



ORTHOPEDIC DISCHARGE SUMMARY

Patient Name: Mrs. KINIKAR SAROJ
SUDHAKAR
Date Of Birth: 04/02/1941
Visit Code: IP0001

MRD#: 309114

Sex: Female

Age : 84Y 0M 2D

Speciality: ORTHOPAEDICS

Consultant: Dr. BARVE RAGHAV

Joint Care Dr.: Dr. Walimbe Amit

Referrd To:

Hospital Physiotherapist

Date of Admission: 02/02/2025

Ward/Bed No. SS7C2 - 3747

Date of Procedure 03-02-2025

Date of Discharge: 06/02/2025

Blood Group: B+

DISCHARGING STATUS: NORMAL DISCHARGE AS PER CONSULTANT ADVICE

GENERAL ORTHOPEDICS

Final Diagnosis:

Left proximal Humerus fracture

Classification of Fracture: Applicable

11-Humerus proximal:

11-B1-with metaphyseal impaction.

History of Present Illness:

C/o left shoulder pain

H/o fall with blunt trauma to left shoulder

No h/o any injury to head, chest, abdomen, pelvis

No known comorbidities

Clinical Course & Event:

Patient admitted with above history and complaints. During routine pre-operatively evaluation, patient incidentally detected to be HBsAg POSITIVE.

Patient underwent Open reduction and internal fixation with PHILOS plate (MEDTRONICS) - Left side, on 03/02/2025. Procedure uneventful.

Post operatively Physiotherapy was started, patient was able to achieve all Physiotherapy goals.

Remainder stay was uneventful.

Patient being discharged after clearance from all concerned teams.

Discharge Medication:

- 1 ✓ **ORTHO COVATI**
1 ✓ **TAB ZOCET 500MG 1-0-1 FOR 5 DAYS**
2 ✓ **TAB CALPOL 500MG 1-1-1 FOR 14 DAYS**
X ✓ **CAP TRAMAZAC 50MG 1 TAB SOS IF REQUIRED FOR PAIN**
3 ✓ **TAB PAN 40MG 1-0-0 FOR 14 DAYS**
X ✓ **TAB ATARAX 10MG 1 TABLET SOS IF REQUIRED FOR ITCHING (NOTE - this medications**

may cause sedation, in case of excessive sleepiness avoid this medication)

JOINT CARE: *CALPIVA*

4 Tab Shelet XT 0-1-0

5 Cap Becozinc 0-0-1

Continue above medications till follow up with Physician

Clinical Examination:

O/e -

Patient alert, conscious and oriented

Maintaining vitals within normal limits

Afebrile

L/e right shoulder -

Swelling & Tenderness present

Shoulder ROM cannot be elicited due to pain

Radial artery palpable

Distal sensations intact

Active finger wrist movements possible

X rays s/o- left proximal humerus fracture

Investigations:

Enclosed

Operative Procedure:

Open reduction and internal fixation with PHILOS plate (MEDTRONICS) - Left side.

Implant Manufacturer :

MEDTRONICS

Post Operative Course:

Uneventful

Advice on Discharge:

Maintain shoulder immobiliser

Keep pillow below elbow while lying down

Physiotherapy Instruction:

Active finger wrist movements

Pendular exercises for shoulder

Special needs:

Emergency Symptoms:

Fever, increasing pain at operative site, increasing soakage from operative site, 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 by homecare team / at nearby Orthopaedic hospital on 17/02/2025.

Orthosis: