

PATIENT CARD — Post-op Pain & Constipation

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Name: Casey L. (synthetic) Age: 47 Setting: Telehealth with nurse
Condition focus: Post-op pain management and bowel function

Chief concern:

"Pain pills help, but I haven't had a bowel movement since the surgery."

History:

- Onset & course: Surgery 4 days ago; pain 6/10 without meds, 3/10 with meds.
- PMH/meds/allergies: Prescribed oxycodone/acetaminophen; also taking OTC acetaminophen.
- Social/functional: Lives alone; minimal help; low fluid intake.
- Barriers: Unclear discharge instructions; no stool softener at home.
- Understanding: Unsure about safe acetaminophen dosing.

Emotional tone: Worried, a bit embarrassed discussing bowel habits

Hidden "reveal-if-asked" facts:

- Red flags: Took two acetaminophen-containing meds together reaching ~4 g/day.
- Adherence gaps: Not drinking water; no bowel regimen started.
- Safety: Mild confusion at night; poor oral intake.

Preferred language/health literacy: English; wants plain language and specific steps