

CHASTLETON MEDICAL GROUP

New Patient Questionnaire – to be completed and returned to Reception as soon as possible

As a new registration to this practice, we are obliged by the NHS Counter Fraud Service to assess your eligibility to receive free NHS treatment. Entitlement is based on legal residency, irrespective of nationality, citizenship or any previous payment of NICs or taxes. Please bring with you proof of ID and residency. A combination of the following can be accepted as identification (it is preferable that one item of photo ID is seen):

- | | | |
|---|---|--|
| <input type="checkbox"/> Birth Certificate | <input type="checkbox"/> Marriage Certificate | <input type="checkbox"/> Medical Card |
| <input type="checkbox"/> Driving Licence | <input type="checkbox"/> Passport | <input type="checkbox"/> Local Authority Rent Card |
| <input type="checkbox"/> Paid utility bills | <input type="checkbox"/> Bank Card/statements | <input type="checkbox"/> P45 |
| <input type="checkbox"/> NI Number card | <input type="checkbox"/> Payslip | <input type="checkbox"/> Papers from Home Office |
| <input type="checkbox"/> Letter from Benefits Agency/benefit book/signing on card | | |

The following documents will not be accepted: Library card, video rental card, health club card, private rent book.

Please make a 20-minute appointment with the Healthcare Assistant for a new patient medical. This is part of the registration process.

Patient Name: Date of Birth:

Home Telephone No: Mobile:

NHS Number: (Available from your previous GP surgery)

Ethnic Origin Please tick as appropriate:

- | | | |
|--|--|---|
| White | Mixed | Asian or Asian British |
| <input type="checkbox"/> British/Mixed British | <input type="checkbox"/> White & Black Carribean | <input type="checkbox"/> Indian |
| <input type="checkbox"/> Irish | <input type="checkbox"/> White & Black African | <input type="checkbox"/> Pakistani |
| <input type="checkbox"/> Other (please state): | <input type="checkbox"/> White & Asian | <input type="checkbox"/> Bangladeshi |
| <input type="checkbox"/> Other European origin (please state): | <input type="checkbox"/> Other (please state): | <input type="checkbox"/> Other Asian background (please state): |

Black or Black British

- Carribean
 African
 Other black background (please state):

Chinese or other Ethnic Group

- Chinese
 Other (please state):

Main language spoken:

Text Messaging Service

I am 16 years old or over and I would like to receive text messages from Chastleton I do not want to receive this service

We are improving how we communicate with patients. Please tell us if you need information in a different format or communication support:

Are you a Carer? Yes No If Yes, details:

Do you have a Carer? Yes No If Yes, details:

Smoking History:

Never smoked tobacco Ex-smoker Date Ceased:
Current smoker
Cigar: Cigarettes: Pipe: Quantity per day
(Smoking Cessation Advice available – please ask at Reception)

Do you have any known allergies? Yes No

If yes, please specify:

Medical History - Serious Illness Details:

.....
.....
.....

Family History

Heart Disease Please give details

Stroke Please give details

Cancer Please give details

Diabetes Please give details

High Blood Pressure Please give details

Asthma Please give details

Other – please specify Please give details

PLEASE NOTE THAT IF YOU ARE ON ANY REPEAT MEDICATION, YOU WILL NEED TO MAKE AN APPOINTMENT WITH A DOCTOR IN THE SURGERY TO SET UP YOUR REPEATS.

Do you drink alcohol? Yes No If yes, please complete the alcohol questionnaire below

Units per Week: (1 Unit = ½ pint beer/cider, 125ml glass of wine or single measure of spirit)

Alcohol Questionnaire (AUDIT)

Please complete by ticking relevant answer

Q1 How often do you have a drink that contains alcohol?

- Never (0 points)
- Monthly or less (1 point)
- Two to four times a month (2 points)
- Two to three times per week (3 points)
- Four or more times per week (4 points)

Q2 How many units of alcohol do you drink on a typical day when you are drinking?

- 1 or 2 drinks (0 points)
- 3 or 4 drinks (1 point)
- 5 or 6 drinks (2 points)
- 7 to 9 drinks (3 points)
- 10 or more drinks (4 points)

Q3 How often do you have 6 units or more if female, or 8 or more units if male, on a single occasion in the last year?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

Total Score: _____

If total score is 5 or higher, please continue overleaf to more detailed questionnaire.

Alcohol Questionnaire (COMPLETE AUDIT)

Q4 How often in the last year have you found you were not able to stop drinking once you had started?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

Q5 How often in the last year have you failed to do what was normally expected of you because of your drinking?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

Q6 How often in the last year have you needed an alcoholic drink in the morning to get you going after a heavy drinking session?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

Q7 How often in the last year have you had a feeling of guilt or remorse after drinking?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

Q8 How often in the last year have you not been able to remember what happened the night before because you had been drinking?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

Q9 How often in the last year have you or someone else been injured as a result of your drinking?

- No (0 points)
- Yes but not in the last year (2 points)
- Yes during the last year (4 points)

Q10 Has a relative/friend/doctor/health worker been concerned about your drinking or advised you to cut down?

- No (0 points)
- Yes but not in the last year (2 points)
- Yes during the last year (4 points)

Total Score: _____

Alcohol – How much is too much? Many people drink alcohol and the majority do so without any problems. Drinking can be enjoyable and sometimes helps you to unwind or relax. But heavy drinking, drunk or drinking at the wrong time or in the wrong situation can lead to a range of difficulties.

What is a unit? Units were introduced as a means of measuring the amount of alcohol in a drink. One UK unit is 10ml or 8 grams of pure alcohol. A typical pint of bitter contains one or two units, whilst a glass of wine can contain anything from around one and a half to three units, depending on the size of the glass and the strength of wine.

Am I drinking too much? The daily recommended sensible drinking limits are:

- Men should not regularly drink more than 3 to 4 units of alcohol per day
- Women should not regularly drink more than 2 to 3 units of alcohol per day
- You should take a break for 48 hours after a heavy drinking session for your body to recover.

There is no guaranteed safe level of drinking, but if you drink below the recommended daily limits, the risks of harming your health are low. They do not apply to women who are pregnant (or trying to conceive).

The unit guidance applies to any day when you drink – whether that is most days, once a week or occasionally. Most people drink different amounts on different occasions. Not drinking on some days does not mean that you can drink more than the daily limit on another day. The guidelines provide a maximum limit about how much alcohol your body can deal with in one day – whilst minimising the risks of harm to your health.

Alcohol and Pregnancy. The NHS recommends that pregnant women or women trying to conceive should avoid drinking alcohol. If you choose to drink then protect your baby by not drinking more than one to two units of alcohol once or twice a week, and don't get drunk. Advice is for women to avoid alcohol in the first three months in particular, because of the increased risk of miscarriage. For more information on alcohol and pregnancy visit the [NHS Choices website](#).

Alcohol harm. Alcohol can cause a wide range of physical damage and can cause psychological harm. The health risks of excess alcohol include weight problems, stomach upsets, headaches, anxiety, stress, depression and injuries, liver disease, cancers, strokes, memory loss and sexual difficulties.

Regular over-drinking can significantly increase the risk of alcohol-related harm – and the more you drink the greater the risk. In terms of risk, people who drink alcohol are often broken down into three categories (lower risk, increasing risk and higher risk drinkers).

Lower risk drinkers (who are at low risk of alcohol-related illness) are defined as:

- Men who regularly drink no more than 3 to 4 units a day
- Women who regularly drink no more than 2 to 3 units per day

Increasing risk drinkers (who are at risk of damaging their health) are defined as:

- Men who regularly drink more than 3 to 4 units a day (but drink less than the higher risk levels)
- Women who regularly drink more than 2 to 3 units a day (but drink less than the higher risk levels)

Higher risk drinkers (who have a high risk of alcohol-related illness and of damaging their health) are defined as:

- Men who regularly drink more than 8 units a day or more than 50 units of alcohol per week
- Women who regularly drink more than 6 units a day or more than 35 units of alcohol per week

The impact of alcohol on health: The immediate intoxicating effects of alcohol – reduced inhibitions, impaired judgement, slurred speech and nausea/vomiting, for example – are often easily identifiable; however the longer term health consequences of excessive drinking, despite their serious and potentially deadly nature, may remain undetected. Studies have shown that alcohol is linked to more than 60 different medical conditions.

If you need help or advice you should call the national drink helpline – DRINKLINE: 0800 917 8282 or speak to your GP