

Tips for using the personal Survey

By clicking on the **Personal survey** logo you have automatically downloaded this document to your computer desktop.

1. Print it on your printer.
2. Fill it manually.
3. Scan it in **PDF format** and in **200 dpi only**. Failure to follow this procedure may occur problem during the uploading.
4. Save it under a comprehensible identity (your first and last names for example) on your computer desktop.
5. On the **Your consultation page**, section **Uploading forms**, yield as follows:
 - Fill in the **Name (required)**, **Email (required)** boxes;
 - click on the Browse box in the corresponding line and click again on your file which is on your computer's desktop (see § 5);
 - click on the **To Send** box.

Your personal survey appears on the next page.

NAMES - SURNAMES :

Date, place and time of birth (the hour of birth can be supplied by your local city hall)

ADDRESS :

PRIVATE PHONE NUMBER : PRO : MOBILE :

PROFESSION : You come on behalf of :

E-MAIL ADDRESS :

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1st R.V. the :

USUAL WEIGHT :	SIZE :	BLOOD PRESSURE (Voltage) :	RIGHT-HANDED PERSON / LEFT-HANDED / ANNOYED LEFT-HD	BLOOD GROUP : RHESUS :
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Mark **in red** your symptoms, even past or occasional ones, then underline or highlight the most important ones. You can cross off, write and comment on this document.

A - UPPER PART OF THE BODY

HAIR

- 1 dry
- 2 greasy
- 3 loss
- 4 dandruff
- 5 split ends
- 6 bad looking, shapeless

SCALP

- 7 itchy
- 8 breakouts
- 9 scars
- 10 scabs
- 11 greasy
- 12 dry

EARS

- 13 pain or discomfort
- 14 runny
- 15 eruptions
- 16 clogged ears
- 17 deafness
- 18 buzzing noise
- 19 a) whistling noise
- 20 b) hearing aids
- 21 itching
- 22 noise sensitivity
- 23 chronic ear infections

NOSE

- 23 bleeding
- 24 dryness
- 25 runny nose
- 26 inside the nose
- 27 outside the nose
- 28 irritant
- 29 non irritant
- 30 acute sense of smell
- 31 not enough
- 32 sneezes
- 33 scabs
- 34 breakouts
- 35 polyps
- 36 nasal septum deviation
- 37 stuffed up nose
- 38 scars

MOUTH

- 39 painful
- 40 dry
- 41 bitter
- 42 acidic
- 43 warm
- 44 salty
- 45 lack of saliva
- 46 excess of saliva
- 47 bad breath
- 48 mouth ulcers
- 49 drooling during the day / the night
- 50 sand sensation / dehydrated mouth
- 51 metallic taste
- 52 loss of taste
- 53 particular taste in the mouth
- 54 mucous disorder

TONGUE

- 55 pain or discomfort
- 56 heavy
- 57 stiff
- 58 spasms
- 59 tongue biting
- 60 dry
- 61 swollen
- 62 chapped
- 63 scars
- 64 ulcers

CHEEKS

- 65 pain or discomfort
- 66 do you bite your cheeks ?
- 67 mucous disorder

TEETH

- 68 pain or discomfort
- 69 teeth getting loose
- 70 friable
- 71 loose teeth
- 72 loss
- 73 root canal treatment
- 74 numerous caries
- 75 sensitive to cold and to heat
- 76 sensitive to cold / hot
- 77 do you grind ?
- 78 excess of tartar
- 79 implants
- 80 prothesis
- 81 amalgam(s)
- 82 crown(s)
- 83 braces

GUMS

- 84 pain or discomfort
- 85 detachment
- 86 inflammation
- 87 easy bleeding
- 88 pyorrhea or receding of gums
- 89 ulcers

LIPS

- 90 dry
- 91 chapped
- 92 buttons pushins
- 93 cracked
- 94 do you bite your lips ?

EYES (without glasses or lenses)

- 95 pain or discomfort
- 96 bulgin eyes
- 97 red
- 98 excess of tears
- 99 itchy

- 100 poor far vision
- 101 poor close vision
- 102 presbyopia
- 103 myopia
- 104 astigmatism
- 105 sensitive to bright light
- 106 difficulty in seeing at night
- 107 in distinguishing colors
- 108 do you see bright colors ?
- 109 do you see stars ?
- 110 do you see floating dots ?
- 111 frequents blinking
- 112 cannot open or close the eyes
- 113 chronic conjunctivitis
- 114 eyelash disorder
- 115 eyebrow disorder
- 116 swollen eyelids
- 117 styes
- 118 retina disorders
- 119 glasses or lens
- 120 history of glaucoma
- 121 history of surgery

FACE-HEAD

- 122 swollen face
- 123 hot flushes
- 124 empty head sensation
- 125 heavy head
- 126 dizziness
- 127 skin face problems
- 128 bags under the eyes
- 129 facial neuralgia
- 130 facial paralysis / Bell's palsy
- 131 sinusitis
- 132 problem in the chin
- 133 headache
- 134 chronic headache
- 135 facial hair disorders
- 136 jaw problems
- 137 dental articulation problems
- 138 blush easily
- 139 acne rosacea
- 140 paleness
- 141 scars

B - SPINE

- 1 pain or discomfort
- 2 shifting
- 3 localised
- 4 at night
- 5 during the day
- 6 cold
- 7 warm
- 8 spasms/stiffness
- 9 laxity

- 10 at rest
- 11 during an effort
- cannot:
- 12 bend forward
- 13 ben backwards
- 14 sideways
- 15 remain seated

- 16 remain standing up for an extended time
- 17 turn around
- 18 get up
- 19 bayonet posture
- 20 fall or injuries / accident
- 21 pain in the coccyx

THIS QUESTIONNAIRE IS GUARANTEED STRICTLY CONFIDENTIAL

C - CERVICAL AND CEPHALIC AREAS

THROAT, LARYNX, PHARYNX

- 1 pain or discomfort
- 2 swollen 3 tight
- 4 dry 5 warm
- 6 «frog in the throat »
- 7 spasms
- 8 larynx disorder
- 9 angina pectoris
- 10 difficulty in swallowing
- 11 choke often
- 12 can't stand rollnecks
- 13 hoarseness
- 14 loss of voice
- 15 anxiety in the throat?
- 16 trembling voice
- 17 pain or discomfort while talking
- 18 frequent throat clearing

NECK

- 19 pain or discomfort
- 20 cannot turn the head round
- 21 stiff neck
- 22 frequent cricks in the neck
- 23 cracking sounds
- 24 ganglions
- 25 swollen neck
- 26 injuries or accident

THORAX

- pain or discomfort in:
- 27 the rib / thoracic cage
 - 28 the shoulder-blades area
 - 29 the collar-bones area
 - 30 oppression or cramps
 - 31 discomfort in the armpit area
 - 32 oppressed breathing
- difficulties:
- 33 with exhalation 34 with inhalation
 - 35 abnormal sounds when breathing
 - 36 frequent yawning
- crises:
- 37 hiccup attacks 38 sigh attacks
 - 39 palpitations 40 arrhythmia
 - 41 at rest 42 during an effort

CHEST

- 43 pain or discomfort
- 44 oppressed 45 pain across the chest
- 46 burning sensation 47 heat
- 48 cold 49 tickling sensation
- 50 pricking pain
- 51 stabbing pain in the heart area
- 52 can't stand being oppressed at the chest
- 53 lump in the chest
- 54 out of breath at rest
- 55 out of breath during an effort

COUGH

- 56 coughing fits
- 57 in the morning 58 at night
- 59 dry 60 loose
- 61 chronic 62 occasional
- 63 do you spit a lot?
- 64 in cold weather 65 in warm weather
- 66 after a meal 67 during an effort
- 68 humid conditions 69 windy conditions
- 70 at rest 71 during an effort
- 72 when lying down
- 73 when you change position or when the temperature fluctuates

SPITS

- 74 sticky 75 watery
- 76 light-coloured 77 coloured
- 78 bloody
- 79 difficulty in expectoration
- 80 in the morning 81 during the day

KNOWN DISEASES

- 82 lungs 83 ribs
- 84 bronchia 85 pericardium
- 86 pharynx 87 larynx
- 88 heart 89 pleura
- 90 thoracic arteries
- 91 others

D - ABDOMEN AND PELVIS

KNOWN DISEASES

- 1 stomach 2 liver
- 3 gall-bladder
- 4 spleen 5 pancreas
- 6 colon
- 7 small intestine 8 anus
- 9 kidneys 10 bladder
- 11 renal colics
- 12 other diseases of the abdomen and the diaphragm

ABDOMEN AND STOMACH AREA

- 13 painful skin
- 14 itchy skin
- 15 hernia of the muscle wall

- 16 cramps 17 scars
- 18 pain or discomfort
- 19 spasms 20 heaviness
- 21 burning sensation
- 22 miscellaneous pain
- 23 pain in the lower abdomen
- 24 abdominal bloating
- 25 frequent acid or bitter attacks
- 26 do you have acid air reflux?
- 27 history of hiatal hernia

PAIN

- discomfort, swelling:
- 28 on the sides 29 in the groin

- 31 in the umbilical region

ANUS AND PERINEUM

- 32 pain or discomfort
- 33 haemorrhoids
- 34 cold 35 warm
- 36 dryness
- 37 itching sensation
- 38 chapped skin 39 fistulas
- 40 prolapse 41 burning sensation
- 42 discharges 43 heaviness
- 44 mistaken urge to go to the toilet

E - UPPER LIMBS

SHOULDERS

- 1 pain or discomfort, calcification
- 2 at night 3 during the day
- 4 cold sensation 5 warm sensation
- 6 stiffness 7 blocking
- 8 swelling 9 luxation

ARMS

- 10 pain or discomfort
- 11 tight sensation 12 spasm

ELBOWS

- 13 pain or discomfort
- 14 cold 15 heat
- 16 stiffness 17 blocking
- 18 eruptions
- 19 itches
- 20 slackening 21 spasm

FOREARMS

- 22 pain or discomfort
- 23 numbness

WRISTS

- 24 pain or discomfort
- 25 cold sensation 26 warm sensation
- 27 stiffness 28 outbreak
- 29 deformation 30 cysts

HANDS

- 31 pain or discomfort
 - 32 stiffness
 - 33 warm palms
 - 34 moist hands
 - 35 deformation 36 scabs
- EXTREMITIES**
- 37 stiff 38 cold
 - 39 red 40 pale

- 41 painful 42 deformation
- 43 swollen 44 burning sensation
- 45 do you bite your nails?
- 46 do you eat the skin around the nails
- 47 nail disorder
- 48 marks on nails

THE WHOLE MEMBER

- 49 loss of the tactile sense
- 50 muscle spam
- 51 tingling sensations
- 52 numbness
- 53 paralysis
- 54 cracks 55 fractures
- 56 cracking joints
- 57 swelling 58 œdema
- 59 scars 60 neuralgias
- 61 history of surgery

F - LOWER LIMBS

PUBIS - PELVIS

- 1 pain or discomfort
2 fracture

BUTTOCKS

- 3 pain or discomfort
4 cold 5 spasm

HIPS

- 6 pain or discomfort
7 during an effort 8 at rest
9 limitation of movement
10 stiffness 11 burning sensation
12 history of dislocation
13 prosthesis

THIGHS

- 14 pain or discomfort
15 cramps 16 cold
17 cellulitis

KNEES

- 18 pain or discomfort
19 during an effort 20 at rest

- 21 stiffness 22 limitation
23 cold 24 warm
25 unstable 26 swelling
27 pain in popliteal hollow
28 blocking 29 prosthesis
30 ligaments and disorder

LEGS AND CALF OF LEGS

- 31 pain or discomfort
32 cramps 33 swelling
34 atrophy

ANKLES

- 35 pain or discomfort
36 swelling
37 frequent ankle twist
38 unstable 39 squeezing pressure

FEET

- 40 pain or discomfort
41 warm feet 42 painful
43 pain in the heels

- 44 cold feet 45 warm sole
46 mycosis/athlete's foot 47 corns
48 wears inner soles
49 nails problems
50 cramps 51 red colour
52 pain in the toes
53 swollen feet
54 pain in the big toe
55 abnormal perspiration

LOWER LIMB IN GENERAL

- 56 paralysis 57 atrophy
58 spasms 59 no strength
60 pricking sensation 61 slackening
62 numbness 63 cramps
64 veins 65 varicosity
66 fractures 67 cracking
68 pain in the joints
69 pain in the legs
70 nervous tics at night
71 scars 72 neuralgias
73 history of surgery

G - EVALUATION OF THE METABOLISM AND IN GENERAL

EATING HABITS

- 1 fast eater
2 slow digestion
3 always thirsty 4 never thirsty
5 cold drinks craving
6 do you crave hot drinks?
7 never hungry 8 always starving
9 do not want to eat
10 good appetite
11 tendency to put on weight
12 difficulty to put on weight
cannot stand
13 raw vegetables 14 dairy products
15 acidic foods 16 piquant foods
17 bloody meat
18 starchy foods 19 others

- 20 feels less good right after meals
21 feels less good long after meals
22 vomiting 23 nausea

tendencies for:

- 24 alcohol 25 smoking

URINES

- 26 frequently 27 rarely
28 less abundant 29 abundant
30 painful 31 burning
32 light colored 33 troubled
34 rather dark colour 35 red
36 with sugar 37 albumine
38 uncontrollable loss
39 only drops
40 need to rush to urinate
41 abnormal flow
42 do you get up at night to urinate?
43 history of enuresis
44 urine jet flow weak

STOOLS

- 45 include traces of medicaments
46 frequent 47 rare
48 dry stools 49 soft
50 loose 51 not formed
52 painful 53 non digested
54 light colored 55 dark colored
56 diarrhea

- 57 constipation without the urge to defecate
58 constipation with the urge to defecate
59 alternation diarrhoea-constipation

SWELLING AND DISTENSION

- 60 related to your period
61 occasional 62 permanent
63 after the meals
64 when annoyed
65 with intestinal gurglings
66 with wind 67 with belching

PERSPIRATION

- 68 difficult 69 easy
70 during the day 71 during the night
72 hot 73 cold
74 malodorous
75 oily 76 acidic
77 effortless
78 excessive when active

SKIN

- 79 cellulitis 80 swollen
81 warts 82 breakouts
83 outgrowths 84 flabby
85 oily 86 dry
87 warm 88 cold
89 itching 90 rashes
91 cracks 92 ulcers
93 abnormal marks
94 acne during your period
95 elasticity + wrinkles

SLEEP TIME

- 96 impossible 97 agitated 97bis light sleep
98 difficulty in falling asleep
99 wake up at night 100 nightmares
101 abundant dreams
102 sleepy after a meal
103 tendency to nap during the day
104 do you need a lot of sleep?
105 difficulty to wake up
106 do you snore?
107 like sleeping on the stomach
108 on the sides
109 somnambulism

YOU FEEL BETTER

- 110 in the morning 111 at noon
112 in the afternoon 113 in the evening
114 when you remain quiet
115 when you are active and work out
116 when you lie down
117 when you go to bed after a meal
118 after having been to the toilet

DO YOU HAVE A TENDENCY

- 119 to be easily breathless
120 to have tremors
121 to shiver 122 to have fever
123 to be anaemic
124 to suddenly feel exhausted
125 to have high blood pressure
126 to have drops in blood pressure
127 to water retention
128 to feel sick
129 to have blood tests abnormalities
130 to wake up tired
131 to faint
132 react with alcoholic drinks
133 to cry easily
134 to heal slowly
135 to chronic infections
136 to ganglions 137 to allergies
138 to bleedings
139 to bruise easily
140 to feel pain in the whole body
141 to feel slackening in the the joints
142 to feel dizzy
143 to balance disorders
144 to have term memory disorders
145 to have long term memory disorders
146 do you suffer from a lack of coordination
147 to feel warm inside the body
148 to feel cold inside the body
149 to fell your body heavy
150 to fell tired 151 to have tics
152 to have swollen ganglions
153 to have allergies
154 to expose yourself to the sun
155 to have epilepsy 156 to have convulsions

SURGERIES

1. 2.
3. 4.
5. 6.

ARE YOU TAKING ANY MEDICATION ? IF SO LIST BELOW

1. 2.
3. 4.
5. 6.

H - LOWER BACK, KIDNEYS AREA

- 1 pain or discomfort 2 stiffness
3 when active 4 at rest
5 hammering pain
6 hammering sensation 7 cold sensation
8 burning sensation 9 rupture sensation
10 contracture type
11 heavy sensation 12 swelling sensation
13 impossibility to lie down on the back

I - HISTORY OF DISEASES (ONESELF AND RELATIVES)

- 1 parent's diseases. 2 grandparent's diseases. | 3 during childhood | 4 during youth

J - FOR MEN

- 1 married 2 separated
3 widowed 4 single
5 cohabitation 6 homosexual
7 trouble of the testicles
8 penis disorders 9 erection trouble
10 early ejaculation
11 seminal liquid leak during the night
12 low sexual drive
13 sterility 14 others
15 venereal diseases (STD)

K - FOR WOMEN

- 1 married 2 separated
3 widowed 4 single
5 cohabitation 6 homosexual
PERIODS
(without pill and before menopause)
7 irregular
8 painful 9 uncomfortable
10 short duration 11 long duration
12 small amount 13 large amount
14 late 15 early arrival
16 dark red
17 with clots 18 liquid
PAIN AND DISTENSION / TENDERNESS
(related to your period)
19 before 20 during 21 after

- 22 during ovulation 23 in the breasts
24 during intercourse
VAGINAL DISCHARGE
25 liquid 26 thick
27 malodorous
28 yellow 29 white
PROVOKED ABORTION (nbr:.....)
MISCARRIAGE (nbr:.....)
PREGNANCY (nbr:.....)
30 difficult
31 improved general well-being
32 deteriorated general well-being
CHILDBIRTH (nbr:.....)
33 natural 34 induced
35 epidural 36 episiotomy

SUBJECT TO:

- 37 frigidity
38 lack of sexual desire
39 little or no sexual relations

DISEASES

- 40 ovaries 41 uterus
42 fallopian tubes 43 vagina
44 vulva 45 breasts
46 vulva itching
47 dates of your first period:
48 menopause - year: month.....
49 usual means of contraception:
50 others:
51 venereal diseases (STD)

L - PERSONALITY OR DOMINANT TENDENCY

You can mark several answers. Underline the most important one.

YOU LIKE:

check

YOU DISLIKE:

check

- 1 spring 2 summer 3 winter
4 autumn 5 red
6 yellow 7 white 8 black
9 the sea 10 mountains
11 countryside 12 the wind
13 warmth 14 the heat 15 dryness
16 the cold 17 humidity

WHICH TASTES DO YOU PARTICULARLY LIKE:

- 18 pungent 19 sour
20 acid 21 bitter
22 sweet 23 salty
24 spicy

YOU ARE SENSITIVE TO:

- 25 seasonal changes
26 meteorological influence
27 thunder 28 rain 29 snow
30 electromagnetic influences

HAVE A TENDENCY:

- 31 be sorrowful
32 unstable
33 worry 34 be solitary
35 live in the past
36 be under therapeutic

ARE YOU ESPECIALLY:

- 37 irascible 38 joyful
39 reflective 40 concerned
41 anxious 42 émotional
43 sad 44 frightened
45 easily upset
46 selfish 47 altruist
48 dépressive 49 euphoric
50 shy 51 ashamed
52 jealous 53 irritable
54 aggressive 55 slanderer
56 not conformist 57 imaginative
58 indecisive 59 worried
60 lack of will 61 stubborn
62 curious 63 anxious
64 doubtful 65 patient
66 perfectionist 67 artist
68 subject to depressions
69 misanthropist 70 enthusiast
71 intuitive 72 sensual

HAVE A TENDENCY TO:

- 73 seek company
74 overestimate yourself
to be afraid of:
75 the future 76 death or dying
77 require lots of attention and care
78 be mentally alert, to have high awareness

DO YOU FEEL:

- 79 stressed at work
80 always agitated
81 you lack self-confidence
82 easily agressed
83 you lack audacity
84 incoherent 85 feel guilty
86 appalled by injustice (shocked)
87 you lack social abilities 88 on nerves
89 you lack sociability

DO YOU HAVE:

- 90 memory loss
91 difficulty with concentration
92 difficulty in developping your ideas
93 a tendency to have regrets
94 a tendency to feel guilty
95 a tendency to complain and to moan
96 ideas about suicide
97 obsessions or fixed ideas
98 tendency to feel lazy
99 do you feel frightened by the crowd
100 a sensation that time passes too slowly
101 do you find it difficult to start new activities
102 do you find it difficult to finnish current activities
103 a tendency to feel a lack of initiative
104 a tendency to feel susceptible