

Name: Jennifer Beth Cartrette | DOB: 9/13/1982 | MRN: 71030963 | PCP: Timothy Kennard, MD | Legal Name: Jennifer Beth Cartrette

Appointment Details

Notes

Progress Notes

James Vollmer at 11/26/19 0930

Attestation signed by Brandon Valentine at 11/26/19 1035

Patient seen in the office today, history reviewed, and examined. Agree with physician assistant recorded history and exam.

The presenting history and exam are most consistent with carpal tunnel syndrome. This condition is reviewed at length in the office today.

We have discussed the etiology, pathophysiology, natural history, and treatment options for this condition. I have explained that with progressive symptoms I recommend electrodiagnostic testing to confirm the location and define the severity of any focal compressive neuropathy.

She may be a candidate for carpal tunnel release to prevent any permanent or further loss of feeling and strength in the hand. We have discussed the surgical procedure for carpal tunnel release in the office today as well, along with the risks and benefits.

She agrees to proceed with nerve study, and this is ordered today. Follow-up after nerve study.

Electronically signed by Brandon J Valentine, M.D.

Chief Complaint:

:

Chief Complaint

Patient presents with

- Numbness
Left Hand

History of Present Illness:

Jennifer Beth Cartrette is a 37 y.o. female who presents today as a new patient to Dr. Valentine with left hand pain as well as numbness and tingling. Patient reports near constant numbness and tingling over the past 2 weeks, with intermittent symptoms prior. States it is affecting the left hand significantly, most prevalent into the thumb index and middle finger. States that it actively wakes her up at night, despite bracing. Recent bracing has started to cause some improvement

in symptoms. Did seek evaluation with primary care had x-rays taken in October which were negative. Patient states that the numbness and pain is impacting activities of daily living and ability to work as a manager of a restaurant. Patient did have prior spinal surgery with Dr. Hartman, C456 and 7. States that the numbness did not happen following the surgery. Did have a previous nerve study with Dr. Sue Huskey prior to the spinal surgery which was a normal study.

Patient presents with

- Numbness
Left Hand

No Known Allergies

No outpatient medications have been marked as taking for the 11/26/19 encounter (Office Visit) with Brandon J Valentine, MD.

Past Medical History:

Diagnosis	Date
• ADHD	
• Anorexia	
• Bipolar disorder (*)	
• Broken teeth <i>upper left, lower right</i>	
• Colitis <i>Ischemic</i>	age 25
• Colon polyp <i>Ischemic Colitis</i>	2005
• DDD (degenerative disc disease), cervical	
• DDD (degenerative disc disease), cervical	
• Dental crowns present	
• Disease of thyroid gland <i>grave's disease</i>	
• Eating disorder <i>In remission</i>	Childhood
• Presence of dental prosthetic device <i>Right lower x1</i>	
• PTSD (post-traumatic stress disorder)	
• Teeth missing	

Past Surgical History:

Procedure	Laterality	Date
• Sinus surgery		2008
• Spinal fusion		

Social History

Socioeconomic History

- | | |
|----------------------------|-------------------|
| • Marital status: | Significant Other |
| • Spouse name: | Not on file |
| • Number of children: | 0 |
| • Years of education: | Not on file |
| • Highest education level: | Not on file |

Occupational History

- | | |
|---------------|-----------------------------|
| • Occupation: | front house - of restaurant |
|---------------|-----------------------------|

Social Needs

- | | |
|------------------------------|-------------|
| • Financial resource strain: | Not on file |
| • Food insecurity | |
| • Worry: | Not on file |
| • Inability: | Not on file |
| • Transportation needs | |
| • Medical: | Not on file |

Non-medical: Not on file

Tobacco Use

- Smoking status: Former Smoker
- Packs/day: 0.00
- Start date: 1/1/2000
- Last attempt to quit: 1/1/2013
- Years since quitting: 6.9
- Smokeless tobacco: Never Used
- Tobacco comment: Quit- age 30

Substance and Sexual Activity

- Alcohol use: Yes
Comment: rarely
- Drug use: Yes
Types: Marijuana
Comment: last used - 2 to 3 yrs. ago
- Sexual activity: Yes
Partners: Male
Birth control/protection: None

Lifestyle

- Physical activity
Days per week: Not on file
Minutes per session: Not on file
- Stress: Not on file

Relationships

- Social connections
Talks on phone: Not on file
Gets together: Not on file
Attends religious service: Not on file
Active member of club or organization: Not on file
Attends meetings of clubs or organizations: Not on file
Relationship status: Not on file
- Intimate partner violence
Fear of current or ex partner: Not on file
Emotionally abused: Not on file
Physically abused: Not on file
Forced sexual activity: Not on file

Other Topics

- Not on file

Social History Narrative

- Not on file

Family History

Problem	Relation	Age of Onset
Stroke	Father	
Bipolar disorder	Father	
Anxiety disorder	Father	
ADD / ADHD	Father	
Thyroid disease	Maternal Grandmother	
Thyroid disease	Maternal Aunt	
Stroke	Maternal Grandfather	
Stroke	Paternal Grandfather	
ADD / ADHD	Sister	
ADD / ADHD	Brother	
Anxiety disorder	Paternal Uncle	
Depression	Paternal Uncle	
Stroke	Paternal Grandmother	
Cancer	Neg Hx	

- Breast cancer
- Colon cancer
- Diabetes
- Hypertension

Neg Hx
Neg Hx
Neg Hx
Neg Hx

Past Medical History, Past Surgery History, Allergies, Social History, and Family History were reviewed and updated.

Review of Systems

Comprehensive review of systems is performed and is negative except positive for

Chief Complaint

Patient presents with

- Numbness
Left Hand

Objective

Vitals:

11/26/19 0919
BP: 122/84
Pulse: 106

Physical exam

General Appearance: Appears Stated Age, Well-Nourished; Oriented x 3; Gait: Ambulating without a limp; Eyes are clear, pupils symmetric and reactive to light; Skin: no lesions, no erythema; Neck: no thyroid enlargement, no jugular venous distension; heart: Regular rate and rhythm, lungs: Clear to auscultation bilaterally

Alert, oriented, pleasant, and cooperative.
Skin is intact with no rashes, blemishes, or lesions.
Sensibility and perfusion are intact throughout the digits

On examination today patient maintains full composite fist. Full digital range of motion. Full range of motion of the wrist
Nontender to palpation along the flexor tendon in all digits are near the A1 pulley
Positive Erkins of the left carpal tunnel, APB motor function intact
Negative Tinel's over the cubital tunnel, no intrinsic wasting
Watson's and provocative maneuvers negative for carpal instability
Negative Finkelstein
Negative thumb CMC grind
otherwise neurovascular examination grossly intact

PA lateral and oblique x-rays of the left wrist dated 10/18/2019 reviewed today by Dr. Valentine.
X-rays negative for fracture

Impression

1. **Left hand paresthesia**
2. Left hand pain

L NCS with cervicals


Plan

Patient seen and evaluated by Dr Valentine and seen and dictated by James Vollmer PA-C

See attestation from Dr Valentine for plan


Portions of this note were dictated using Dragon software. It has been reviewed for accuracy but may contain grammatical and clerical errors. If there are any questions, please feel free to contact me at 704-365-6730

Patient's Medications

 **Accurate as of November 26, 2019 9:30 AM.** Reflects encounter med changes as of last refresh

Continued Medications

	Instructions
acetaminophen 325 mg tablet Commonly known as: TYLENOL	650 mg, Oral, Every 6 hours as needed, Take 3 tablets prn
* amphetamine-dextroamphetamine 20 MG tablet Commonly known as: ADDERALL Start taking on: December 14, 2019	20 mg, Oral, 3 times a day
* amphetamine-dextroamphetamine 20 MG tablet Commonly known as: ADDERALL Start taking on: January 13, 2020	20 mg, Oral, 3 times a day
* amphetamine-dextroamphetamine 20 MG tablet Commonly known as: ADDERALL Start taking on: February 11, 2020	20 mg, Oral, 3 times a day
ARIPiprazole 10 mg tablet Commonly known as: ABILIFY	10 mg, Oral, Daily, Take 1/2 tab daily for 7 days, then 1 tab daily thereafter.
Naproxen-Esomeprazole 500-20 MG Tbec per DR tablet Commonly known as: VIMOVO	1 tablet, Oral, 2 times a day

 *** This list has 3 medication(s) that are the same as other medications prescribed for you. Read the directions carefully, and ask your doctor or other care provider to review them with you.**

No orders of the defined types were placed in this encounter.

There are no Patient Instructions on file for this visit.
No follow-ups on file.

I will be happy to see them back at any point in time regarding this or any other issue that may arise.

Cc: Gina G LiCause, MD

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