

Traditional Chinese Medicine Acupuncture Assessment

A. Main complaint and duration

B. Current history

1. When symptoms started. Now better or worse.

2. Treatment history

3. Health history

4. Family history of illness.

5. Medications and allergies

6. General information

a. Energy level—Low 1-4, Moderate 5-6, Very good 7-10

b. Sleep—fall asleep easily, difficult to fall asleep, sleep through the night, toss and turn in night, have a lot of dreams, wake up refreshed, wake up exhausted;

c. Internal temperature, thirst, sweating, drinks---Body temperature cold, comfortable, hot, chills/fever and time of day; quantity of liquid per day and temperature preferred, Perspiration—hardly ever sweat, perspire on exertion, perspire even while sitting eating, perspire while sleeping , hot flashes;

C. Organs-TCM Symptoms

1. Heart—Palpitations including irregular heart beat or tachycardia
-chest oppression/pain, nervousness, anxiety+/- depression, insomnia, frequent dreams, wake unrefreshed, restlessness, mental confusion, bitter taste, sores or ulcers on tip of tongue, varicose veins, arms and legs “fall asleep easily”
2. Spleen-- Indigestion, bloating or gas in abdomen esp. after meals, nausea or vomiting, heartburn, undigested food in stools, haemorrhage (ie.bruising easily), obesity, heavy legs+/-arms, fatigue or somnolence after meals, regurgitation or acidity (hiatus hernia), cramps, diarrhea (frequent, loose, watery) abrupt weight loss or gain, borborygmus, prolapsed organs, hemorrhoids, over-thinking, worry, excessive salivation, muscle weakness
3. Lung—Cough(dry or productive), Shortness of breath, recurrent or frequent colds, sore throat, sinusitis, skin issues, spicy taste, asthma, phlegm, stiff neck/shoulder, over-all aching feeling in body, nose bleeds, dry mouth, throat, or nose, frequent sneezing, sadness/melancholy, smoking(#cigarettes per day)
4. Kidney—Incontinence, urgency, frequency, stress incontinence, nocturia, Urine flow, color, smell

Pregnancies and deliveries, gynaecological problems

Sex life: desire, performance

Lower backache, sore, cold or weak knees, hair falling out or grey

Bones—fractures and cavities (frequent or occur easily)

Tinnitus (low pitch, slow onset), Hearing problems, Congenital problems

Salty taste, hot flashes, night sweats, thirsty, cold or hot hands and feet,

Lack of perspiration, Memory problems, Fear, easily startled;

Kidney stones

5. Liver—Muscle spasms, cramps; bitter or sour taste, restless sleep, tender flanks esp. in and below right rib cage, Eye problems (dry, burning, bloodshot, blurred or double vision, scotoma (spots in visual field), decreased night vision), Brittle nails and hair, Tinnitus (high pitched ringing with rapid onset)

Irritability, anger easily, chest tightness or oppression, sighing,

Plum-pit syndrome, depression, mood swings

Periods: amount and color, clots, cramps, flow

Genital itching, herpes-genital or oral

Dizziness (Liver wind)

6. Dampness in the Body

General sensation of heaviness, Mental heaviness, fogginess, Swollen hands, feet, joints; Chest congestion, Nausea, Snoring;

7. Stomach—Burning sensation (“heartburn”), Bad Breath, Large or decreased appetite, Epigastric or Stomach pain or discomfort, Large or decreased appetite (getting full easily) (? # of meals /day), Nausea or Vomiting, Bleeding, swollen, or painful gums, Mouth or gum ulcerations,

Acid regurgitation, Ulcer diagnosis, Belching, Hiccoughs, Problems swallowing ;

8. Liver/Gallbladder—Alternation diarrhea/constipation, Chest pain or tight sensation, Bitter taste in the mouth, Skin rashes, Headache on the top of the head, Tingling sensation, Gallstones, Liver emotional symptoms as above—often unable to adapt to stress, irritability, anger, frustration, depression, Muscle/tendon issues—spasms, twitching, cramping, seizures, convulsions, neck /shoulder tension with limited range of motion; Numbness, Tinnitus with high pitched ringing in ears; History of alcohol or recreational drugs; STD's, Problems in decision making, Timidity, worry and fear; Lots of bad dreams; Wake up at dawn and go back to sleep, Chronic ear infections;
9. Womens problems—Menstrual cycle- pain/cramps and location, flow strength, regularity, color, clots, and number of days, age started and stopped; Pregnancies and births, type of birth control; vaginal discharge, infection, or dryness, burning; PMS symptoms-- Vomiting/nausea, Headaches, migraines, anxiety, food craving, irritability, breast swelling or tenderness, depression, water retention;
10. Men's problems—Swollen or painful testes, Impotence or erection inability, Premature ejaculation, Feeling of coldness or numbness in external genitalia, Erection pain, Prostrate enlargement or pain, Lack of or strong sexual desire, STD's;
11. Small intestine—Discomfort in lower middle abdomen, Gas after meals, Food assimilation difficulty; Urinary problems(painful, urgent, burning— may be Heart Fire Migrating to SI)
12. Large intestine—Constipation, Diarrhea, Foul-smelling stools, Bloody stools, Hemorrhoids, Unformed stools, # of BMs/day;