

KAISER PERMANENTE

ORCHARD MEDICAL
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DOWNEY CA 90242-2814
SCAL HIM ROI ALMR

Progress Notes (continued)**Nguyen, Man Khacminh (M.D.) at 7/26/2014 1:12 PM (continued)**

06/23/14 : 107/70
06/20/14 : 119/76
05/20/14 : 109/73
03/17/14 : 108/67
02/25/14 : 116/73
02/14/14 : 112/64

Review of Systems

Constitutional: Negative for fever and chills.

Neurological: Positive for tingling (**left side**) and focal weakness (**left side**).

Physical Exam

Constitutional: She is oriented to person, place, and time and well-developed, well-nourished, and in no distress. Vital signs are normal. She appears to not be writhing in pain, not malnourished, not dehydrated and not jaundiced. She appears healthy. She appears not cachectic. Non-toxic appearance. She does not have a sickly appearance. No distress.

Musculoskeletal:

Right shoulder: She exhibits decreased range of motion, tenderness, pain and spasm. She exhibits no bony tenderness, no swelling, no effusion, no crepitus, no deformity, no laceration, normal pulse and normal strength.

Pain along ACJ and supraspinatus

ROM 50%

Neurological: She is alert and oriented to person, place, and time. She has normal motor skills. Gait normal.

Skin: She is not diaphoretic.

Psychiatric: Mood, memory, affect and judgment normal.

Nursing note and vitals reviewed.

LABS, DIAGNOSTIC STUDIES & PROCEDURES**Orders Placed This Encounter**

- XR SHOULDER, RIGHT, 2 OR MORE VIEWS
- Ketorolac (TORADOL) 60 mg/2 mL IM Soln
- Cyclobenzaprine (FLEXERIL) 10 mg Oral Tab
- HYDROcodone-Acetaminophen (NORCO) 10-325 mg Oral Tab

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Progress Notes (continued)

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RADIOLOGIC ORDERS
XR SHOULDER, RIGHT, 2 OR MORE VIEWS

- ASSESSMENT

Avoid overhead lifting

RIGHT SHOULDER MUSCLE STRAIN, INIT (primary encounter diagnosis)

Note:

Plan: KETOROLAC 60 MG/2 ML IM SOLN

XR SHOULDER, RIGHT, 2 OR MORE VIEWS

CYCLOBENZAPRINE 10 MG ORAL TAB

HYDROCODONE-ACETAMINOPHEN 10-325 MG ORAL TAB

- PLAN, PATIENT INSTRUCTIONS & DISPOSITIONS:

Man K. Nguyen, MD.
July 26, 2014 3:21 PM
Primary Care Doctor on Chart
Franklin, Kymberly M (M.D.)

Pt acknowledges the understanding the discussion such as red flags without further questioning, agrees with plan, including returns or follow-ups.

Close follow-up in as noted (see AVS)

Patient Instructions

Return if not better 2-3 weeks

Progress Notes (continued)Nguyen, Man Khacminh (M.D.) at 7/26/2014 1:12 PM (continued)

Patient acknowledged understanding about the counseling of restriction of activities including weight bearing as limited by pain, nature of disease, stiffness; heat packs or ice packs as needed for relief. Take over-the-counter anti-inflammatories, acetaminophen as tolerated.

Your Kaiser Permanente Care Instructions**Muscle Strain: After Your Visit****Your Care Instructions**

A muscle strain happens when you overstretch, or pull, a muscle. It can happen when you exercise or lift something or when you have an accident. Rest and other home care can help the muscle heal.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Rest the strained muscle. Do not put weight on it for a day or two. If your doctor advises you to, use crutches or a sling to rest a sore limb.
- Put ice or a cold pack on the sore muscle for 10 to 20 minutes at a time to stop swelling. Put a thin cloth between the ice pack and your skin.
- Prop up the sore arm or leg on a pillow when you ice it or anytime you sit or lie down during the next 3 days. Try to keep it above the level of your heart. This will help reduce swelling.
- Take pain medicines exactly as directed.
 - ◆ If the doctor gave you a prescription medicine for pain, take it as prescribed.
 - ◆ If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.
- Do not do anything that makes the pain worse. Return to exercise gradually as you feel better.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You have new severe pain.
- Your injured limb is cool or pale or changes color.
- You have tingling, weakness, or numbness in your injured limb.
- You cannot move the injured area.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You cannot put weight on a joint, or it feels unsteady when you walk.
- Pain and swelling get worse or do not start to get better after 2 days of home treatment.

Where can you learn more?

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Progress Notes (continued)

Nguyen, Man Khacminh (M.D.) at 7/26/2014 1:12 PM (continued)

Go to <http://www.kp.org>

Enter **C862** in the search box to learn more about "**Muscle Strain: After Your Visit**".

Last Revised: February 19, 2013

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Nursing Notes

Status: Signed

>> ALLISON M AYERDIS MA Sat Jul 26, 2014 12:54 PM
7/26/2014 12:54 PM

Patient presents with:
SHOULDER PAIN - RIGHT SIDE
ARM PAIN - RIGHT

PROACTIVE CARE ACTIONS

Proactive Office Encounter Actions: There are no care gaps at this time

Benzoyl Peroxide
Comment: Facial swelling
ALLISON M AYERDIS MA

Encounter Messages

No messages in this encounter

Diagnoses

	Codes	Comments
RIGHT SHOULDER MUSCLE STRAIN, INIT - Primary	840.9	

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Imaging - All Orders and Results**XR SHOULDER, RIGHT, 2 OR MORE VIEWS [696194900]**Electronically signed by: **Nguyen, Man Khacminh (M.D.) on 07/26/14 1327**Status: **Completed**

This order may be acted on in another encounter.

Ordering user: **Nguyen, Man Khacminh (M.D.) 07/26/14 1327**Authorized by: **Nguyen, Man Khacminh (M.D.)**Ordering mode: **Standard**Frequency: **Routine 07/26/14 -**

Diagnoses

RIGHT SHOULDER MUSCLE STRAIN, INIT

Questionnaire

Question	Answer
Is the Patient Pregnant?	No
Special View?	NONE

Order comments: Reason: pain, mostly at ACJ

XR SHOULDER, RIGHT, 2 OR MORE VIEWS [696194900]

Resulted: 07/26/14 1359, Result status: Final result

Order status: **Completed**Resulted by: **Downey, Ryan Thomas (M.D.)**Accession number: **58724150**Resulting lab: **SCAL RADIOLOGY INTERFACE**

Narrative:

Is the Patient Pregnant?>No Special View?>NONE

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	58724150	7/29/2014 4:01 PM	Downey, Ryan Thomas (M.D.)

CLINICAL HISTORY: Reason: pain, mostly at ACJ

COMPARISON: No previous study available.

FINDINGS/ IMPRESSION:

No acute fracture is identified. The alignment is normal. No significant joint disease is noted. No significant soft tissue abnormality is identified.

This report electronically signed by **Ryan Downey, MD** on **7/29/2014 3:54 PM**

Medications - All Orders and Results**Ketorolac (TORADOL) 60 mg/2 mL IM Soln [696194899]**Electronically signed by: **Nguyen, Man Khacminh (M.D.) on 07/26/14 1327**Status: **Discontinued**Ordering user: **Nguyen, Man Khacminh (M.D.) 07/26/14 1327**Authorized by: **Nguyen, Man Khacminh (M.D.)**Ordering mode: **Standard**Frequency: **Routine 07/26/14 - 08/11/14**Discontinued by: **Gabriel, Esther J 08/11/14 1631 [ALLERGIC]**

Diagnoses

RIGHT SHOULDER MUSCLE STRAIN, INIT**Testing Performed By**

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - Unknown	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0800 - Present

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Final Spectacle Rx

Click to see and print Final Spectacle Rx

Final CL Rx

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

Medications the Patient Reported Taking

Ketorolac (TORADOL) 60 mg/2 mL IM Soln (Taking/Discontinued)

Cyclobenzaprine (FLEXERIL) 10 mg Oral Tab (Taking/Discontinued)

HYDROcodone-Acetaminophen (NORCO) 10-325 mg Oral Tab (Taking/Discontinued)

Prescriptions Ordered This Encounter

		Disp	Refills	Start	End
Ketorolac (TORADOL) 60 mg/2 mL IM Soln (Discontinued) Sig: 2 ml (60 mg) IM now. Class: Back Office Route: intraMUSCULAR Reason for Discontinue: ALLERGIC		2	0/0	7/26/2014	8/11/2014
Cyclobenzaprine (FLEXERIL) 10 mg Oral Tab (Discontinued) Sig: Take 1 tablet every 8 hours for 3-5 days & as needed thereafter Class: Fill Now Route: Oral Patient Label Sig: Take 1 tablet every 8 hours for 3-5 days & as needed thereafter Reason for Discontinue: Med List Cleanup (MD Only)	30	1/3		7/26/2014	4/12/2016
HYDROcodone-Acetaminophen (NORCO) 10-325 mg Oral Tab (Discontinued) Sig: Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours Class: Fill Now Route: Oral Patient Label Sig: Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours Reason for Discontinue: Med List Cleanup (MD Only)	20	0/0		7/26/2014	4/12/2016

Social Documentation as of 7/26/2014

No social documentation on file.

Patient Instructions

Return for Care: Return in about 1 week (around 8/2/2014), or if symptoms worsen or fail to improve.

Return if not better 2-3 weeks

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lift something or when you have an accident. Rest and other home care can help the muscle heal.

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- Prop up the sore arm or leg on a pillow when you ice it or anytime you sit or lie down during the next 3 days. Try to keep it above the level of your heart. This will help reduce swelling.
- Take pain medicines exactly as directed.
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- Do not do anything that makes the pain worse. Return to exercise gradually as you feel better.

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Last Revised: February 19, 2013

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Follow-up and Disposition

Return in about 1 week (around 8/2/2014), or if symptoms worsen or fail to improve.

Follow-up and Disposition History

07/26/2014 1328 - Man Khacminh (M.D.) Nguyen

Disposition: Return in about 1 week (around 8/2/2014), or if symptoms worsen or fail to improve.

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Follow-up and Disposition History (continued)**All Flowsheet Data (all recorded)****Encounter Vitals**

Row Name 07/26/14 1252

Enc Vitals

BP 109/73 -AA
Pulse 66 -AA
Resp 18 -AA
Temp 98.8 °F (37.1 °C) -AA
Temp src Oral -AA
SpO2 100 % -AA
Wt (gms) 149 lb (67.6 kg) -AA
Height 5' 4" (1.626 m) -AA
Pain Score 8 (0-10) -AA
Pain Loc SHOULDER -AA

Exercise Vitals

Row Name 07/26/14 1252

Exercise Level of Effort

Days per 0 -AA
week of
moderate to
strenuous
exercise
(like a brisk
walk)

On average, 0 -AA
minutes per
day of
exercise at
this level

User Key

(r) = Recorded By, (t) = Taken By, (c) = Cosigned By

Initials	Name	Effective Dates	Provider Type	Discipline
AA	Ayerdis, Allison M (M.A.)	11/03/13 - 12/20/14	MEDICAL ASSISTANT	—