



4343 E 31st Place
Yuma, AZ 85365 - 6553
PH: 928-341-4544
FAX: 928-341-4514

PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Darren	Wilson	11-26-1966	Male
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Alyssa Poland, PA-C		09-19-2023	SCL58628
Insurance:	Employer:	Claim Number:	Date of Injury:
Helmsman Management Services	Y-ALSCO/American Linen	CS10112	09-12-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Yuma		4343 E 31st Place, Yuma AZ 85365 - 6553	

History of Present Illness

Patient is a 56 year old male.

DOS 9/19/23 WC FUP left pinky laceration. Patient reports he has been cleaning wound with witchhazel. No redness or discharge. No warmth or fever. Still reports pain to the area. Is working light duty without difficulty. Tetanus is not UTD.

DOS 9/12/23 NEW WORK INJURY 56yo M presents with a crush injury to the left pinky finger that began while at work on 9/12/23. He states that it was crushed between a heavy door. Reports significant pain. ROM intact. Unknown tetanus status. No active bleeding.

Past Medical History

HTN .

Surgical History

right knee : 2021.

Allergy

No Known Drug Allergies.

Current Medication

ibuprofen 800 mg tablet 1 Tablet Every 8 Hours
amlodipine 125
Hydrochlorothiazide 100
losartan
Metoprolol 50 mg

Social History

Use of Drugs/Alcohol/Tobacco: Never drinks any alcohol. Smoking Status (MU) never smoker. Reports consuming caffeine/cafeinated drinks 1-2 cup a day. He has never used any illicit drugs.

Review of Systems

Constitutional Symptoms: Normal Appearance. Denies Any kind of disability, for any reason, fever, weight loss or fatigue.

Eyes: Denies blurred vision, double vision, glaucoma, discharge, itching, lacrimation, pain or redness of eyes.

Ears/Nose/Throat/Mouth: Denies poor hearing, dry mouth or sore throat.

Cardiovascular: Denies chest pain, chest tightness, tightness/pressure/squeezing, palpitations, prior heart attack, heart murmur or fainting.

Respiratory: Denies shortness of breath with exertion, shortness of breath with lying flat, chest tightness, asthma, COPD or Pneumonia.

Gastrointestinal: Denies blood in stool, ulcers, diarrhea or constipation.

Genitourinary: Denies kidney stones, frequent urination or bladder infection.

Skin: Denies cancer, bruising, rash, infection/ulcer or discoloration in legs.

Musculoskeletal: Denies arthritis, gout or sore muscles.

Hematologic/Lymphatic: Denies anemia, swelling or leukemia.

Endocrine: Denies diabetes, thyroid disease or Cushing disease.

Neurologic: Denies dizziness, strokes, headaches or difficulty walking.

Psychiatric: Denies anxiety or depression.

Allergic / Immunologic: Denies hay fever, sinusitis or immune deficiency.

Vitals

Pain scale was 4 out of 10.

Weight: 220.00 lbs.

Temperature: 97.10 F.

Pulse: 69 per min.

Pulse rhythm regular: Yes

Respiration: 18 breaths per min.

BP Systolic: 112 mm Hg.

BP Diastolic: 66 mmHg.

Physical Examination

Constitutional: Alert and oriented, In no acute distress, well developed, well nourished.

Head: NC/AT.

Eyes: EOMI, No injection or icterus.

Ears: No redness or swelling of the external ear. Symmetrical.

Nose: Nares clear and without excessive discharge.

Neck: Supple.

Resp: Nonlabored breathing.

Cardio: Warm and well perfused.

Abdomen: Non-distended.

Neurological: Alert and oriented. CN II-XII grossly intact, Motor/Sensation grossly normal, Non-focal.

Musculoskeletal: No muscle atrophy or weakness. No clubbing, cyanosis, or edema.

Skin: Warm, dry, no rashes

Psych: Alert & cooperative, Normal affect, Thoughts appear congruent & appropriate.

EXAM OF WOUND:

LACERATION LOCATION: left pinky; 6 sutures in place. No surrounding erythema, discharge or warmth to palpation.

SIZE (in cm): 4cm

SHAPE: Flap

DEPTH: Subcutaneous

COMPLEXITY:[Simple

CONDITION: not contaminated

SENSATION: intact to light touch

CAPILLARY REFILL: 2 seconds

SIGNS OF LYMPHANGITIS: no

TENDON DAMAGE: no, flexion/extension/abduction/adduction intact

MOTOR STRENGTH: 4/5 due to pain

RANGE OF MOTION: limited due to pain

Orders:

Wound Dressing

Patient is here for dressing of his wound which is in his LEFT PINKY. It was dressed with a sterile dressing.

Complications - NO .

****Tetanus Vaccine***

TESTS:

Completed: Yes.

Suture Removal / Wound

Suture removal/wound: The procedure performed was suture removal. A total of 2 sutures were removed by Alyssa Poland PAC. Sterile dressings were applied.

Assessment and Plan

ICD: Crushing injury of left little finger, initial encounter (S67.197A)

Assessment: 56 yo M with crush injury with laceration to the left pinky finger that occurred at work on 9/12/23.

Unknown tetanus status.XR negative for fracture. Laceration repaired with 6 sutures.

9/19/23- 2 sutures removed. No cellulitis. Tetanus updated today.

Plan: Sutures out in 6 days.

Wound care: Keep the wound dry for 48 hours. Do not immerse the wound in any body of water until after it has completely healed, this includes dish water, bath tub, pool/spa, river, etc. Change dressing daily and if the dressing gets wet or dirty. After 48 hours, you may shower as usual, washing the wound with antibacterial soap and warm water. DO NOT USE ANY HYDROGEN PEROXIDE AT ALL.

Wound Dressing: Change dressing daily and if it becomes wet or dirty. Apply a thin layer of bacitracin every other day to the wound. Cover the wound with a nonstick bandage and secure with tape or Coban. Keep the wound covered while doing anything that could get the wound dirty. These dressing materials may be purchased at any pharmacy.

Continue medication as prescribed,.

Light duty.

Follow up in 6 days for suture removal.

ICD: Laceration of left little finger w/o foreign body w/o damage to nail (S61.217A)

ICD: Finger pain, left (M79.645)

CPT Codes:

Office O/p Est Low 20-29 Min (99213)

Tetanus (VATET90714)

Follow up: -

A handwritten signature in black ink that reads "Aly Poland PA-C". The signature is cursive and somewhat stylized.

Alyssa Poland PA-C

This has been electronically signed by Alyssa Poland PA-C for visit dated 09-19-2023.

Clinic Address: 4343 E 31st Place, Yuma AZ 85365 - 6553

A handwritten signature in black ink that reads "Melvin Carter MD". The signature is cursive and somewhat stylized.

Melvin Carter MD
Supervising Provider

This has been electronically signed by Melvin Carter MD for visit dated 09-19-2023.

A handwritten signature in black ink that reads "Melvin Carter MD". The signature is cursive and somewhat stylized.

Melvin Carter MD
Rendering Provider

This has been electronically signed by Melvin Carter MD for visit dated 09-19-2023.