

**QUICK REFERENCE GUIDE FOR INTERPRETING THE PHA  
PATIENT QUESTIONNAIRE (DND2552)**

#	RISK FACTOR	INTERPRETATION OF RESPONSE
<b>GENERAL HEALTH</b>		
Q1	General health status	Fair or poor health status → inquire regarding and prioritize health problems.
Q2	Health status over previous year	If worse → ask what problems have contributed to this perception?
Q3	Marital status	Social history inquiry.
<b>ALCOHOL &amp; DRUGS</b>		
Q4-6	AUDIT-C (3 item alcohol screen) to identify hazardous drinking or active alcohol use disorders	Each question scored 0 – 4, then summed. Individuals with a score of 5 or more for women and 6 or more for men indicates hazardous alcohol intake. High scores for Q5 or Q6 might also warrant further investigation.
Q7-8	TICS screens for alcohol and drug use in the past year	A positive response to either question warrants further investigation.
<b>SMOKING</b>		
Q9-10	Smoking questions -to determine stage of change for smoking cessation intervention	<u>Precontemplation</u> → not thinking of quitting in the next 6 months. <u>Contemplation</u> → yes to “stop smoking in the next 6 months” but answered “no” to “thinking about stopping in the next month” OR “yes” to thinking about stopping in the next month” but did not try to quit for at least 24 hours during the past year. <u>Preparation</u> → yes to “thinking about stopping smoking in the next month” and had quit smoking for at least 24 hours in the past year. <u>Action</u> → quit in the last 6 months. <u>Maintenance</u> → quit for 6 months or more. Refer to “Guide Your Patients to a Smoke Free Future”.
<b>FITNESS AND EXERCISE</b>		
Q11	Godin Leisure –Time Questionnaire (modified to include work activities)	Weekly activity score (METS) = (9 x # times per week strenuous exercise) + (5 x # times per week moderate exercise) + (3 x # times per week mild exercise). Score of $\geq$ 35 METS for women or $\geq$ 38 METS for men = sufficient physical activity.
Q12-13	Physical fitness test results	To assist with assessing physical fitness and physical activity.
<b>SEXUAL HEALTH</b>		
Q14-15	Sexual function and STIs	Positive response or “at risk” warrants further investigation/ screening and prevention interventions.
<b>NUTRITION</b>		
Q16	Consumption of fruits and vegetables	Canada's food guide recommends: <u>Aged 19-50</u> • 8-10 servings/day for men and 7-8 servings/day for women <u>Age <math>\geq</math> 51</u> • 7 servings/day
<b>INJURY PREVENTION</b>		
Q17	Use of safety precautions	If response “sometimes” or “never”, further details should be ascertained for prevention purposes.
<b>MENTAL HEALTH</b>		
Q18	PHQ-2 – screening tool for depression	Each question scored 0 – 3. Sum responses for total score. Score $\geq$ 3 requires further assessment to determine the likelihood of clinical depression. Particular attention should be paid to symptoms of poor concentration, fatigue, and poor sleep given the extent to which these can interfere with occupational functioning.
Q19	Suicidal ideation past year - To assist with identifying individuals with recent mental distress	A positive response warrants further investigation.
Q20	PTSD screen	If 3 of 4 questions positive, further investigation should be carried out. Two positives may also be a concern if the symptoms are severe, if there are mental health co-morbidities, or if there is functional impairment. If screening performed shortly after a traumatic event, those symptoms which prove to be self-limited PTSD symptoms may trigger a positive screen.
Q21	Sources of stress	Positive responses can be investigated by primary care or referred to psychosocial services.
<b>OCCUPATIONAL/ENVIRONMENTAL</b>		
Q22	Occupational/Environmental exposures	To identify areas of concern for discussion and early risk communication.
Q23	Hearing changes	To assist with the interpretation of changes in the audiogram. Negative response with deteriorating hearing levels should lead to questions about non-occupational noise exposure.