

Hackensack
Meridian *Health*

FAX

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
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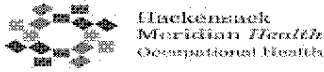
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NOTES:

Hackensack Meridian Team Health Holmdel PC
100 Commons Way, Suite 160
Holmdel, NJ 07733-2935
Phone: 732-450-2930
Fax: 732-450-2931

Patient Visit Summary and Instructions

PATIENT LAST NAME Clare		PATIENT FIRST NAME Donald		DATE OF BIRTH 11/28/1966	AGE 55	GENDER Male
DATE OF TREATMENT 10/17/2022	DATE OF INJURY OR ILLNESS 10/12/2022	PRACTITIONER'S NAME Dorota Sohall, APN				
TIME ARRIVE 9:50 AM		TIME IN 11:00 AM		TIME OUT 11:47 AM		
PATIENT'S DESCRIPTION OF PROBLEM On Wednesday 10/12/22 patient reports he was inspecting a pool and during inspection the ground was uneven and felt a sharp pain in his knee when walking. No immediate swelling.						
DIAGNOSIS 1. Sprain of unspecified site of right knee, initial encounter (S83.91XA).						
MEDICATIONS PRESCRIBED OR DISPENSED						
WORK OR ACTIVITY RESTRICTIONS Activity Restrictions: Sitting job only Walking / standing should be limited to as tolerated with crutches						
WORK STATUS Restricted Duty AS OF 10/17/2022						
AFTERCARE INSTRUCTIONS X ray referral Over the counter Tylenol / Ibuprofen per package directions as needed for pain Over the counter topical creams, gels, patches as needed for pain Cold compresses and continue partial weight bearing Continue using crutches for mobility as discussed MRI referral Restricted duty Return in 1 week.						
NEXT 3 APPOINTMENTS 10/24/2022 1:00 PM Work Comp Follow-up Visit						
PATIENT I received this information and was given the opportunity to ask questions about my care.  10/17/2022 1:47:44 AM				STAFF MEMBER I reviewed this information with the patient. The patient verbalized understanding.  10/17/2022 1:47:53 AM		

**HACKENSACK MERIDIAN OCCUPATIONAL HEALTH**

Patient: Donald Clare
Company: Neptune Township

Date of Birth: 11/28/1966
Injury Date: 10/12/2022
Exam Date: 10/17/2022

DEMOGRAPHICS

Donald Clare is a 55 year-old Male, employee of Neptune Township, and Assistant Director.

HISTORY OF PRESENT ILLNESS

Donald's primary problem is a strain located in the right medial knee, right knee. He describes it as heavy. He considers it to be unrelenting, awful. He has noticed that it is made worse by weight bearing. It is improved with ice, cold. His pain level is 7.

HISTORY OF PRESENT ILLNESS NARRATIVE

Narrative: Patient arrived with crutches gait stable. Unable to apply any weight bearing to right leg while walking. Noted medial lateral swelling to right knee. Hx of ACL 1982. Patient describes pain at 7/10 at rest. Patient reports he has taken moibic, and completed ice at rest frequently. Swelling progressed on Friday with increased pain. Patient reports on Saturday he was not able to apply ant weight.

PATIENT DESCRIPTION OF ACCIDENT

On Wednesday 10/12/22 pat0ient reports he was inspecting a pool and during inspection the ground was uneven and felt a sharp pain in his knee when walking. No immediate swelling.

REVIEW OF SYSTEMS

Constitutional: Negative for recent weight loss.
Endocrine: Negative for diabetes, excessive hunger, and heat intolerance.
Respiratory: Negative for cough.
Gastrointestinal: Negative for abdominal pain, heartburn, and nausea.
Genitourinary: Negative for frequent urination.
Musculoskeletal: Negative for joint pain, and muscle pain.
Skin and Breast: Negative for rash.
Neurological: Negative for headache, and weakness.
Immunologic: Negative for frequent infections.

PAST FAMILY AND SOCIAL HISTORY

Alcohol Use:
He states he rarely consumes alcoholic beverages.
Current Work Status:
Current Work Status He is working full time on regular duty.
Previous Surgery:
Previous Surgery Shoulder arthroscopy (Left). Inguinal hernia repair (bilateral). Knee arthroscopy (Right).

CURRENT MEDICATIONS

Aleve.

ALLERGIES

None, .

VITAL SIGNS

Weight (lbs): 172.0.
Height (inches): 66.
BMI: Overweight (27.8).

Patient Name: Donald Clare
Date of Birth: 11/28/1966
Date of Injury: 10/12/2022
Appointment Date: 10/17/2022

Blood Pressure: 137/81.
Respiratory Rate (per min): 16.
Pulse Rate (per min): 63.

EXAMINATION

Constitutional: He appears to be healthy. He uses a set of crutches. His complexion is normal. He is afebrile. He is able to move with no difficulty. He is able to walk with significant difficulty.

Partial weight bearing to right leg, using crutches, no evidence of trauma, skin intact. 2+ edema to R medial knee. (+) TTP to medial joint line. ROM 0-90 deg. Extensor mechanism intact. No crepitus. Unstable to varus and valgus stress at 0 and 30 deg. (+) Lachmans, NVI distally.

DIAGNOSIS

1. Sprain of unspecified site of right knee, initial encounter (S83.91XA).

DISCUSSION

MDM 10/17/22 Per patient he has stepped on uneven ground at work last week and felt immediate pain to his medial right knee. He has difficulty weight bearing and using crutches. He did not go to ED, was assessed by his daughter, who apparently is a physical therapist and advised to use crutches. He reports that his condition has not improved since last week, he has severe pain when trying to put full pressure on his right leg, taking Mobic with some minimal effect. There is significant swelling to his right knee, which he stated has subsided already somewhat. I suspect a Collateral ligament injury. Injury management discussed with the patient at length and in detail, advised conservative treatment and will restrict duty for now. D. Sohail, APN.

RECOMMENDED WORK STATUS

Donald's recommended work status is Restricted Duty. The effective date for this work status is 10/17/2022. This work status designation ends 10/24/2022.

RECOMMENDED ACTIVITY RESTRICTIONS

Activity Restrictions: Sitting job only
Walking / standing should be limited to as tolerated with crutches.

AFTERCARE INSTRUCTIONS

X ray referral
Over the counter Tylenol / Ibuprofen per package directions as needed for pain
Over the counter topical creams, gels, patches as needed for pain
Cold compresses and continue partial weight bearing
Continue using crutches for mobility as discussed
MRI referral
Restricted duty
Return in 1 week.



Dorota.Sohail, NP, 10/17/2022 12:00 PM

Patient Name: Donald Clare
Date of Birth: 11/28/1966
Date of Injury: 10/12/2022
Appointment Date: 10/17/2022

State of New Jersey

PRESCRIPTION BLANK

Hackensack Meridian Health
Dorota Sohail, APN
Occupational Health
2-12 Corbets way
Eatontown, NJ 07724
Tel: (732) 236-7950 • Fax: (732) 263-7902
NPI #1720456775

CERTIFICATION # 26NJ00579700

DEA # MS3616793

COLLABORATING PHYSICIAN

NAME Jared Schulman, M.D.

ADDRESS (Enter Address and Phone Number only if different from above)
LICENSE # 25MA08151400

PHONE #

PATIENT Donald Clare

ADDRESS

DOB: 11/28/66

DATE: 10/17/22



MRI of Right knee
without contrast

Dx: (R) knee sprain



SUBSTITUTION PERMISSIBLE

DO NOT REFILL

REFILL _____ TIMES

SIGNATURE OF PRESCRIBER

DO NOT SUBSTITUTE

[Signature]

Use a separate form for each controlled substance prescription

THIS PRESCRIPTION IS VOID IF THIS FROM EXISTING SITUATIONS IN NEW JERSEY ARE CONSIDERED PERMISSIBLE BY LAW