10/19/20

Initial Eval “Sam”

HPI: Pt is a 33 yo F presenting with low back pain and bilateral knee pain. She reports that she was camping the weekend prior and aggravated both body parts from sleeping on a thin camping cot, bending over to get in and out of the tent, and kneeling on the cot. She describes her pain as dull and achy and a current 2/10 but sharp pain when it happened. At its worst, the pain becomes a 4/10. She has been managing her pain with Tylenol and some stretching and also reports having a comfortable mattress that helps her back. She reports that bending over is the main trigger to her back pain. She wasn’t very active before her injury and would do something physical maybe every other week, and she works at a desk job that has a comfortable work chair. She lives alone but has 3 small steps getting into her house that she reports no struggle with, except when carrying heavy loads like grocery bags. No relevant family history, but she suspects her mom may have back pain because she has some joint issues. She is currently taking Vitamin C gummies and birth control. Pt goals: She wants to be able to bend over, garden, and wash her dogs without any back pain.

Rating: 9/10

The interview went smoothly and Sam was a very friendly open book with us.

Initial Eval “Chris”

HPI: Pt is a 34 yo M presenting with “sharp” R elbow pain that is located on the “outside”, with his R arm being his dominant arm. He describes pain as a “burning sensation” and “nerve pain” that is maximized when twisting the elbow or lifting heavy. He reports 0/10 currently and at best and only feels it using it when moving objects outside. He does not remember what triggered the pain initially but reports it started 5-6 mos ago. He has not been managing his pain except for a heating pad and only feels the described pain when he exerts himself. He reports no pain when waking up, only if he is sleeping on that arm. He has not hurt this elbow before but has had previous injuries with his leg from playing football. He works as a software engineer and sits at his desk for ~45 hrs/wk over a span of 4 days. He is not very active during the work week but more active on the weekend. He enjoys using his 3D printer, doing outside work and “moving things around” but spends a lot of time at his desk and cradles his arm when he needs to. He reports occasional drinking and no smoking/recreational drugs. FmHx: hypertension and cancer. Pt goals: He wants to be able to go back to the gym to lift heavy and also general moving around without pain.

Rating 6/10

I thought the interview went smoothly but we did more backtracking this time and I felt like the patient was not as open as the previous patient so it was more difficult/awkward to get information.