

BEST PRACTICE GUIDES: CONSULTATION RESOURCES

CONSULTATION CASE CARD

Please find an patient consultation case card on pages 2, 3, 4 and 5 of this document.

Date

Patient Name

Age

Referred By

Telephone

Email

Address

Occupation

Children

Patient Complains of

Mode of Onset

Previous Occurrence

Frequency of Shampooing?

Hair Colour Used?

Straightening/Perming?

Scalp Irritation/Sensitivity?

Scalp/Hair Previous Treatments?

HEALTH PROBLEMS

Drugs taken:

High blood pressure:

Sleeping problems:

Anti-depressants:

Medical attention being received:

Accidents/Illnesses/ Operations (last 5 years):

Sepsis?

High fever:

Family history:

Eyes:

Teeth:

Nails:

Diet/Weight change:

Dieting Vegetarian/Special diet:

Allergies:

Drugs:

Cosmetics:

Food:

Digestion:

Bowel/Kidney:

Blood Tests:

Follow up appointment must be made if testing is requested.

Anaemia: Haemoglobin

Ferritin

Thyroid

Endocrine

Diabetes

Stress/ emotional,

Offer methods of relaxation, reading, walking, sauna, massage

(Sensitive to other people's state of mind).

Trichotillomania patients are more sensitive to others emotional state

EXAMINATION REMARKS

Diagnosis and what you see on the scalp

Are there hair follicle openings present?

Is there Fine new hair growth?

Is there Fine Powder flakes or thick scales?

What colour are they?

Did they crumble when touched? Did they fall away when touched or are they adhere to scalp and hair?

What you see,

What you feel, texture

What you smell?

Are there any cicatricial (scarring) areas?

Atrophy, process of wasting away

Distal ends in vertex changing texture? Becoming fine and fluffy?