



Kids' Health Appraisal Questionnaire



WEEKLY SYMPTOM INVENTORY CHECKLIST FOR CHILDREN

Child's Name _____ Age _____ Date _____

For an assessment of common childhood symptoms, please complete this form and we'll discuss your child's results.

Rate each of the following symptoms based on your child's current health profile

Point Scale 0 – Never or almost no symptoms
1 – Occasional symptoms
2 – Frequent symptoms

Area	Symptom	Total
Head	_____ Headaches	<input type="checkbox"/>
	_____ Difficulty falling asleep	
	_____ Wakes up during the night	
Eyes	_____ Watery or itchy eyes	<input type="checkbox"/>
	_____ Dark circles under eyes	
	_____ Bags under eyes	
	_____ Swollen eyelids	
	_____ Reddening of ears	
Ears	_____ Itchy ears	<input type="checkbox"/>
	_____ Earaches	
	_____ Ear infections	
	_____ Drainage from ear	
	_____ Hearing loss	
	_____ Frequent pulling on ears	
	_____ Runny nose	
_____ Stuffy nose		
_____ Sneezing		
_____ "Allergic Salute" (rubs, itches, and/or wipes nose frequently with hands)		
Mouth/Throat	_____ Swollen or red lips	<input type="checkbox"/>
	_____ Gagging or the frequent need to clear throat	
	_____ Sore throat, hoarseness, or loss of voice	
	_____ Swollen, sore, or discolored tongue	
	_____ Swollen, sore, gums or lips	
Skin	_____ Canker sores	<input type="checkbox"/>
	_____ Easy bruising	
	_____ Hives	
	_____ Dry or flaky skin	
	_____ Flushing	
	_____ Cold hands or feet	
Lungs	_____ Eczema	<input type="checkbox"/>
	_____ Coughing	
	_____ Sneezing	
	_____ Difficulty breathing	
	_____ Wheezing	

Area	Symptom	Total
Digestive Tract	_____ Nausea	<input type="checkbox"/>
	_____ Vomiting	
	_____ Diarrhea	
	_____ Constipation	
	_____ Bloating feeling	
	_____ Belching	
	_____ Passing gas (flatulence)	
	_____ Heartburn	
	_____ Tummy ache	
	_____ Poor appetite	
	_____ Refusal to eat	
	_____ Recent antibiotic therapy (Yes=2, No=0)	
	_____ Frequent antibiotic therapy (Yes=2, No=0)	
Joint/Muscle	_____ Coordination problems	<input type="checkbox"/>
	_____ Pain in muscles (e.g., leg ache)	
	_____ Pain in joints (e.g., knee ache)	
Energy	_____ Fatigue or sluggishness	<input type="checkbox"/>
	_____ Apathy or lethargy	
	_____ Hyperactivity	
	_____ Restlessness	
	_____ Sleeping problems	
Mind/Emotions	_____ Inattentiveness or poor concentration	<input type="checkbox"/>
	_____ Mood swings	
	_____ Anxiety or nervousness	
	_____ Fear	
	_____ Anger	
	_____ Irritability	
	_____ Aggressiveness (e.g., hitting, kicking, or biting)	
Other	_____ Frequent urination	<input type="checkbox"/>
	_____ Itching of anus or genitals	
	_____ Bed wetting	
	_____ Wetting or soiling of clothes	

A Guide to Common Symptoms

The guide below lists some of the more common symptoms children experience, together with possible causes, to help you decide which entries may be most helpful to you in a particular circumstance. Although your child may be experiencing one or more of the symptoms listed here, he/she may or may not have any of the illnesses mentioned. Diseases are listed because they can cause the particular symptoms, and they are listed in alphabetical order—not in order of the likelihood of occurrence. This chart is not meant to substitute for the advice of a qualified healthcare provider; always consult with your physician or other licensed practitioner for a professional diagnosis.

Symptom	Possible Causes
Abdominal pain	Appendicitis, celiac disease, colic, constipation, diarrhea, emotional upset, food allergies, hepatitis, intestinal obstruction, menstrual cramps, motion sickness, nausea, pneumonia, poliomyelitis, urinary tract infection
Anal itching	Parasites, pinworms, rectal fissure/tear, yeast infection
Increased appetite	Diabetes mellitus, overexertion, thyroid disorders
Bedwetting	Common cold, diabetes mellitus, emotional upset, food allergies, small bladder capacity, urinary tract infection
Painful bowel movement	Colitis, constipation, rectal fissure/tear
Rapid breathing	Asthma, bronchiolitis, croup, pneumonia, shock
Cold sweat	Shock
Cough	Allergies, asthma, bronchiolitis, bronchitis, common cold, croup, emotional upset, viral or bacterial infection, tuberculosis, whooping cough
Diarrhea	Celiac disease, food poisoning, viral or bacterial infection
Earache	Allergies, common cold, ear infection, rapid air pressure changes, sinusitis
Difficulty eating	Cancer, canker sores, food allergies, goiter, herpes virus (cold sores), mononucleosis, mumps, sore throat from strep or viral infection, teething, tetanus, thrush
Eye inflammation	Allergies, common cold, conjunctivitis, foreign body in the eye, onset of measles, stye
Fatigue, weakness	Anemia, cancer, depression, diabetes mellitus, , hypothyroidism, poor nutrition, bacterial or viral infection
Fever	Immunization reaction, overexertion (especially on hot days), viral or bacterial infection
Head itching	Eczema, lice, psoriasis, seborrhea
Headache	Allergies, cancer (brain tumor), chickenpox, common cold, concussion (head injury), diphtheria, emotional upset, influenza, measles, meningitis, mononucleosis, motion sickness, mumps, poliomyelitis, sinusitis, stress, tension, tuberculosis, visual problems
Irritability, restlessness	Allergies, asthma, colic, diabetes, emotional upset, hyperactivity, immunization reaction, meningitis, motion sickness, teething, viral or bacterial infection
Aching joints	German measles, hepatitis, influenza, juvenile rheumatoid arthritis, rheumatic fever
Swollen lymph nodes	Cancer (lymphoma), dermatitis, herpes virus, lice, viral or bacterial infection
Mouth sores	Canker sores, food allergies, herpes virus, onset of measles, thrush
Runny or stuffy nose	Allergies (airborne or food), bronchitis, common cold, measles, sinusitis
Seizure	Cancer (brain tumor), epilepsy, fever, head injury, immunization reaction
Skin rash, lesions, or bumps	Acne, allergies (food) or contact, athlete's foot, boils, chickenpox, cradle cap, diaper rash, eczema, German measles, hepatitis, herpes virus, immunization reaction, impetigo, measles, mononucleosis, poison ivy, prickly heat, rheumatic fever, ringworm, scabies, scarlet fever, sunburn, warts
Excessive thirst	Dehydration, diabetes mellitus
Frequent urination	Diabetes mellitus, excessive caffeine or fluid intake, urinary tract infection, vaginitis
Painful urination	Herpes virus, urinary tract infection
Dark urine	Dehydration, hepatitis, urinary tract infection
Vaginal itching	Allergic reaction, vaginitis (especially yeast infection)
Vomiting	Any viral infection, appendicitis, celiac disease, emotional upset, food allergies, food poisoning, influenza, meningitis, motion sickness, overeating, shock
Weight loss	Cancer, celiac disease, depression, diabetes mellitus, eating disorder, tuberculosis

Adapted from *Smart Medicine for a Healthier Child: a Practical A-to-Z Reference to Natural and Conventional Treatments for Infants & Children*. J Zand, R Rountree, R Walton, B Rountree. Avery Publishing Group, Garden City Park, New York. Published January 1994