

Document info

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PMR Office Visit Note

Patient:	JOHNATHAN HOTCHKISS	DOB:	Jan 07, 1999
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Chief Complaint

follow-up

History of Present Illness

Johnathan Hotchkiss is a 21-year-old male with history of C4 ASIA. A traumatic spinal cord injury (injury date 12/19/2016), due to gunshot wound. Tracheostomy in place. Chronic back and left shoulder pain, improved after pain pump placement. Non-ambulatory, total care for ADLs. I last saw Johnathan on 11/12/2020 for a follow-up. He is coming back today, as he requested an oral baclofen refill during his wound care visit with Jenny Wilhelmy, APRN CNP. Johnathan was accompanied by his caregiver, Bernie and Brandon, today.

Johnathan does have significant increase in his muscle tone. Caregivers reported increased muscle tone especially on the lower limbs, mainly on his knee extensors.

Today, Johnathan reported he takes oral baclofen 20mg as needed. Caregivers reported he usually takes it twice daily. He takes Tizanidine 4mg every 6 hours. These medications were started by his previous Pain Management provider, who he is no longer seeing. He is now followed at Nura Pain Clinic, where his pain pump (with fentanyl) is managed. Johnathan seems somewhat sedated this morning. Caregivers report he does have a tendency to be "sleepy" in the morning, and awake later in the evening. He denied any headaches. We discussed the side effects of oral baclofen and tizanidine. I would like to revisit Johnathan's current medications for spasticity.

Review of Systems

+increased muscle tone, especially on lower limbs
Denied any recent hospitalizations
Denied any skin breakdown
Denied changes in bowel or bladder function

Problem List/Past Medical History

Ongoing

Airway clearance impairment
BiPAP (biphasic positive airway pressure) dependence
C4 spinal cord injury
Chronic hypercapnic respiratory failure
Chronic hypoxemic respiratory failure
Constipation
Injury at C4 level of cervical spinal cord
Neck pain
Neurogenic bladder
Neurogenic bowel
Neuropathic pain of left shoulder
Neuropathic pain of right shoulder
On mechanically assisted ventilation
Restrictive lung disease
Social discord
Spastic quadriplegia
Suprapubic catheter
Tracheostomy dependence

Historical

Burn of left leg
History of Gastrostomy in place
Pressure ulcer of left buttock, stage 3
Pressure ulcer of right buttock, stage 3
Smoker

Denied any recent falls
Denied any new weakness or sensory changes

Physical Exam

Alert, in no distress.
He is able to flex b/l elbows eliminating gravity on both sides (C5) bilaterally
No volitional motor activity below C5
Muscle tone: minimally increased tone for finger flexors b/l MAS 1/5
No hyperreflexia on biceps or patellar tendons
No Hoffmans on either side
No ankle clonus on either side
Sensation to light touch preserved to C5 on right, C4 on left

Assessment/Plan

Johnathan Hotchkiss is a 21-year-old male with history of C4 ASIA
A traumatic spinal cord injury (injury date 12/19/2016), due to gunshot wound. Tracheostomy in place. Chronic back and left shoulder pain, improved after pain pump placement. Non-ambulatory, total care for ADLs. Spasticity, especially affecting lower limbs.

-Start taking oral baclofen 20mg TID scheduled. A new prescription was sent to his pharmacy

-Start tizanidine taper as per following protocol:

Week	Dose 1	Dose 2	Dose 3	Dose 4	Total daily dose
Week 1 (start Monday 11/30)	2mg	4mg	4mg	4mg	14mg
Week 2	2mg	2mg	4mg	4mg	12mg
Week 3	2mg	2mg	2mg	4mg	10mg
Week 4	2mg	2mg	2mg	2mg	8mg
Week 5	No admin	2mg	2mg	2mg	6mg
Week 6	No admin	No admin	2mg	2mg	4mg
Week 7	No admin	No admin	No admin	2mg	2mg
Week 8	No admin	No admin	No admin	No admin	0mg

-A new prescription for tizanidine was sent to Johnathan's pharmacy to switch from Tizanidine 4mg capsules to 4mg tablets

-External referral for Rectal Surgery to evaluate for hemorrhoids / rectal prolapse

-Follow-up with us in 4-6 weeks (may be done virtually)

-Caregiver may call us with updates or questions any time.

Time spent with patient

I spent 30 minutes with the patient and family/caregiver. Greater than 50% of this visit was spent in counseling and education of the patient/caregiver regarding diagnosis, medication, treatment options, and plan of care.

Procedure/Surgical History

- Suprapubic tube placement (10/2019)
- bladder stone removal (12/03/2018)
- Gastrostomy tube, 18F
- Tracheostomy tube, 7.0 Bivona TTS, deflated with speaking valve during the day, cuff inflated with 3mL sterile water overnight

Medications

Inpatient

No active inpatient medications

Home

acetaminophen, 1000 mg, Oral, TID
baclofen 20 mg oral tablet
bisacodyl 10 mg rectal suppository, 10 mg= 1 supp, Rectal, Daily, PRN, 1 refills
Centrum Adults oral tablet, 1 tabs, Oral, Daily, 6 refills
docusate sodium 100 mg oral capsule, 100 mg= 1 cap, Oral, BID
DULoxetine 60 mg oral delayed release capsule, 60 mg= 1 cap, Oral, BID
Enemeez Mini 283 mg rectal enema, 283 mg= 1 EA, Rectal, Daily, PRN, 11 refills
EPINEPHrine 0.3 mg injectable kit, 0.3 mg, IntraMuscular, Once as directed
Fleet Bisacodyl 10 mg rectal enema, 10 mg= 1 EA, Rectal, As Directed, PRN, 11 refills
Fleet Enema 7 g-19 g rectal enema, 1 EA, Rectal, Daily, PRN
gabapentin 300 mg oral capsule, 900 mg= 3 cap, Oral, BID
hydrocortisone 2.5% rectal cream with applicator, 1 appl, Rectal, BID, 1 refills
hydrOXYzine hydrochloride 25 mg oral tablet, 25 mg= 1 tabs, Oral, QID, PRN
hydrOXYzine hydrochloride 25 mg oral tablet, 25 mg= 1 tabs, Oral, TID
lidocaine 5% topical cream, Topical, TID, PRN
magnesium citrate 1.745 g/30 mL oral liquid, 17.45 g= 300 mL, Oral, every week, PRN, 6 refills
Metamucil 3.4 g/5.2 g oral powder for reconstitution, 1-2 rounded tsp., Oral, Daily, 11 refills

Nasonex 50 mcg/inh nasal spray, 2
sprays, Nasal, Daily, 6 refills
nortriptyline 50 mg oral capsule, 50
mg= 1 cap, Oral, bedtime
Phillips Milk of Magnesia 8% oral
suspension, 2.4 g= 30 mL, Oral,
Daily, PRN, 11 refills
polyethylene glycol 3350 oral
powder for reconstitution, 17 g,
Oral, BID
Sennalax-S 50 mg-8.6 mg oral
tablet, 2 tabs, Oral, BID
silver nitrate topical stick, 1 appl,
Topical, Once, PRN, 1 refills
Tab-A-Vite, Oral, Daily
tiZANidine 4 mg oral capsule, Oral,
every 6 hr
traZODone 50 mg oral tablet, 50
mg= 1 tabs, Oral, bedtime
Tums E-X 750 (calcium carbonate
750 mg (elemental Ca 300 mg))
oral tab, chewable, 750 mg= 1
tabs, Chew, BID, PRN

Allergies

Bees/Stinging Insects

Social History

Other

SP catheter changed in Regions ED

8/24/2020, 08/26/2020

Bivona trach 6.0 changed while
inpatient at Regions, downsized from a
7.0, 08/26/2020

Tobacco

Never smoker, Exposure to

Secondhand Smoke: No., 11/20/2020

Lab Results

No lab results available within the last
7 days.

Imaging Results

No imaging results available within the
last 7 days.