

Compass Family Health Medical Intake and Release Form

1. Name:

2. Date of Birth:

3. History

Medical History: Check all that apply

- ☐ High blood pressure ☐ High Cholesterol ☐ Diabetes ☐ Multiple Sclerosis ☐ Parkinson's
☐ Hypothyroidism ☐ Asthma/COPD ☐ Anxiety ☐ Depression ☐ Chronic Regional Pain Syndrome
☐ Neuropathy ☐ Arthritis ☐ Neck pain ☐ Back pain ☐ Fibromyalgia ☐ Anemia ☐ Poor circulation
☐ Heart failure: ☐ Seizures: ☐ Constipation ☐ Headaches ☐ Cramping of extremities

Surgical History

Family History

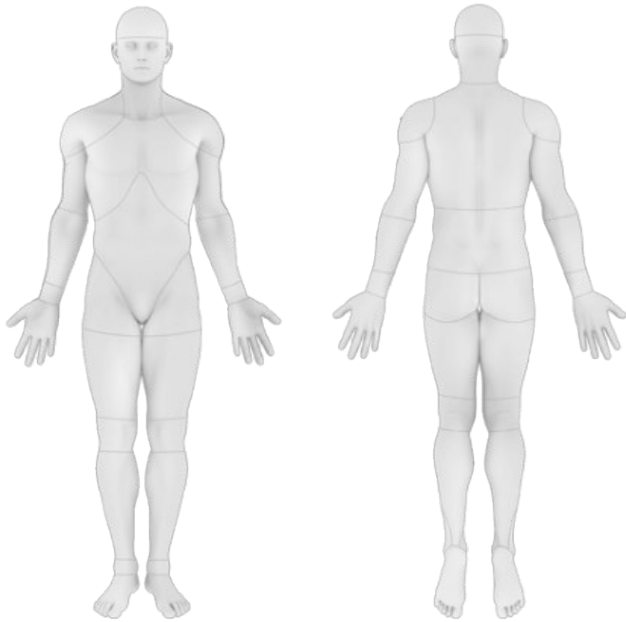
Social History: Please check all that apply

- ☐ Smoking (or history of) ☐ Vaping (or history of) ☐ Alcohol use ☐ Marijuana ☐ CBD

4. Please list all medications, dosing and frequency. Include supplements

5. Allergies:

6. Please mark location of pain on figure below



Rate pain scale 0-10 (0 is no pain, 10 is worst pain ever):

7. Is pain due to an injury or illness?

8. What improves your pain?

9. What exacerbates your pain?

10. Does your pain impact your sleep? Emotional well being?

11. Please provide us with a phone number or email we may reach you at:

12. I have completed this questionnaire to my best recollection. I authorize Compass Family Health NP to complete a medical assessment and order/recommend treatment poc.

Signature

Date

Compass Family Health NP, P.L.L.C

Trigger point injection Consent

Trigger point injection therapy is a procedure that treats localized area of muscle, ligament or tendon pain or inflammation. This procedure is used to treat painful areas of muscle that contain trigger points, or knots of muscle that form when muscles do not relax. This form of therapy is performed by licensed medical providers using ultrasound guidance to inject directly into the affected area(s).

These therapies are free of narcotics, or steroids (unless steroid requested) with minimal side effects, no contraindication with any medications and are safe for weekly use in pain management routines as well as preventive care.

Most patients feel no adverse effects at all. Those that do most commonly experience injection site irritation and numbness, which generally resolves within a few hours. Occasionally, patients can experience lightheadedness due to lidocaine/Bupivacaine exposure. Uncommon side effects may include localized infection, cellulitis, abscess formation.

As with all medication there may be rare side effects including but not limited to fever, shortness of breath, rapid/slow heart rate, or anxiety. Signs of an allergic reaction include severe itching of the skin, conjunctivitis, runny nose, swelling of upper/lower lips, cheeks, larynx. If a reaction occurs after you leave seek immediate medical attention.

I have read and understood the risks associated with the surgical procedure of trigger point injections and consent to weekly treatment as deemed appropriate by the practice providers. This authorization is valid until revoked in writing.

Print Name: _____

Signature: _____

Date:_____