

Health Questionnaire for Children



Please complete for all minors up to the age of 16 years.

Your Child's Personal Details

Name of Parent / Guardian:

Name of Child / Minor:

Date of Birth (and age):

Gender: Male Female

Address & Postcode:

Telephone:

Current Height: (cm / metres / feet)

Current Weight: (lbs / kg / stone)

Reason(s) for completing the questionnaire today:

Health conditions / symptoms you are seeking support for your child:	How long has she/he had this?
1.	
2.	
3.	

Name of GP:

Our reply will be sent to your email address (unless requested otherwise). Please print clearly.

Email address:

By signing below, you are confirming that you have read and understood the Health Questionnaire Terms of Reference attached to this questionnaire (see page 13).

Signature of parent/guardian:

Date:

www.cytoplan.co.uk

Cytoplan Limited, Unit 8, Hanley Workshops, Hanley Swan, Worcester, WR8 ODX

T: +44 (0) 1684 310099 F: +44 (0) 1684 312000 E: sales@cytoplan.co.uk

Registered in England & Wales Registration No. 01493205 VAT No. GB589 5698 49

Returning your Child's Health Questionnaire

We will respond to your health questionnaire as soon as possible by post or email; telephone responses are not available. Please note health questionnaire support is not intended to replace a medical consultation or practitioner consultation. **If you have health concerns it is important to obtain a medical diagnosis for your symptoms.**



Please email your completed health questionnaire to helen@cytoplan.co.uk



If returning by post to us, please mark on the envelope: FAO Helen Drake.
Cytoplan Limited, Unit 8, Hanley Workshops, Hanley Swan, Worcester, WR8 0DX

Please note that questionnaires returned **by post may have to wait up to 2 weeks to receive a reply.** Please ensure you use the correct postage i.e., a large stamp. Otherwise, there may be a long delay.

Your Child's Recent Consultations

Please provide approximate dates and details of any consultations:

	Date	Reason for visit	Diagnosis/ Treatments received
G.P.			
Medical Consultant			
Practitioner/ therapist			
Therapy:			

Please tick the box next to any of the following that apply to your child:

Does your child get any severe and/or persistent pain in any of the following:

Head

Eye

Abdomen

Temple

Chest

On passing urine

Other please write in:

Does your child ever get blood in any of the following:

<input type="checkbox"/> Vomit	<input type="checkbox"/> Urine
<input type="checkbox"/> Stools	<input type="checkbox"/> Sputum

Has your child recently had any changes in:

<input type="checkbox"/> Level of thirst	<input type="checkbox"/> Weight	<input type="checkbox"/> Appetite
<input type="checkbox"/> Skin	<input type="checkbox"/> Vision	<input type="checkbox"/> Bowel movements
<input type="checkbox"/> Urination	<input type="checkbox"/> Body/face shape	<input type="checkbox"/> Swallowing
<input type="checkbox"/> Breathing	<input type="checkbox"/> Personality/ behaviour	

Your Child's Health History

Has your child now or in the past experienced any of the following? Tick if the answer is **YES**

Condition	Now	Past	Condition	Now	Past
Allergies	<input type="checkbox"/>	<input type="checkbox"/>	Anxiety	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	Asthma	<input type="checkbox"/>	<input type="checkbox"/>
Bowel problems	<input type="checkbox"/>	<input type="checkbox"/>	Cancer	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Depression	<input type="checkbox"/>	<input type="checkbox"/>
Ear/eye/nose/throat	<input type="checkbox"/>	<input type="checkbox"/>	Drug/alcohol dependence	<input type="checkbox"/>	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>	Eczema/skin conditions	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	Heart conditions	<input type="checkbox"/>	<input type="checkbox"/>
Osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	Menstrual/ menopause problems	<input type="checkbox"/>	<input type="checkbox"/>
Stomach ulcers	<input type="checkbox"/>	<input type="checkbox"/>	Sleep problems	<input type="checkbox"/>	<input type="checkbox"/>
Urinary tract conditions	<input type="checkbox"/>	<input type="checkbox"/>	Thyroid problems	<input type="checkbox"/>	<input type="checkbox"/>

Other diagnosed conditions:

Health Questionnaire for Children

Digestive Function

Does your child experience the following?	Please provide details of any which occur regularly
<input type="checkbox"/> Abdominal bloating	
<input type="checkbox"/> Acid reflux	
<input type="checkbox"/> Bloating after meals	
<input type="checkbox"/> Burning pains in stomach	
<input type="checkbox"/> Burning pain in throat	
<input type="checkbox"/> Constipation	
<input type="checkbox"/> Diarrhoea	
<input type="checkbox"/> Diverticula	
<input type="checkbox"/> Flatulence belching	
<input type="checkbox"/> Flatulence rectal	
<input type="checkbox"/> Frequent urging to stool	
<input type="checkbox"/> Hemorrhoids	
<input type="checkbox"/> Irritable Bowel syndrome	

Female only

Please indicate if monthly menstruation is present: Yes No

Is your child prescribed hormonal contraception? Please provide drug names:

Additional menstrual information:

Health Questionnaire for Children



Surgical procedures: Please provide details of any surgery and approximate dates.

Prescribed Medicines: Please list all medications your child is currently taking and include dose. This information is important to enable us to suggest safe and appropriate nutritional supplements for your child. **Please continue on a separate sheet if needed.**

Name of Medication	What is it for?	Daily Dose

Non-prescribed Medicines: Please list any medications, laxatives, herbal products and/or homeopathic remedies that your child takes on a regular or frequent basis.

www.cytoplan.co.uk

Cytoplan Limited, Unit 8, Hanley Workshops, Hanley Swan, Worcester, WR8 ODX

T: +44 (0) 1684 310099 F: +44 (0) 1684 312000 E: sales@cytoplan.co.uk

Registered in England & Wales Registration No. 01493205 VAT No. GB589 5698 49

Health Questionnaire for Children



Supplements: Please list all supplements that your child is taking **currently**, dose and brand names.

Please list any recently discontinued medications or supplements?

Family Medical History: Please provide details below of family health conditions. e.g., Angina, Alzheimer's, Arthritis, Asthma, Blood pressure, Cancer, Dementia, Diabetes, Heart disease, Lung disease, Osteoporosis, Parkinson's disease, Stroke.

Parents:

Grandparents:

Brothers/Sisters:

www.cytoplan.co.uk

Cytoplan Limited, Unit 8, Hanley Workshops, Hanley Swan, Worcester, WR8 ODX

T: +44 (0) 1684 310099 F: +44 (0) 1684 312000 E: sales@cytoplan.co.uk

Registered in England & Wales Registration No. 01493205 VAT No. GB589 5698 49

Nutrition and Diet

Present Diet: Please tick those boxes that relate to your child's present diet:

- Mixed food diet (animal and vegetable sources)
 - Vegetarian
 - Lacto vegetarian
 - Lacto ovo vegetarian
 - Salt restriction
 - Fat restriction
 - Starch/carbohydrate restriction
 - Calorie restriction
 - Other dietary plans, please detail-
-

Food exclusions: please list any foods you **exclude** from your child's diet. e.g. dairy, eggs, soy, wheat, gluten.

Has your child taken any food allergy/intolerance tests? Please state type of test undertaken and results.

Food Frequency

Fruit: How many portions of fruit does your child eat each day?

Name below those fruit that they eat regularly:

Vegetables: How many portions of vegetables does your child eat each day?

Name below those vegetables that they eat regularly:

How many slices of bread does your child eat per week of the following?

White -	Wholemeal -	Granary -
Rye -	Wheat free -	Gluten free -

How many portions a week does your child eat of the following? Please insert approximate number.

Pulses, beans, lentils etc	Beef	Lamb
Pork	Chicken	Turkey
Eggs	Milk	Yoghurt
Cheese	White fish	Tuna
Salmon	Trout	Herring
Sardines	Mackerel	

What grains does your child eat on a weekly basis? Tick boxes below.

<input type="checkbox"/> Wheat	<input type="checkbox"/> Corn	<input type="checkbox"/> White rice
<input type="checkbox"/> White pasta	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Millet
<input type="checkbox"/> Oats	<input type="checkbox"/> Rye	<input type="checkbox"/> Brown rice
<input type="checkbox"/> Wholemeal pasta	<input type="checkbox"/> Couscous	<input type="checkbox"/> Bulgar wheat

www.cytoplan.co.uk

Cytoplan Limited, Unit 8, Hanley Workshops, Hanley Swan, Worcester, WR8 0DX
T: +44 (0) 1684 310099 F: +44 (0) 1684 312000 E: sales@cytoplan.co.uk

Registered in England & Wales Registration No. 01493205 VAT No. GB589 5698 49

Health Questionnaire for Children

Eating Habits: Please tick all of the following which apply.

- Skip breakfast
- Graze (small frequent meals)
- Regularly miss meals
- Eat constantly whether or not hungry
- Generally eat on the run
- Add salt to food
- Add sugar to drinks. Number of teaspoons per drink -

Fluids:
Cups per **day** of:

Coffee	Tea	Green Tea	Herbal Teas	Decaffeinated tea or coffee
--------	-----	-----------	-------------	-----------------------------

Fluids:
Cans/Glasses per **day** of:

Fizzy Drinks	Cordial	Fruit Juice	Sugar free diet drinks	Energy Drinks
Water glasses (250ml) per day		OR litres per day		

Exercise

How many days per week does your child exercise?

<input type="checkbox"/> 1-2 days	<input type="checkbox"/> 2-3 days	<input type="checkbox"/> 4-5 days	<input type="checkbox"/> 6-7 days
-----------------------------------	-----------------------------------	-----------------------------------	-----------------------------------

Duration per session:

<input type="checkbox"/> less than 30 minutes	<input type="checkbox"/> 30-45 mins	<input type="checkbox"/> 45 mins or more
---	-------------------------------------	--

Please describe types of exercise undertaken on a regular basis:

How motivated are you / your child to change the way you eat and to experiment with new foods?

- I am willing to try anything that might improve my child's condition
- I feel I can cope with a moderate amount of change
- I feel very anxious about changing my child's dietary/lifestyle habits

Please rate your motivation on a scale of 0 to 10 (0=low; 10=high):

Please rate your child's motivation on a scale of 0 to 10 (0=low; 10=high):

Any additional information you wish to provide may be given below:

Please ensure you use the correct postage i.e. a large stamp. Otherwise, there may be a long delay in us receiving the questionnaire and we will be asked to pay the excess postage. Thank you.

www.cytoplan.co.uk

Cytoplan Limited, Unit 8, Hanley Workshops, Hanley Swan, Worcester, WR8 ODX

T: +44 (0) 1684 310099 F: +44 (0) 1684 312000 E: sales@cytoplan.co.uk

Registered in England & Wales Registration No. 01493205 VAT No. GB589 5698 49

Health Questionnaire for Children



Food Diary

Please write down all the foods and drinks your child consume over a **3 day period**, include **1 weekend day**. Please complete as **accurately** and **honestly** as possible.

The following represents my child's diet for the: last month 6 months plus 1 year plus

Breakfast	Lunch	Dinner	Snacks	Fluids include alcohol
Day 1	Day 1	Day 1	Day 1	Day 1
Day 2	Day 2	Day 2	Day 2	Day 2
Day 3	Day 3	Day 3	Day 3	Day 3

Example

Breakfast	Lunch	Dinner	Snacks	Fluids Include alcohol
Day 1	Day 1	Day 1	Day 1	Day 1
Porridge with honey	Ham sandwich Crisps	Roast Chicken Carrots Peas Mashed potato Apple pie & custard	Crisps Chocolate bar Apple	Tea 4 cups Coffee 1 cup Water 1 glass Red wine 1 glass

www.cytoplan.co.uk

Cytoplan Limited, Unit 8, Hanley Workshops, Hanley Swan, Worcester, WR8 ODX

T: +44 (0) 1684 310099 F: +44 (0) 1684 312000 E: sales@cytoplan.co.uk

Registered in England & Wales Registration No. 01493205 VAT No. GB589 5698 49

MYMOP - Measure Yourself Medical Outcome Profile

The questionnaire below is used to measure changes in health outcomes following health recommendations. It is recommended to take part in a follow up questionnaire after 2-3 months, this enables us to identify any improvements or additional requirements to make appropriate recommendations as well as tracking effectiveness of recommendations. This data may be used for case studies, which will be completely anonymous and will not be used without permission of the client.

This form was developed from the MYMOP2 form from Bristol University
<http://www.bris.ac.uk/media-library/sites/primaryhealthcare/migrated/documents/initialform.pdf>

Initials:	Date:
------------------	--------------

Choose one or two symptoms (physical or mental) which bother them the most. Write them on the lines. Now consider how bad each symptom is, over the last week, and score it by circling or highlighting your chosen number.

Symptom 1:

0	1	2	3	4	5	6
As good as it could be			As bad as it could be			

Symptom 2:

0	1	2	3	4	5	6
As good as it could be			As bad as it could be			

Now choose one activity (physical, social or mental) that is important to them, and that their problem makes difficult or prevents them doing. Score how bad it has been in the last week.

Activity:

0	1	2	3	4	5	6
As good as it could be			As bad as it could be			

Lastly how would you rate their general feeling of wellbeing during the last week?

0	1	2	3	4	5	6
As good as it could be			As bad as it could be			

How long have they had Symptom 1, either all the time or on and off? Please circle:

0 - 4 weeks	4 - 12 weeks	3 months - 1 year	1 - 5 years	over 5 years
-------------	--------------	-------------------	-------------	--------------

Health Questionnaire Service – Terms of Engagement

Health Questionnaire Service: This free service, which is available from our in-house Registered Nutritional Therapist, is offered to our customers as we recognize the importance of diet, lifestyle and choosing appropriate supplements as important to support health improvement. Offering this no obligation service is also in line with our charitable objectives; we are wholly owned by a charitable foundation that supports environmental and health improvement projects globally. If you complete and return the attached questionnaire, our Registered Nutritional Therapist will send you some written diet and supplement recommendations to support your health goals.

However, please be aware that as a postal questionnaire we are limited in the suggestions and support we can provide.

The Nutritional Therapist requests that the client notes the following:

- The degree of benefit obtainable from the recommendations may vary between clients with similar health problems and following a similar programme.
- Nutritional advice will be tailored to support health conditions and/or health concerns identified on the health questionnaire.
- We are not permitted to diagnose, or claim to treat, medical conditions.
- Nutritional advice is not a substitute for professional medical advice and/or treatment.

The client understands and agrees to the following:

- You are responsible for contacting your GP about any health concerns.
- If you are receiving treatment from your GP or any other medical provider you should tell him/her about any nutritional strategy provided by a Nutritional Therapist. This is necessary because of any possible reaction between medication and the nutritional programme.
- It is important that you tell your Nutritional Therapist about any medical diagnosis, medication, herbal medicine or food supplements you are taking as this may affect the nutritional programme.
- If you are unclear about the agreed programme / food supplement doses / time period, you should contact your Nutritional Therapist promptly for clarification.
- You must contact your Nutritional Therapist should you wish to continue any specified supplement programme for longer than 3 months, to avoid any potential adverse reactions. In any case we recommend a regular review of supplements to ensure they remain appropriate for your needs.
- You are advised to report any concerns about your programme promptly to your Nutritional Therapist for discussion / action.
- Please note we do recommend that all supplements are taken at different times of the day to any prescribed medications.

We would always recommend you discuss any dietary or supplemental concerns or changes you wish to make with your G.P. Medication should never be discontinued or dosage amended without your G.P.'s prior knowledge and agreement.

I understand the above and agree that the health questionnaire service provided by Cytoplan Ltd will be based on the content of this document. We declare that all the information we share on this health questionnaire is confidential and, to the best of our knowledge, true and correct.

Name of parent/guardian:

Parent/guardian signature:

Relationship to child:

Date:
