Medical History-Taking Template

**Introduction**

Hello, my name is ____ and I am a first/second/third/fourth year medical student at ____.

Sata sri akal mera nam hai ___. Mai ____ medical school de pahile / duje / tije / chaute sal vich ha.

ਮੈਂ ਨਾਮ __ ਹੈ / ਮੈਂ __ ਚੌਥੇ / ਤੀਜੇ / ਦੂਜੇ / ਪਹਿਲੇ ਸਕੂਲ ਵਿੱਚ ਹਾਂ।

How would you like to be addressed?

*Tusi apane apa nu ki kahina chahaude ha?*

ਤੁਸੀਂ ਹਕ ਇੱਕ ਸੰਬੋਹਿਤ ਕਰਨਾ ਚਾਹੋਗੇ?

I’m going to ask you some questions about why you’re here today, is that okay?

*Ma tuhanu isa bare savala puchaña ja riha ha ki tusi aja ithe kiu ho. iha thik hai?*

ਮੈਂ ਤੁਹਾਨੂ ਨੂੰ ਇਸ ਬਾਰੇ ਸਾਲ ਪੁਛਣ ਜਾ ਰਹਾ ਹਾਂ ਵਿਚ ਤੁਸੀ ਅਲਾਵਾ ਵਿਚ ਹਾਂ। ਇਹ ਠੀਕ ਹੈ?

**Presenting Complaint**

What’s brought you into the hospital/clinic today?

*Tusi ajh hasapatal / clinic vich kiu ay ho?*

ਤੁਸੀ ਹਸਪਤਾਲ ਵਿੱਚ ਖਾਸ ਕਿਸ ਕਿਸੇ ਵਿਚ ਹਾਂ।
History of Presenting Illness

Onset

What were you doing when the pain started?
Jadho daradh shuru hoi tusi ki kar rahe si?

Did it start suddenly, gradually, or is it a chronic issue?
Daradh achanak shuru hoia? Hauli hauli? Ja purani?

Provocation / Palliation

Does anything make the pain better or worse?
Kujh vi daradh nu bihatara ja badatara banauda hai?

Is it worse with movement?
Adolan de nal daradh hore vi mardhi hai?

Quality

Can you describe the pain to me?
Ki tusi mainu daradh vare dash sakade ho?

Is it sharp or dull? Is it constant or intermittent?
Daradh tikha ja susat ha? Dardadh niratar hai ja rukada hai?

Region / Radiation

Can you point to where it hurts the most?
Apani ungali vala isara karo jithe sabh tho dukh hunda hai

Does the pain radiate anywhere else?
Daradh kithe hore vi janda hai?
Severity

On a scale of 1 to 10, with 10 being the worst pain you’ve ever experienced, how bad is the pain?

*Ik tho lai ke das tak daradh kina mara hai jisa nal das da sabha tho bhara daradh hai*

*In English: How bad is the pain on a scale of 1 to 10, with 10 being the worst pain you’ve ever experienced?*

Time

How long has this been going on for?

*Daradh kadhoh shuru hoia?*

*In English: How long has this been going on for?*

How has the pain changed over time?

*Sameh de nal daradh kidha badalia hai?*

*In English: How has the pain changed over time?*

Has this happened in the past?

*Tuhanu pahila kade iha daradh hoia si?*

*In English: Has this happened in the past?*

Lived Experiences of Illness (FIFE)

Feelings

How has this illness made you feel?

*Is bimari ne tuhanu kidha mahisus kita hai?*

*In English: How has this illness made you feel?*

What fears or worries do you have about this?

*Tuhanu is vare ki darh ja chita hai?*

*In English: What fears or worries do you have about this?*

Ideas

What do you think has been causing your pain or illness?

*Tuhanu ki lagada hai ki tuhade daradh ja bimari da karana bana ha?*

*In English: What do you think has been causing your pain or illness?*
Function

How has this affected your day-to-day activities?
*Is ne tuhadian roje dia gatividhia nu kidha badalia hai?*

What has this illness prevented you from doing?
*Is bimari ne tuhanu ki karan tho rokia hai?*

What are your goals for what you’d like to be able to do?
*Tuhade tiche ki hana jo tusim karana chhaunde ho?*

Expectations

What would you like to get out of today’s visit?
*Tusi ajh de daure te ki nikalana chauhanday?*

What are your expectations moving forward?
*Tuhadia umidah ki ha agay vadhi radhia han?*

What are your thoughts about the treatment plan?
*Ilajh vare tuhade vichar ki han?*

Past Medical History:

What are your current medical conditions?
*Tuhadi maujuda doctori sthit kivē hai?*

Have you had any previous surgeries?
*Ki tuhaḍi pehlaṇ koi surgery hoyi hai?*
Have you had any previous hospital visits?

*Ki tuse pichle kisi haspatal da daura kita hai?

की तुम्ही भिडली विमेम रमथाल्ल स टेंशन बोड येई?

Do you have a history of hypertension, high cholesterol, or diabetes?

*Ki tuhade kol hypertension, high cholesterol, ya sugar da itihas hai?

की तुढ़े कोल हायपरटेन्सन, हाई कोलेस्ट्रोल, जां मिशर दा इतिहास येई?

Have you seen any medical specialists in the past?

*Ki tuse pichle samein vich koi daktari mahar vekhia hai?

की तुसीं हपछले समें वीच कोई डॉक्टरी महर वेंखिया येई?

**Medication History:**

Which medications are you currently taking?

*Tusi iss samein keri dawaayiaan leh rahe ho?

टुम्मी इसम विच विवरूढ़ीं दवाईयां हे उठे येई?

Are you using any over-the-counter medications, herbal remedies, or supplements?

*Ki tuse koi counter utte valiyaan dawaayiaan leh rahe ho, yaan jarri-boottiyaan de upchar, yaan koi purak di varto kar rahe ho?

की तुम्मी कोई काउंटर उतेवलीयां दवाईयां हे उठे येई, जां जडी-बूटीयां दे उपचार जां बेशी पुराक डी रसूँ वर्तो येई?

**Allergies:**

Do you have any allergies to any medications?

*Ki tuanu kisse dawaayi naal koi allergy hai?

टीजूँ छसी दवाई नु नाल कोई ऐलर्जी येई?

How have you reacted to these medications?

*Ki tuanu kissi dawaayi to koi pratikaram hoya hai?

टे त्याँहूँ विच्छी दवाई तो कोई प्रतिकर्म होई?

Do you have any food or latex allergies?

*Ki tuanu koi bhojan yaan latex allergy hai?

टीजूँ टो बोजन जां लेटेक्स ऐलर्जी येई?
**Family History:**

Are there any medical conditions that run in your family?

*Ki tuadde parivaar vich koi dactari sthithiyaan han?*

Are your parents still with us? How’s their health?

*Ki tuadde maape aje vi tuade naal han? Unhaan di sehat kivei si ya kivei hai?*

Do you have any siblings? How’s their health?

*Ki tuadde koi bhain-bharaa han? Unhaan di sehat kivei si ya kivei hai?*

Do you have any children? How’s their health?

*Ki tuade koi bacche han? Unhaan di sehat kivei hai?*

**Social History:**

Where is home for you? Do you live in a house, apartment or townhouse?

*Tuade layi ghar kithe hai? Ki tuse kisse ghar, apartment yaan town house vich rehande ho?*

Who lives at home with you?

*Tuhadde naal ghar vich kaun rehanda hai?*

Do you have any pets?

*Ki tuadde kol koi paaltu jaanwar hai?*

What is your occupation?

*Tuadda kumkaar ki hai?*
Are you currently married?
*Ki tussi iss samein vihaatte ho?*
वी तुमी हिम मभे हिमालू हे?

Have you ever smoked?
*Ki tussi kadde tamakuunoshei pitti hai?*
वी तुमी कदे उभाँवेहेमी बीडे हे?

- How many years have you been smoking?
  *Tuudis kinne saalaan ton tamakuunoshei kar rahe ho?*
  तुमी बिंतें मल्ल भे उभाँवेहेमी बच बन्ने हे?

- How many packs do you smoke per day?
  *Tuudi prati din kinei pack peened ho?*
  तुमी पूजी चिल बिंतें पेच पीपे हे?

- When did you quit smoking?
  *Tuudis tamakuunoshei kaddoon chaddi?*
  तुमी उभाँवेहेमी बरें डीडी?

Have you ever tried any recreational drugs, including marijuana?
*Ki tusi kadi koi manoranjan vaaliyaan dawaayiaan di koshish kitti hai, jiss vich bhaang vi hai?*
वी तुमी कदी कोई मनोरमन वालीयां दवाईयां पीसी की ते, जिसी भांग सी ही?

Do you drink any alcohol? How many drinks do you have per week?
*Ki tusi koi sharaab peende ho? Eik hafte vich tuudo kinni sharaab peende ho?*
वी तुमी कोई मरांब बींडे हे? इक हफ्ते स्वरूप तुमी बिंते मल्ल बींडे हे?

How is your diet?
*Tuaddi khurraak kivei hai?*
उडाडी खुराक बिंदे हे?

How much physical activity do you have per week?
*Tusi eik hafte vich kini sharirik gattividdhi karde ho?*
उड्डी इंद इक हफ्ते स्वरूप शरीरक गताधिकार बनावे हे?

What sorts of activities do you enjoy?
*Tusi keho jiyaan gattividdhiaan pasand karde ho?*
उड्डी विंधे निरौर गतिविधियाँ स्वारंग बनावे हे?
Closing:

Thank you for taking the time to answer these questions.

Inhaan prashnaa de jawaab dein layi samea kadhan layi tuadda dhanwaad.

Do you have any questions for me or is there anything you would like to add?

I will now be moving on to the physical exam, if that is okay with you.