



History of Present Illness:

1. EVALUATION

PATIENT PRESENTS TODAY WITH C/O LEFT SHOULDER PAIN X 1 WEEK. PATIENT INFORMS THAT SHE TRIED TO CATCH/LIFT/GRAB HER GRANDDAUGHTER AND FELT A POP IN HER SHOULDER ALTHOUGH EXACT MECHANISM OF INJURY REMAINS UNCLEAR.. PATIENT IS ABLE TO ROTATE HER SHOULDER BUT IS UNABLE TO REACH BEHIND HER TO PUT HER SEAT BELT ON. PATIENT EXPLAINS THAT HER SHOULDER IS SORE AND IS AGGRAVATED BY CERTIAN MOVEMENTS. PATIENT IS NOW SEEKING MEDICAL EVALUATION.

PT HAS A LONGSTANDING HISTORY OF CERVICAL DISC DISEASE AND REMAINS UNDER THE CARE OF THE SPINE CLNIIIC AT TEXAS SPINE AND JOINT. SHE IS SCHEDULED FOR RE-EVALUATION AND SPINAL INJECTIONS IN 01/2019.

Problem List:

Problem Description	Onset Date	Chronic	Notes
COPD (chronic obstructive pulmonary disease)	04/03/2013	Y	Onset date 04/03/2013. Last addressed on 04/03/2013.
Hypothyroidism	04/03/2013	Y	Onset date 04/03/2013. Last addressed on 04/03/2013. TSH (2/2013) 0.65 ; FT4 0.80.
Chronic pain	04/03/2013	Y	Onset date 04/03/2013. Last addressed on 04/03/2013.
Arthritis	04/03/2013	Y	Onset date 04/03/2013. Last addressed on 04/03/2013.
Heart murmur	04/03/2013	Y	Onset date 04/03/2013. Last addressed on 04/03/2013.
Hiatal hernia	04/03/2013	Y	Onset date 04/03/2013. Last addressed on 04/03/2013.
Depression with anxiety	04/03/2013	Y	Onset date 04/03/2013. Last addressed on 04/03/2013.
Vitamin d deficiency	04/03/2013	Y	Onset date 04/03/2013. Last addressed on 04/03/2013.

Past Medical/Surgical History (Detailed)

Disease/disorder	Onset Date	Management	Date	Comments
		Hysterectomy	2001	
		Breast biopsy	1984	
		Tubal	1984	
		right leg surgery (injury)		
Hypothyroidism				BRM 01/19/2017 -
COPD				

GYNECOLOGIC HISTORY:

Patient is postmenopausal.

Family History: (Detailed)

Relationship	Condition	Deceased	Age at Death	Onset Age	COD
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Close relative	Kidndy Disease	N	N
cousins	arthritis	N	N
Grandfather/s	HTN	N	N
ister			
Grandfathers/	Coronary artery disease	N	N
Sister			
Grandmother	Cancer	N	N
s/Aunts			

Social History: (Detailed)

Tobacco use reviewed.

Preferred language is English.

Born in United States.

MARITAL STATUS/FAMILY/SOCIAL SUPPORT

Currently divorced.

Tobacco use status: Heavy cigarette smoker (20-39 cigs/day).

Smoking status: Heavy tobacco smoker.

TOBACCO CESSATION INFORMATION

Date	Counseled By	Order	Status	Tobacco Cessation Information
XXXXXX	XXXXXX	Tobacco cessation counseling	completed	Smoking cessation education

ALCOHOL

There is no history of alcohol use.

CAFFEINE

The patient uses caffeine.

Medication Reconciliation

Medications reconciled today.

Allergies (Reviewed, no changes.)

Ingredient	Reaction	Medication Name	Comment
CYCLOBENZAPRINE HCL		Flexeril	
IODINE			
SULFA (SULFONAMIDE			
ANTIBIOTICS)			

Review of Systems

System	Neg/Pos	Details
Constitutional	Negative	Fatigue.
ENMT	Negative	Nasal drainage, sinus pressure and sore throat.
Respiratory	Negative	Cough and dyspnea.
Cardio	Negative	Chest pain, claudication, edema and irregular heartbeat/palpitations.
GI	Positive	Heartburn, Reflux.
GI	Negative	Abdominal pain, change in stool pattern, jaundice and melena.
GU	Negative	Dysuria and hematuria.
Neuro	Positive	Headache.
Neuro	Negative	Dizziness, extremity weakness, gait disturbance and numbness in extremity.
Psych	Positive	Anxiety, Depression.
Integumentary	Negative	Rash.
MS	Positive	Joint pain, Neck pain.



MS	Negative	Back pain and joint swelling.
Reproductive	Positive	The patient is post-menopausal.

Vital Signs:

Time	BP mm/Hg	Pulse /min	Resp /min	Temp F	Ht ft	Ht in	Ht cm	Wt lb	BMI kg/m2	O2 Sat%	Amb %	Pain
9:15 AM	124/82	93	18		5.0	4.00		114.60	19.67	95		



Physical Exam

Exam	Findings	Details
Constitutional	Normal	Well developed.
Eyes	Normal	Pupil - Right: Normal, Left: Normal.
Ears	Normal	TM - Right: Normal, Left: Normal.
Nose/Mouth/Throat	Normal	Oropharynx - Normal.
Neck Exam	Normal	Inspection - Normal. Thyroid gland - Normal.
Respiratory	Normal	Inspection - Normal. Auscultation - Normal.
Cardiovascular	Normal	Inspection - JVD: Absent. Heart rate - Regular rate. Rhythm - Regular. Heart sounds - Normal S1, Normal S2. Murmurs - None. Extremities - No edema.
Abdomen	Normal	Inspection - Normal. Auscultation - Normal. No abdominal tenderness. No hepatic enlargement. No spleen enlargement.
Musculoskeletal	Comments	DECREASED ROM ABOUT THE SHOULDER SECONDARY TO DISCOMFORT BUT NO EVIDENCE OF INTERNAL DERANGEMENT.
Musculoskeletal	Normal	Visual overview of all four extremities is normal.
Extremity	Normal	No edema.
Psychiatric	Normal	Orientation - Oriented to time, place, person & situation. Appropriate mood and affect.

Immunizations:

Reviewed, no change. Last documented

Instructions

Order	Reason	Details
Tobacco cessation counseling		

Assessment/Plan

#	Detail Type	Description
1.	Assessment	Sprain of left shoulder, unspecified shoulder sprain type, initial encounter (S43.402A).
	Patient Plan	WILL TREAT SYMTOMATICALLY AND SUPPORTIVELY WITH ACTIVITY MODIFICATION AND ANTICIPATE GRADUAL RETURN TO BASELINE. IF NO RESPONSE WILL OBTAIN MRI TO R/O INTERNAL DERANGEMENT AND/OR OBTAIN ORTHOPEDIC CONSULTATION.
	Plan Orders	Further diagnostic evaluations ordered today include(s) SHOULDER X-RAY, 2 Or More Views to be performed STAT.

Medications *(Added, Continued or Stopped this visit)*

Started	Medication	Directions	Instruction
04/12/2018	albuterol sulfate 2.5 mg/3 mL (0.083 %) solution for nebulization Allegra	inhale 3 milliliter by nebulization route 4 times every day	



	calcium	
12/20/2018	estradiol 2 mg tablet	take 1 tablet by oral route every day
12/20/2018	Lexapro 20 mg tablet	take 1 tablet (20MG) by oral route every day
12/20/2018	Protonix 40 mg tablet, delayed release	take 1 tablet by oral route every day
11/16/2018	Spiriva with HandiHaler 18 mcg and inhalation capsules	inhale 1 capsule (18MCG) by inhalation route every day
12/20/2018	Tylenol-Codeine #3 300 mg-30 mg tablet	take 1 tablet by oral route every 12 hours as needed
	Vitamin D3 5,000 unit tablet	take 1 Tablet by Oral route every day for 3 months
12/20/2018	Zantac 150 mg tablet	take 1 tablet (150MG) by oral route AT BEDTIME

Diagnostic Services this visit

Status	Study	Ordered	Completed	Interpretation	Result/Report
ordered	SHOULDER X-RAY, 2 Or 12/20/2018 More Views				

Follow Up:

Status	Ordered	Order	Timeframe	Comments
ordered	12/20/2018	follow-up visit with PCP Office Visit prn	prn	

