**Case #1**

S:

* Patient injured left ankle while playing soccer yesterday
* Mechanism of injury: stepped on someone else's foot, causing ankle to roll inward
* Pain localized to outer part of ankle
* Able to weight bear and walk around (with a limp) after injury
* No pain elsewhere on the foot, leg, or knee
* No numbness/weakness in the lower extremity
* Past medical history: asthma (well-controlled)
* Meds: Symbicort inhaler, 1 puff daily
* Allergies: Penicillin (mild reaction)

O:

* Patient appears well, alert and oriented, and not in any acute distress
* Swelling and bruising noted to lateral aspect of left ankle
* Range of motion limited due to swelling/pain
* Patient reports tenderness when pressing on lateral malleolar zone
* No tenderness at the base of 5th metatarsal or navicular areas

A:

* Inversion injury to left ankle

P:

* Advised to continue managing symptoms with rest, ice, compression, and elevation
* Given tenderness in malleolar zone, will order X-ray to rule out fracture
* Follow-up on results once available, or sooner if the condition worsens or any new concerns arise

**Case #2**

S:

* Patient looking for refills on 2 medications
* Ramipril 10mg daily (taking for high blood pressure)
* Crestor 10mg daily (taking for high cholesterol)
* Patient has been on both medications for >5 years
* Doses are stable, no side effects
* Most recent bloodwork completed 6 months ago, unremarkable
* Most recent BP check was about a month ago: BP 130/80
* Feels well overall, denies any headaches, blurry vision, chest pain, shortness of breath, or palpitations
* Past medical history: high blood pressure, high cholesterol
* Meds: Ramipril 10mg daily, Crestor 10mg daily
* Allergies: none

O:

* Patient appears well, alert and oriented, and not in any acute distress

A:

* Hypertension, dyslipidemia

P:

* Since patient is doing well on both medications, agreed to refill both today for 3 months
* Advised to continue monitoring BP regularly at home, seek care if persistently elevated >135/85
* Reviewed red flags, including severely elevated BP >180/110, or high blood pressure associated with headache, blurry vision, chest pain, shortness of breath, or palpitations - patient aware to attend the Emergency Department if any of the above
* Follow-up before medications run out, or sooner if new concerns arise