



ROYAL GOVERNMENT OF BHUTAN
JIGME DORJI WANGCHUCK NATIONAL REFERRAL HOSPITAL



Controlled Form

Medical/Sick Leave Certificate

Form Q5

JDWNRH/ADM/08/2671

Date: 07/11/24

I hereby certify that Mr/Mrs/Miss Lama Dorji Age/Sex 354/M bearing

CID No. 10211002827 Employee/Student/resident of Bhutan Post

☒ Was unable to attend work/school

☒ Is/will be unable to attend work/school

Due to:

R/Antle fracture of condylar head

-plus bone fracture. B/L splinting done & patient is
advised to ambulate on wheelchair. Advised for rest
for the duration mentioned below.

Recommended medical leave for: 30 Day(s)/ Month w.e.f (DDMMYY) 2/12/24 to 2/01/25 (DDMMYY)

Signature of Clinician and seal:

Name: Dr. Preethi Gini

BMHC Reg. No. 10211002827

Designation: Orthopedic Resident

Date (Certificate is signed): 29/11/24

Jigme Dorji Wangchuck
National Referral Hospital
Thimphu : Bhutan





Jigme Dorji Wangchuck National Referral Hospital
Thimphu, Bhutan

Patient Discharge Summary					
Patient Name	KARMA DORJI	UHID	606F6A037A	CID	10211002827
Age/Sex	35Y/M	Contact No.	17592173	Visit Date	29/11/2024 07:02
Visit No.	1401ERIP0000842867	Facility Department	DEPARTMENT OF EMERGENCY MEDICINE	Consulting Doctor	Dr. Karma Selden (MM 606)
Ward	Emergency Ward	Room	AMC	Bed	A5

Discharge Details	
Discharge Condition	Discharge Date
IMPROVING	29/11/2024 15:35

Final Diagnosis			
ICD 11 Code	Type	Descriptions	Remarks
PA6Z	Primary	UNINTENTIONAL FALL FROM UNSPECIFIED HEIGHT	Undisplaced horizontal fracture of the Right lateral malleolus · Comminuted fracture of the Lt talus

Discharge Prescriptions						
Drug Name	Route Type	Frequency (Details)		No. of Days	Quantity	Instructions
		Dose	DoA			
Aspirin Tablet 75mg	Oral	HS (1) Tab		30	30.00	DVT prophylaxis
Ibuprofen Tablet 400mg	Oral	TID (1-1-1) Tab		4	12.00	
Paracetamol Tablet 500mg	Oral	SOS (10) Tab			10.00	
Ranitidine Tablet 150mg	Oral	BD (1-1) Tab		4	8.00	

Discharge Note
<p>Fall from around 10ft and landed on B/L feet at around 2:30 am</p> <p>C/O swelling and pain b/l feet</p> <p>Denies impact on head/ vomiting/ LOC</p> <p>CT Foot BL: Undisplaced horizontal fracture of the Right lateral malleolus · Comminuted fracture of the Lt talus</p> <p>Plan:</p> <p>D/W Dr. Preeti Ortho R4---Will come to review</p> <p>3:30 PM</p> <p>Seen By Dr. Preeti Ortho R4 and discussed with Dr Ugyen Thinley Ortho Surgeon and advised for conservative management</p> <ol style="list-style-type: none">1. Applied BL Posterior Short leg POP splint2. Non weight bearing3. Elevate limb4. Ortho follow up in 2 weeks