



OBESITY PRO FORMA

Demographic data :

Full Name :

Age :

Gender :

Dominance :

Ward :

Date of admission :

Date of surgery :

Date of assessment :

Address :

Phone number :

Chief complaints :

Complaint	Site	Duration	Progression

History of present illness :

Differential diagnosis :

Pain history :

- Site :
- Onset :
- Duration :
- Type :
- Character :
- Aggravating Factors :
- Relieving Factors :
- Intensity by NPRS or VAS :
 - On Activity:
 - At Rest:

Family history :

Past history :

- Past Medical -
- Past Surgical -

Socioeconomic history :

- **Modified Kuppaswami Scale :**

Environmental history :

- Work -
- Home -

Personal history :

- Appetite-
- Sleep-
- Narcotic addiction-
- Alcohol addiction-

- Bowel-
- Bladder -

Hormonal history:

Gynac / obstetric history:

Operative notes:

Physical Examination :

General Examination :

Objective	Subjective
Blood pressure : Temperature : Pulse rate : Respiratory rate : Height : Weight : BMI :	Built : Nutrition : Pallor : Icterus : Clubbing : Cyanosis : Lymphadenopathy : Thyroid swelling : Oedema : Rheumatic nodules : Petechial haemorrhage : Osler nodes :

On observation:

- Posture assessment: (in all 3 views)
- Gait assessment:

- Decubitus:

On palpation:

- Tenderness:
- Spasm:

Obesity evaluation:

- **Dietary assessment:**

	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Snacks			
Dinner			
Water Intake			

- **Lifestyle and job description:**

- **Examination:**

- Height -
- Weight -
- Body Mass Index -
- Category -

- **Circumference measurement:**

- Arm
- Forearm
- Waist
- Hip

- Thigh
- Calf
- **Waist hip ratio:**

Interpretation:

- **Skin fold examination:**

- Abdominal
- Triceps
- Biceps
- Pectoral
- Axillary
- Subscapular
- Suprailiac
- Thigh

- **Exercise tolerance test:**

- 6 minute walk test

	Resting	Immediate	3mins	6mins	9mins
Blood Pressure					
Pulse rate					
Respiratory rate					
Rate of perceived exertion					

- Distance covered:

- **Flexibility tests :**

- Shoulder flexibility -
- Ankle flexibility -
- Trunk flexibility -
- Sit and reach -
- Muscle tightness -

- **Muscle endurance :**

- **Sit up test -**
Interpretation -
- **Push up test -**
Interpretation -
- **Squat test -**
Interpretation -

- **Muscle strength :**

- **Manual muscle testing -**

Group of muscle	Right	Left

Interpretation-

- **Individual muscle testing -**

Muscle name	Right	Left

Interpretation-

- **Balance assessment :**

- Static
- Dynamic

- **Investigations :**

- Body fat Analysis reports if performed:

- **Provisional diagnosis -**

International classification of Functioning, Disability and Health :

Impairments :

Body Structure	Clinical Reason	Body Function	Clinical Reason

Activity limitations :

Basic	Instrumental

Participation restrictions :

Personal	Social	Economic

Contextual factors :

Buffers	Barriers

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Goals :

Sessional :

Short Term :

Long Term :

