



445 E Anaheim Street Suite L
Wilmington, CA 90744 - 4600
PH: 562 267-3798
FAX: 562-222-3883

PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Jacqueline	Herrera	03-29-2004	Male
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Shayla Matthews, FNP-C		09-19-2023	SCL58722
Insurance:	Employer:	Claim Number:	Date of Injury:
City of Long Beach	City of Long Beach_Workers' Compensation	20240446	09-11-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Wilmington		445 E Anaheim Street, Suite L, Wilmington CA 90744 - 4600	

History of Present Illness

Patient is a 19 year old male.

Patient evaluated today for follow up visit after sustaining a injury to left middle finger at hand level. Patient reports 3 out 10 pain with bending finger. Patient reports pain is improving and able to continue full duty at work.

Past Medical History

No Known Past Medical History

Surgical History

No Known Surgical History

Allergy

No Known Drug Allergies.

Current Medication

No Known Current Medication

Social History

Work History: He is employed - part-time. Recreation Leader Specialist . He has been in the current profession for 21 months.

Use of Drugs/Alcohol/Tobacco: Never drinks any alcohol. Reports consuming caffeine/cafeinated drinks very rarely. He has never used any illicit drugs. He denies using street drugs with a needle.

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 3 out of 10.

Weight: 142.00 lbs.

Height: 69.00 inches.

Temperature: 99.00 F.

Pulse: 68 per min.

Pulse rhythm regular: Yes

Respiration: 16 breaths per min.

BMI: 21.

BP Systolic: 93 mm Hg.

BP Diastolic: 63 mmHg.

Pulse Oximetry: 99

Physical Examination

HAND EXAM

A. LATERALITY: Left

B. VISUAL INSPECTION: No gross deformity, no swelling, no ecchymosis, or any open wounds.

C. PALPATION: Mild tenderness to palpation along 3rd finger dorsum.

D. ACTIVE RANGE OF MOTION:

DIGITS 2-5

MCP FLEXION 0 to 90 degrees

MCP EXTENSION 0 degrees

MCP ABDUCTION 0 to 25 degrees

MCP ADDUCTION 0 to 20 degrees

PIP FLEXION 0 to 100 degrees

PIP EXTENSION 0 degrees

DIP FLEXION 0 to 70 degrees

DIP EXTENSION 0 degrees

THUMB

MCP FLEXION 0 to 60 degrees

Herrera, Jacqueline DOB:03-29-2004

MCP EXTENSION 0 degrees

MCP ABDUCTION 0 to 50 degrees

MCP ADDUCTION 0 to 8 centimeters

IP FLEXION 0 to 80 degrees

IP EXTENSION 0 degrees

E. NEUROVASCULAR: 5/5 motor strength, no sensory deficit to light touch, and brisk capillary refill less than 2 seconds throughout the hand.

F. SPECIALTY TESTS: Negative Tinel's and Phalen's signs.

G. CONTRALATERAL SIDE: Exam is normal.

Orders:

Assessment and Plan

ICD: Strain of extensor structure of left middle finger at hand level (S66.313A)

Assessment: Patient evaluated today for follow up visit after sustaining a injury to left middle finger at hand level. Patient reports pain is improving and feels pain only when bending finger. No visible swelling and ecchymosis.

Plan: Ibuprofen 600mg as needed for pain. Ice twice a day as needed for pain. Continue to work full duty. Will follow up in 1 week to re evaluated injury progression

CPT Codes:

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

E and M Time Factor/ Medical Decision Making Notes:

Number and Complexity of Problems Addressed

1 acute, uncomplicated illness or injury

Risk of Complications and/or Morbidity or Mortality of Patient Management

Low risk of morbidity from additional diagnostic testing or treatment

Follow up: -

A handwritten signature in blue ink that reads "Shayla Matthews". To the right of the signature, the text "FNP-C" is printed in a small, light blue font.

Shayla Matthews FNP-C

This has been electronically signed by Shayla Matthews FNP-C for visit dated 09-19-2023.

Clinic Address: 445 E Anaheim Street, Suite L, Wilmington CA 90744 - 4600

A handwritten signature in black ink, appearing to read 'Minh Nguyen', with a stylized, cursive script.

Minh Nguyen DO, MPH, FACOEM
Supervising Provider

This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 09-19-2023.

A handwritten signature in black ink, appearing to read 'Minh Nguyen', with a stylized, cursive script.

Minh Nguyen DO, MPH, FACOEM
Rendering Provider

This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 09-19-2023.