



ORTHOPEDIC DISCHARGE SUMMARY

Patient Name: Mr. MARATHE RAJAN PRAKASH

MRD#: 1467211

Date Of Birth: 22/01/1989

Sex: Male

Visit Code: IP0001

Consultant: Dr. BARVE RAGHAV

Age : 36Y 0M 24D

Joint Care Dr.: DR SUCHETA IYER

Speciality: ORTHOPAEDICS

Referrd To:

Hospital physiotherapist

Date of Procedure 12/02/2025

Date of Admission: 09/02/2025

Date of Discharge: 15/02/2025

Ward/Bed No. SS10D - 4058

Blood Group: B+

DISCHARGING STATUS: NORMAL DISCHARGE AS PER CONSULTANT ADVICE
GENERAL ORTHOPEDICS

Final Diagnosis:

- A. Right proximal humerus fracture.
- B. Right proximal tibia fracture.
- C. Newly Diagnosed Diabetes Mellitus Type II

Classification of Fracture: Applicable

11-Humerus proximal:

11-B1-with metaphyseal impaction

41-Tibia/fi bula proximal:

41-B1-pure split

Drug Allergies:

Not known

History of Present Illness:

C/o pain in right shoulder, right knee
H/o RTA with blunt trauma to right side shoulder and knee
No h/o injury to head, chest, abdomen, pelvis
No h/o LOC, ENT bleed, nausea, vomiting
No known comorbidities
Post fall patient was not able to stand up, bear weight or ambulate

Clinical Course & Event:

Patient admitted with above history and complaints.
During routine pre-op evaluation, patient found to have deranged BSL, HbA1C was sent, found to be 7.8. Patient was newly diagnosed with Type II Diabetes Mellitus by Physician.
Patient's BSL was managed with Insulin injections during peri-op period and later patient was shifted on OHAs.
Patient underwent

A. Closed reduction and percutaneous CC screw fixation for right proximal tibia fracture.
B. Open reduction and internal fixation with PHILOS Plate for right proximal humerus fracture.
Procedure uneventful. Post operatively, patient required O2 support, which was gradually tapered off.
Post operatively physiotherapy was started, patient was able to achieve all physiotherapy goals.
Remainder stay was uneventful.
Patient being discharged in Hemodynamically stable condition after clearance from all concerned teams.

Discharge Medication:

ORTHO :

TAB ZOCEF 500MG 1-0-1 FOR 5 DAYS -lovatin 500
TAB CALPOL 650MG 1-1-1 FOR 14 DAYS
CAP TRAMAZAC 50MG 1 TAB SOS IF REQUIRED FOR PAIN
TAB PAN 40MG 1-0-0 FOR 14 DAYS
TAB DISEPRZYME 1-0-1 FOR 5 DAYS
TAB RIVABAN 10MG 0-0-1 FOR 21 DAYS
TAB COLLACIUM D3 1-0-0 FOR 30 DAYS

JOINT CARE :

TAB. GLYCOMET SR 1000MG ORAL (0-1-1) - 60
Continue above medications till follow up with Physician.

Clinical Examination:

O/e

Conscious, oriented

P/a soft

Pelvic compressions test negative

Mild abrasion present over right elbow

L/e-right shoulder

Swelling and tenderness present

ROM - cannot be elicited due to pain

Radial artery palpable

Active finger movement present

Distal sensation normal

L/e-right knee

Swelling and tenderness present

ROM -can not be elicited due to pain

Dorsalis pedis pulse present

Ankle dorsiflexion possible

On X-ray - right side proximal humerus fracture

-right side proximal tibia fracture

Investigations:

Enclosed

Operative Procedure:

A. Closed reduction and percutaneous CC screw fixation for right proximal tibia fracture.
B. Open reduction and internal fixation with PHILOS Plate for right proximal humerus fracture.

Name of Implant:

2 x 7mm CC screws

3 hole PHILOS plate

10 x 3.5mm locking screws

Implant Manufacturer :

MRD No:1467211

Post Operative Course:

Uneventful

Advice on Discharge:

Maintain arm sling pouch

Do not bear weight over operated limb

Physiotherapy Instruction:

In bed exercises - shoulder Pendular exercises, elbow ROM exercises, active ankle pumps, SLR, bed side sitting, chair transfer, Non weight bearing chair transfer. No knee ROM Exercises.

Knee ROM (0-90) exercises to be started from - 26/02/2025.

Special needs:

Emergency Symptoms:

Fever, increasing pain at operative site, increasing soakage, loss of sensations / movements of operated limb.

Chest pain / palpitations / breathlessness

Plaster Care:

NA

K-wire care:

NA

External fixator care:

NA

Wound/Dressing care:

Keep dry and clean

Do not remove

Suture removal at home at Homecare team / at nearby Orthopaedic hospital on 26/02/2025.

Orthosis:

Use Walker, commode chair, Long knee brace, arm sling pouch

Radiology follow up:

Check X-rays -

1. X-ray Right shoulder AP view

2. X-ray Right knee AP and Lateral views

To be done on follow up visit on 15/03/2025

Surgical Procedures:

NA

Primary Consultant follow up:

Next follow-up with Dr. BARVE RAGHAV in ORTHO OPD on SATURDAY (15/03/2025) at 9am with Check X-rays.

Follow up Date 15/03/2025

Joint Care Dr. Followup :

Next follow-up with Dr. IYER SUCHETA in MEDICINE OPD with prior appointment after 1 week with BSL f and PP reports.

Number of emergency room No:

020 40151027, 020 40151067

Number of Homecare service:

020 40151087

Physician:

MRD No:1467211

Name:Mr. MARATHE RAJAN PRAKASH

DR. IYER SUCHETA
SIGNED BY: Dr. BARVE RAGHAV
PREPARED BY: DR. THOMAS FREDDY BABU

