



General
Osteopathic
Council



Patient History

THIS CAN HELP YOU TO DESCRIBE YOURSELF AND YOUR GOALS TO YOUR OSTEOPATH WITH THE AIM OF HELPING YOU TO GET THE BEST OUT OF YOUR CONSULTATION.

If you find this helpful, you can complete an online version and send it to your osteopath, or you can choose to complete a printed version and talk through it during your consultation.

Please fill out your Patient History on the next page 

Name:

What I do: (consider describing work, caring responsibilities, exercise, leisure activities)

How I feel today:

Health condition/issue or problem:

How does it affect me in my day to day life?

(eg physically or emotionally in relation to work, caring, leisure)

What do I want to achieve from the consultation today?

What medicines do I take?

Things I find useful: (eg products/assistive equipment/medication)

My current goals over the next few weeks and beyond are: (eg to go out once a week, to continue to care for my partner, to exercise three times a week, to do the gardening, to sing etc)



If you have further questions regarding my health condition my preferences are as follows:
(eg regarding how this is done and who you communicate with)

If I need to make a decision at this consultation the following matters to me: (please tick)

- How long will it take for me to recover?
- Getting out of pain
- How much will it cost? (eg how many sessions will I need?)
- How will this impact on what I do?
(Will I still be able to: work, exercise, care for someone else, go out once a week?)
- Something else

When thinking about making a decision, the following statements best describe me:
(please tick)

- I will want you to explain your recommended option and why you have chosen this option
- I want to be able to make a decision today
- I will need time to reflect on the options presented
- I will want to go away and talk options through with others
- I find decision-making aids or tools useful to help me reach a decision
- I will need more information to support my decision