

Patient's Name: Jones, BlancheClinic/UH #: _____ Phone #: (409) 763-8521Age: 56Today's Date: 5/10/14CC: Knee pain, trouble sleeping56 yo A.A. femaleHPI: Left knee pain (severity: 5), "twisted patella" (more lateral) ; has been attending PT for ~1 mo, stopped attending 2 weeks ago b/c mother has cancer. She does not feel like PT is helping. Aggravated knee w/ aerobicsShe also complains of trouble sleeping for many years. She feels like it is getting worse. She has tried many meds but stopped because of SEs: Lexapro (diarrhea), Wellbutrin (weight gain), Celexa (cramps), ~~amoxicillin~~PMHx: ~~possible depressive symptoms~~Possible anxiety/depressive symptomsSarcoidosisHTN ~3 yrs - Norvasc Desire to lose weight, difficulty being activehysterectomy

Allergies:

penicillin, sulfa, codeine

Medications/Herbs/Supplements:

Aleve (once or twice/mo.) - worried about kidneysNorvasc (HTN)

Review of Systems: Reviewed Patient Checklist on Back Page

Pertinent Positives:

Swelling (left knee)

Pertinent Negatives:

no numbness, swelling
no appetite changesBP: 120 / 70 P: 64 R: 20 T: _____ "F" WEIGHT: 213 LBS HEIGHT: 5'7" INCHES GLUCOSE: _____PE: GENERAL: Alert, oriented, talkative, not febrile, no significant weight gainHEENT: —LUNGS: WNLHEART: WNLABDOMEN: —MS/NEURO: —SKIN: —OTHER: Strength symmetrical in knees
left knee pain upon flexion

ASSESSMENT/PLAN:

~~Diagnosis: Osteoarthritis~~50mg Trazodone - take 1/2 tablet po qhsInfo. on weight loss, counselingSlu in one month1) Left knee pain - tenderness w/ ROM, appears to be synovial tendonitis. Aggravated w/ Aerobic class.- Advised to rest for 1 month
- warm compresses, Aleve PRN pain- MRI sheet given to pt.2.) Sleep disturbance- Trazodone 25 mg qhs- Recommended counseling- F/U in psych in 1 month
Juan Vizcarra MS 4STUDENT NAME: William Patton, MS1

DIRECTOR SIGNATURE: _____

Faculty additions:

SIGNATURE

56yo

left
CC: Knee pain, "twisted" patella, can't sleep
1mo.

~~2000~~ o.s. PT (once/wk)

~~2000~~ stopped going 2wk ago (mom is sick)

doesn't see improvement (1mo 1/2 mos) (2wks)

Sleep problems - ^{2wks} lexapro, wellbutrin, celexa - "most of life"

hysterectomy ²⁰ ^{diarrhea} ^{weight gain} ^{cramps}

Sarcoidosis

HTN ~3yrs - Norvasc

warm compresses help knee pain, relieve?

some swelling, ~5 now

Cortisone shot ~2wks ago

meds

metrin - affected kidneys
allev (once/monthly)
twice
- 1 pill (200mg)

SHr

Trazadone - 25_{mg} ~~25~~ 1/2 hour before bed