in charge of approving and administering your procedures or treatment.
7. Know what services are available to help you.
8. Be given care that is sensitive to one's developmental needs.
9. Have access to your medical records based on state and federal laws.
10. Be told of medical choices for care or treatment.
11. Refuse treatment, except that written by law, and to be told of the effects of your choice.
12. Receive access to medical treatment no matter your race, sex, creed, sexual orientation, nationality, religion, disability or source of payment.
13. Practice your cultural values and spiritual beliefs as long as they do not interfere with the well-being of others or are within the limits of the law.
14. A copy of your bill and explanation of charges upon request.
15. Participate in decisions about your health care.

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**You Are Responsible for:**

1. Giving true and complete information about your present and past health, and family history.
2. Telling your provider of any change in your health.
3. Providing information to your provider about any care you received outside of our practice.
4. Letting us know of any concerns.
5. Telling your provider if you do not understand your plan of care and what is expected of you.
6. Keeping appointments when scheduled and notifying us in advance if you cannot.
7. Following the plan of care agreed upon by you and your provider.
8. Being responsible for your actions if you refuse treatment or do not follow the agreed upon plan of care between you and your provider.
9. Assuming financial responsibility for care received.
10. Being considerate of the rights of others and following office policies.
11. Respectful interactions with providers and staff involved in your child's care.

*Copies of this notice may be obtained from the front desk.*

Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# AUTHORIZATION TO USE AND OR DISCLOSE PROTECTED HEALTH INFORMATION

The information used or disclosed pursuant to this authorization may be subject to re-disclosure and may no longer be protected under federal law.

Refusal to sign this authorization will not affect the patient's ability to obtain health care services or reimbursement for services unless authorization is required to bill the patient's insurance company.

Patient Last Name	Patient First Name	Middle Initial
Nickname/Maiden Name	Birthdate	Telephone: Okay to leave detailed message? <b>Yes No</b>
Patient's Mailing Address		

Healthcare Provider to **Release** Information Person or Facility to **Receive** Information

Name		
Address		
City	State	Zip Code
Phone	Fax	

Name Pearl Health Center		
Address 933 NW 25th Ave		
City Portland	State OR	Zip Code 97210
Phone 503-525-0090	Fax 971-244-0219	

**Purpose of Release:** \_\_\_\_\_ If such information exists, I authorize the disclosure of Entire Medical Record or the following specific documents, dates of service, and/or information about the following injury/illness/disease: \_\_\_\_\_

The following items **MUST BE INITIALED** to be release:

☐ HIV- Positive test results and HIV diagnosis
 ☐ Mental Health Information  
☐ Genetic Testing Information and/or Records
 ☐ Sexually Transmitted Diseases  
☐ Drug/Alcohol Diagnosis, Treatment, or Referral Information
 ☐ Continuity of Care

Federal or State law may restrict re-disclosure of HIV-positive test results and HIV Diagnosis, other sexually transmitted disease information, specifically protected mental health information, genetic test information, and drug/alcohol diagnosis, treatment, or referral information.

By signing below I agree to release the aforementioned health information and I understand that I may refuse to sign this authorization and that my refusal to sign will not affect my ability to obtain health care services or reimbursement for services. The only circumstance when refusal to sign means I will not receive health care services is if the health care services are solely for the purpose of providing health information to someone else, and the authorization is necessary to make that disclosure. My refusal to sign this authorization will not adversely affect my enrollment in a health plan or eligibility for health benefits unless the authorized information is necessary to determine if I am eligible to enroll in the health plan. I understand that I may revoke this authorization in writing at any time, to the extent that action has been taken in reliance upon this authorization.

I may revoke this authorization in writing at any time, except to the extent that action has been taken in reliance upon this authorization. If I revoke my authorization, the information described above may no longer be used or disclosed

for the purpose described in this authorization. Unless revoked earlier, this authorization will expire 180 days from the date of signing or on:\_\_\_\_\_. (do not date today's date)

\_\_\_\_\_  
Signature of Patient or Patient's Legal Representative

\_\_\_\_\_  
Date

## Brief health screen

We ask all our adult patients about substance use and mood because these factors can affect your health. Please ask your doctor if you have any questions. Your answers on this form will remain confidential.

### Alcohol:

One drink =



12 oz.  
beer



5 oz.  
wine



1.5 oz.  
liquor  
(one shot)

	None	1 or more
<b>MEN:</b> How many times in the past year have you had 5 or more drinks in a day?	<input type="radio"/>	<input type="radio"/>
<b>WOMEN:</b> How many times in the past year have you had 4 or more drinks in a day?	<input type="radio"/>	<input type="radio"/>

**Drugs:** Recreational drugs include methamphetamines (speed, crystal) cannabis (marijuana, pot), inhalants (paint thinner, aerosol, glue), tranquilizers (Valium), barbiturates, cocaine, ecstasy, hallucinogens (LSD, mushrooms), or narcotics (heroin).

	None	1 or more
How many times in the past year have you used a recreational drug or used a prescription medication for non-medical reasons?	<input type="radio"/>	<input type="radio"/>

### Mood:

	No	Yes
During the past two weeks, have you been bothered by little interest or pleasure in doing things?	<input type="radio"/>	<input type="radio"/>
During the past two weeks, have you been bothered by feeling down, depressed, or hopeless?	<input type="radio"/>	<input type="radio"/>

*(For the medical professional)*

**Interpreting the Brief screen:**

**Alcohol:** Patients who answer “1 or more” should receive a full alcohol screen (such as the AUDIT).\*

**Drugs:** Patients who answer “1 or more” should receive a full drug screen (such as the DAST).\*

**Mood:** Patients who answer “Yes” to either question should receive a full screen for depression (such as the PHQ-9).

More resources: [www.sbirtoregon.org](http://www.sbirtoregon.org)

\* Smith P, Schmidt S, Allensworth-Davies D, Saitz R. “Primary Care Validation of a Single-Question Alcohol Screening Test.” J Gen Intern Med 24(7):783–8. 2009

\* Smith P, Schmidt S, Allensworth-Davies D, Saitz R. “A Single-Question Screening Test for Drug Use in Primary Care.” Arch Intern Med 170 (13): 1155-1160. 2010

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### GAD-7 Anxiety Screening

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Today's Date \_\_\_\_\_

Over the last two weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Worrying too much about different things	0	1	2	3
Trouble relaxing	0	1	2	3
Being so restless that is hard to sit still	0	1	2	3
Becoming easily annoyed or irritable	0	1	2	3

Column totals: \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- ☐ Not difficult at all
- ☐ Somewhat difficult
- ☐ Very difficult
- ☐ Extremely difficult

# The Keele STarT Back Screening Tool

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_

Thinking about the **last 2 weeks** tick your response to the following questions:

	Disagree 0	Agree 1
1 My back pain has <b>spread down my leg(s)</b> at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
2 I have had pain in the <b>shoulder</b> or <b>neck</b> at some time in the last 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>
3 I have only <b>walked short distances</b> because of my back pain	<input type="checkbox"/>	<input type="checkbox"/>
4 In the last 2 weeks, I have <b>dressed more slowly</b> than usual because of back pain	<input type="checkbox"/>	<input type="checkbox"/>
5 It's not really safe for a person with a condition like mine to be physically active	<input type="checkbox"/>	<input type="checkbox"/>
6 <b>Worrying thoughts</b> have been going through my mind a lot of the time	<input type="checkbox"/>	<input type="checkbox"/>
7 I feel that <b>my back pain is terrible</b> and <b>it's never going to get any better</b>	<input type="checkbox"/>	<input type="checkbox"/>
8 In general I have <b>not enjoyed</b> all the things I used to enjoy	<input type="checkbox"/>	<input type="checkbox"/>

9. Overall, how **bothersome** has your back pain been in the **last 2 weeks**?

Not at all	Slightly	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	0	0	1	1

**Total score (all 9):** \_\_\_\_\_ **Sub Score (Q5-9):** \_\_\_\_\_

## PATIENT FORM (short version)

Please answer the following.

### housing

1. What is your housing situation today?<sup>1</sup>

I do not have housing (I am staying with others, in a hotel, in a shelter, living outside on the street, on a beach, in a car, abandoned building, bus or train station, or in a park)

I have housing today, but I am worried about losing housing in the future

I have housing

2. Think about the place you live. Do you have problems with any of the following? (check all that apply)<sup>1</sup>

Bug infestation

Mold

Lead paint or pipes

Inadequate heat

Oven or stove not working

No or not working smoke detectors

Water leaks

None of the above

### food

3. Within the past 12 months, you worried that your food would run out before you got money to buy more.<sup>1</sup>

Often true

Sometimes true

Never true

4. Within the past 12 months, the food you bought just didn't last and you didn't have money to get more.<sup>1</sup>

Often true

Sometimes true

Never true

### transportation

5. In the past 12 months, has lack of transportation kept you from medical appointments, meetings, work or from getting things needed for daily living? (check all that apply)<sup>1</sup>

Yes, it has kept me from medical appointments or getting medications

Yes, it has kept me from non-medical meetings, appointments, work, or getting things that I need

No

### utilities

6. In the past 12 months has the electric, gas, oil, or water company threatened to shut off services in your home?<sup>1</sup> Yes

No

Already shut off

### personal safety

7. How often does anyone, including family, physically hurt you?<sup>1</sup>

Never

Rarely

Sometimes

Fairly often

Frequently

8. How often does anyone, including family, insult or talk down to you?<sup>1</sup>

Never

Rarely

Sometimes

Fairly often

Frequently

9. How often does anyone, including family, threaten you with harm?<sup>1</sup>

Never

Rarely

Sometimes

Fairly often

Frequently

10. How often does anyone, including family, scream or curse at you?<sup>1</sup>

Never

Rarely

Sometimes

Fairly often

# Social Needs Screening Tool

The EveryONE Project  
Advancing health equity in every community

Frequently

#### assistance

11. Would you like help with any of these needs?

Yes

No

*Questions 1-10 are reprinted with permission from the National Academy of Sciences, courtesy of the National Academies Press, Washington, D.C.*

#### reference:

1. Billioux A, Verlander K, Anthony S, and Alley D. National Academy of Medicine. Standardized screening for health-related social needs in clinical settings: the accountable health communities screening tool. National Academies Press. Washington, D.C. <https://nam.edu/wp-content/uploads/2017/05/Standardized-Screening-for-Health-Related-Social-Needs-in-Clinical-Settings.pdf>. Accessed November 14, 2017.