

Medical Record

Patient Information:

Name: John Doe

Date of Birth: January 15, 1985

Gender: Male

Patient ID: 123456

Visited: 20/08/2020

Chief Complaint:

Pain in the right ankle and joint of the right foot

History of Present Illness (HPI):

Onset: The pain started approximately 3 weeks ago after a minor sprain.

Location: Right ankle and joint of the right foot.

Duration: Persistent, worsening with activity.

Characteristics: Sharp, throbbing pain with swelling and tenderness.

Aggravating Factors: Walking, standing for long periods, and physical activity.

Relieving Factors: Rest, ice application, elevation, and over-the-counter pain medications (ibuprofen).

Associated Symptoms: Swelling, stiffness, and occasional bruising.

Past Medical History:

Chronic Conditions: Hypertension, Type 2 Diabetes.

Previous Surgeries: Appendectomy (2010).

Medications: Metformin, Lisinopril, Ibuprofen (as needed for pain).

Allergies: No known drug allergies.

Social History:

Occupation: Office worker.

Smoking: Non-smoker.

Alcohol Use: Occasionally.

Exercise: Infrequent.

Family History:

Father: Hypertension, Heart disease.

Mother: Type 2 Diabetes.

Siblings: Healthy.

Review of Systems:

General: No fever, no weight loss.

Musculoskeletal: Pain in the right ankle and joint of the right foot, no other joint pain or swelling.

Neurological: No numbness or tingling.

Cardiovascular: No chest pain, no palpitations.

Respiratory: No shortness of breath, no cough.

Physical Examination:

General: Alert, well-nourished, in no acute distress.

Vital Signs:

Blood Pressure: 130/85 mmHg.

Heart Rate: 78 bpm.

Respiratory Rate: 16 breaths/min.

Temperature: 98.6°F (37°C).

Inspection: Swelling and mild bruising around the right ankle and foot.

Palpation: Tenderness over the lateral aspect of the right ankle and dorsum of the right foot.

Range of Motion: Limited due to pain and swelling, especially in dorsiflexion and plantarflexion.

Strength: 4/5 in the right lower extremity.

Reflexes: Normal deep tendon reflexes in the lower extremities.

Sensation: Intact sensation in the right foot and ankle.

Special Tests: Negative anterior drawer test, negative talar tilt test indicating no major ligamentous instability.

Assessment:

Prognosis: Right ankle sprain with possible involvement of the joint of the right foot.

Differential Prognosis: Ankle fracture, tendonitis, arthritis.

Plan:

Imaging: Order X-ray of the right ankle and foot to rule out fracture.

Medications: Continue ibuprofen for pain management; consider prescribing a stronger anti-inflammatory if necessary.

Referral: Refer to orthopedic specialist for further evaluation if no improvement.

Physical Therapy: Recommend physical therapy for rehabilitation and strengthening exercises.

Activity: Advise patient to avoid weight-bearing activities on the affected foot; use crutches if necessary.

Follow-Up: Schedule follow-up appointment in 2 weeks to review X-ray results and assess response to treatment.

Patient Education:

Discussed the nature of the condition, potential causes, and treatment options.

Instructed on proper use of medication and importance of adhering to prescribed therapy.

Encouraged patient to report any worsening symptoms or new concerns.