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|  | | |  | DISCHARGE SUMMARY  NAME:  AGE:  GENDER:  IPD NO:  OPD NO:  ADDRESS:  DATE OF ADMISSION:  DATE OF DISCHARGE:  PROVISIONAL DIAGNOSIS:  CHIEF COMPLAINTS:  HISTORY OF PRESENTING COMPLAINT:  PAST HISTORY: |
| MEDICAL HISTORY:  SURGICAL HISTORY:  INVESTIGATION REPORTS:  BIOMETRIC DIFFERENCES:     |  |  |  | | --- | --- | --- | | BIOMETRIC | ON ADMISSION | ON DISCHARGE | | HEIGHT |  |  | | WEIGHT |  |  | | ARM |  |  | | CHEST |  |  | | ABDOMEN |  |  | | HIP |  |  | | THIGH |  |  |   \*VITAL DATA CARD ATTACHED  COURSE OF TREATMENT:   * YOGA AND NATUROPATHY * PHYSIOTHERAPY * BASIC AYURVEDA   PROGNOSIS:  GENERAL INSTRUCTION:   * HEALTH IS A STATE OF PHYSICAL, MENTAL, MORAL AND SPIRITUAL WELLBEING NOT MERELY ABSENCE OF DISEASE OR DISEASE ENTITY * ONE CANNOT PURCHASE HEALTH WITH MONEY; IT SHOULD BE ACQUIRED WITH PROPER LIFESTYLE AND MENTALITY * DRINK 2-3 LITRES OF WATER PER DAY * DO REGULAR EXERCISE PREFEERABLY YOGA AND WALKING FOR 45 MINUTES * GIVE UP ALL ADDICTIVES ESPECIALLY ALCOHOL, SMOKING, TOBACCO, CHEWING ETC. * EARLY TO BED AND EARLY TO WAKE IS A MANTRA FOR POSITIVE HEALTH. * OBSERVE FASTING ONCE IN A WEEK(PREFERABLY WITH TENDER COCONUT WATER AND THIN FRUIT JUICES).   NEUTACEUTICAL OR HERBAL SUPPLEMENT:  NATUROPATHY HOME TREATMENTS ADVISED:  1.  2.  3.  4.  5.  CONSECUTIVE VISITS:  IN CASE OF SOS/EMERGENCY CONTACT  DR PON SHAMLI 76393 15702  NOTE: PATIENT MAY GET GRADUAL RELIEF, ONLY IF SHE OR HE FOLLOWS DOCTOR’S ADVICE STRICTLY.THE HOSPITAL OR DOCTOR INCHARGE NO WAY RESPONSIBLE FOR THE REOCCURING OR REAPPEARING OF DISEASE DUE TO THE IMPROPER LIFESTYLE AND DIET PATTERN AFTER THE COURSE OF TREATMENT.  SIGNATURE  CMO/RMO |
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