History Taking

Basic Structure:
- **Presenting Complaint**
  - S – Site
  - Q – Quality
  - I – Intensity
  - T – Timing
  - A – Aggravating factors
  - R – Relieving Factors
  - P – Previous Episodes
  - S – Secondary symptoms
- **Past Medical History**
- **Drug History** – Including allergies, over the counter drugs & herbal remedies
- **Family History**
- **Social History** – Smoking, alcohol consumption, occupation, recreational drugs, living conditions, recent travel, sexual history, exercise tolerance
- **Quick Systems Review** – Bowels okay? Any problems with waterworks?
- **Ideas, Concerns & Expectations**

An alternative to SQITARPS is SOCRATES:
- S – Site
- O – Onset
- C – Character
- R – Radiation
- A – Association
- T – Time course
- E – Exacerbating/relieving factors
- S – Severity