

MRN: 4378477 CSN: 353353858  
Green, Amber L

Svc Date: 4/13/24

DOB: 3/2/1984 40yrs

Prv:



uchealth

## AFTER VISIT SUMMARY

Amber L Green MRN: 4378477 4/13/2024 UHealth Emergency Care - Grandview Hospital 719-365-3300

### Instructions



#### Your medications have changed today

Pharmacy Statement - Please Read: If you do need to change your prescription from one pharmacy to another, you will need to call the pharmacy where you want to pick up your prescription to complete the transfer. Not all prescriptions can be transferred. Please verify that we have the correct pharmacy on file to avoid difficulty in filling your prescription. Refer to your medication list for detailed instructions on how you take the medications.



#### Read the attached information

KRAMES STRAINS AND SPRAINS, TREATING (ENGLISH)



#### Pick up these medications at WALGREENS DRUG STORE #03584 - COLORADO SPRINGS, CO - 2921 N NEVADA AVE AT NEVADA & FILLMORE

• ibuprofen

Your estimated payment per fill: \$0

Address: 2921 N NEVADA AVE, COLORADO SPRINGS CO 80907-6224  
Phone: 719-471-3440



#### Referral to Orthopedic Surgery

Where: UHealth Orthopedics Clinic - Grandview Medical Center  
Address: 5818 N Nevada Ave Ste 110 Colorado Springs CO 80918  
Phone: 719-365-1950  
Multiple visits requested (expires 4/12/2025)



#### Follow up with UHealth Emergency Care - Grandview Hospital in 3 days (around 4/16/2024)

Why: If symptoms worsen  
Specialty: Emergency Medicine  
Contact: 5623 Pulpit Peak Vw  
Colorado Springs Colorado 80918  
719-365-3300

### Today's Visit

#### Reason for Visit

Foot Injury

#### Diagnosis

Left foot pain

#### Imaging Tests

XR FOOT 3 VIEW (AP,OBL,LAT)-LEFT

# What's Next

You currently have no upcoming appointments scheduled.

## Diagnoses this visit

Your diagnosis was: LEFT FOOT PAIN

## Note To Patients About HC Codes

Some diagnoses on this report may show the (HC code) abbreviation. This stands for Hierarchical Condition Category codes. HC codes are used for population health reporting and do not directly affect patients.

# Changes to Your Medication List

## START taking these medications



**ibuprofen** 600 mg tablet  
Commonly known as: ADVIL, MOTRIN

Take 1 tablet by mouth every 6 hours as needed for Pain. Take with food.

## ASK your doctor about these medications



**albuterol HFA** 90 mcg/actuation inhaler

Inhale 1-2 puffs into the lungs every 6 hours as needed for shortness of breath.



**docusate sodium** 100 mg capsule  
Commonly known as: COLACE

Take 1 capsule by mouth 2 times daily.



**enoxaparin** 40 mg/0.4 mL injection  
Commonly known as: LOVENOX

Inject 0.4 mLs into the skin every 24 hours.



**Loestrin 24 Fe** 1 mg-20 mcg (24)/75 mg (4) per tablet  
Generic drug: norethindrone-eth est-iron

Take 1 tablet by mouth daily.



**oxyCODONE-acetaminophen** 5-325 mg tab  
Commonly known as: PERCOCET

Take 1-2 tablets by mouth every 4 hours as needed for Pain. This med has acetaminophen (APAP). Indications: Pain



**prenatal vitamin with iron-carbonyl-folic acid**  
29 mg iron- 1 mg per tablet  
Commonly known as: PRENATABS RX

Take 1 tablet by mouth daily.



**senna** 8.6 mg tablet  
Commonly known as: SENOKOT

Take 1 tablet by mouth 2 times daily.



**sertraline** 50 mg tablet  
Commonly known as: ZOLOFT

Take 1 tablet by mouth daily.



**Things to know about the COVID-19 vaccine:**

- General scheduling is open to anyone age 6 months or older. We will be adding new appointment times every day, so if you don't find times that work for you, please check back the next day.
- For patients recently diagnosed with COVID-19, vaccination should wait until the person has recovered from their symptoms and they have completed isolation.
- **Caution:** Patients with a history of immediate allergic reaction to polysorbate or to a previous dose of COVID-19 vaccine or any of its components including polyethylene glycol (PEG) SHOULD NOT get the COVID-19 vaccine. If you have any questions about your history of allergic reactions, please talk to your doctor.

# Results

## Labs/Procedures/ECG/Imaging

Results for orders placed or performed during the hospital encounter of 04/13/24

### 1. XR FOOT 3 VIEW (AP,OBL,LAT)-LEFT

#### *Narrative*

EXAMINATION: XR FOOT 3 VIEW (AP,OBL,LAT)-LEFT

DATE: 4/13/2024 10:04 AM

INDICATION: trauma.

COMPARISON: 12/2/2014.

#### FINDINGS:

There is cortical step-off at the dorsal base of the navicular bone with overlying soft tissue swelling, suggesting a minimally displaced avulsion fracture.

No subluxation or dislocation is visualized.  
Joint spaces and alignments are normal.  
Mineralization is normal.

No focal soft tissue abnormality is visualized.

#### *Impression*

1. Acute, minimally displaced avulsion fracture at the dorsal base of the navicular bone with overlying soft tissue swelling.

WSN:GVM1PACSDR02

# COMMON INSTRUCTIONS

At **UCHealth Emergency Care - Grandview Hospital** we are genuinely concerned about your health and your comfort. Our mission is to care for you in an outstanding and compassionate way, answer your questions, and explain all procedures and treatments. Thank you for giving us the privilege of caring for you. We hope that we have provided you with EXCELLENT care.

Today, we examined you on an urgent/emergency basis only. This is not a substitute for complete medical care. If you need help finding a UCHealth doctor, visit <https://www.uchealth.org/services/>. Please follow-up with your primary care provider as directed. If you do not have a primary care provider, please contact your health insurance provider to help you find a provider.

For future urgent/emergency care needs, we offer various options at UCHealth:

<b>Schedule a Virtual Visit (Urgent Care)</b>	<b>Urgent Care (In-person)</b>	<b>Emergency Care (Freestanding ED or Hospital-based ED)</b>
<p>You can use a Virtual Visit 24/7 to address and treat many conditions, including: Seasonal Allergies, Cough, Cold/flu, Pink Eye, Rash, Sinus Infection, Sore Throat, Urinary Tract Infection, Vomiting/Diarrhea.</p> <p>Schedule an appointment via the UCHealth app or visit <a href="https://www.uchealth.org/access-my-health-connection/">https://www.uchealth.org/access-my-health-connection/</a></p> <p><a href="https://www.uchealth.org/services/virtual-visit/">https://www.uchealth.org/services/virtual-visit/</a></p>	<p>Urgent Care is meant for minor injuries and illnesses which can't wait for a doctor's appointment (i.e. sprains/strains, ear infections, fever or flu symptoms, lacerations). We have multiple locations available to serve you.</p> <p><a href="https://www.uchealth.org/services/urgent-care/">https://www.uchealth.org/services/urgent-care/</a></p>	<p>Emergency care is meant for severe injuries/illnesses (i.e. head injuries, stroke, chest pain, severe abdominal pain, difficult breathing) which could cause death or permanent injury if not treated quickly.</p> <p><a href="https://www.uchealth.org/services/emergency-care/">https://www.uchealth.org/services/emergency-care/</a></p>

## UCHealth is always on hand.

With the UCHealth app and My Health Connection online, everything you need to manage your health care is available, no matter where you are. Make appointments, renew or refill prescriptions, view test results, view your medical record and even book an appointment virtually and save the drive. **Download the UCHealth app to your mobile device or visit <https://www.uchealth.org/access-my-health-connection/> to access/create your My Health Connection account.**

## Medication

If you are being given a prescription for a "controlled" (Schedule II through V) drug, your identifying prescription information will be entered into Colorado's Prescription Drug Monitoring Program (PDMP) database when this drug is dispensed to you. "Controlled substances" are drugs that have some potential for abuse or dependence (such as opioid pain medications and prescription sleeping pills). Your prescription information in the database is a protected health record and cannot be accessed by non-caregivers except as part of an authorized investigation. You have a right to access your information in the PDMP through the Colorado Board of Pharmacy. You may seek corrections to the information as you would with your other medical records.

## COMMON INSTRUCTIONS (continued)

You may have received medication today that could sedate you or make you sleepy. This could be a pill, a medication in an IV, or a shot of medication into your muscle. If you received **sedating medication**:

- Take Medication only as directed
- Do not drive, operate machinery, or drink alcohol for the next 8 hours
- Avoid making major decisions or signing legal papers for the next 12 hours

**X-Rays:** Please be aware that the interpretation of x-rays at the time of this visit may only be a preliminary report. You will be notified if there is any necessary change in your treatment plan after the x-rays are reviewed by a radiologist. Please be sure we have accurate contact information for you.

**Cultures or Lab Results Not Available at Discharge:** Cultures and some labs taken at the time of this visit may not be available immediately. You will be notified if any results require a change in your treatment plan. Please be sure we have accurate contact information for you.

**Referrals:** As a result of today's visit, you may have been referred to a specialist for follow up care. Before seeing a specialist, we recommend that you first check with your insurance company to see if you need a referral from your primary care physician.

### **Blood Pressure:**

Your maximum blood pressure readings had **Systolic: 155 & Diastolic: 97** which is higher than systolic BP  $\geq$  140 mmHg OR diastolic BP  $\geq$  90 mmHg which means you may have HYPERTENSION:

If your blood pressure was systolic BP of 120 – 139 mmHg OR diastolic BP of 80 – 89 mmHg, you may have PRE-HYPERTENSION

- Follow-up with your doctor for a recheck within 4 weeks

**If you or your loved one are having thoughts of suicide or self-harm, get or call for help immediately. These contacts are open at all times (24/7/365) to provide confidential help for any mental health, substance abuse, or emotional crisis.**

- **Colorado Crisis Line**
  - **Call: 1-844-493-TALK (8255) or**
  - **Text: TALK to 38255 or**
  - **Visit the website: <http://coloradocrisiservices.org/chat/>**
  - **Peer specialists and trained professionals are available through the Colorado Crisis Line**
- **988 Suicide and Crisis Lifeline**
  - **Call or Text: 988 or**
  - **Visit the website: <https://988lifeline.org>**
- National Youth Crisis Hotline: 1-800-448-4663
- National Teen Line- text "TEEN" to 839863

**For your well-being** we ask that you always wear your seatbelt and never drink and drive. Please do not smoke – quitting now will improve your health and save money. Strive to reach and maintain a healthy weight and integrate regular exercise into your weekly routine. You are the most important factor in your health and recovery – please take good care of yourself.

## COMMON INSTRUCTIONS (continued)

**Colorado Medicaid Members:** Please note, if you have a health concern or question or if you are not sure if you should go to the emergency room, you may speak with a nurse. Colorado Medicaid has a nurse advice line that can answer your healthcare questions. The nurse is available every day, 24 hours a day. You may speak with a nurse by calling 1-800-283-3221.

A Regional Care Collaborative Organization (RCCO) connects Health First Colorado (Colorado's Medicaid Program) members to providers and helps members find community and social services in their area. RCCOs help providers communicate with Health First Colorado members and with each other, so members receive coordinated care. A RCCO will also help members get the right care when they are returning home from the hospital or a nursing facility, by providing the support needed for a quick recovery.

RCCO Contact information:

Website : <https://www.colorado.gov/pacific/hcpf/regional-care-collaborative-organizations>

phone number: Toll Free: 866.938.5091

Spanish information: 866.938.5091

TTY: 7-1-1, or 800.659.2656

## Opioid Information

### Opioid Pain Management

Opioid medicines may be used to treat moderate to severe pain. Treatment aims to help you manage pain that cannot be controlled with other medicines or treatments. Our goal is to improve your functional abilities and quality of life.

*Naloxone can be administered to persons experiencing opioid overdose, allowing time to call 911 and prevent unnecessary death. If you believe you are at risk for opioid overdose but do not have access to naloxone, contact your provider or pharmacist right away. You need a way to get this life-saving therapy that may save your life.*

There are choices other than opioids for treating pain. These choices, but are not limited to:

- massage or other manual therapy.
- Acupuncture
- using non-opioid pain medicines
- medicine-assisted treatment
- improving diet, sleep, stress, and activity
- counseling
- meditation
- physical therapy
- injections
- referral to specialty providers

My doctor may talk to me about my condition so I can better understand it along with other symptoms. This way I will be better able to limit the need for pain management medicines.

You can become addicted to opioid medicines. Taking them can lead to misuse and even side effects. Think about these things when taking opioid medicine:

Side effects include:

## Opioid Information (continued)

- Feeling drowsy or sleepy.
- Confusion
- Memory loss
- trouble passing a bowel movement (constipation)
- Worsening pain
- Dependence ("withdrawal" side effects if stopping too quickly)
- A strong reaction (hypersensitivity)
- Slowing of breathing rate
- Cardiac or respiratory arrest
- Tolerance (you need more medicine to get the same effect)
- Addiction

If opioids are taken with other controlled substances, such as benzodiazepines, the side effects could be worsened. They could be more likely to happen as well.

If you are pregnant, planning to get pregnant, or breastfeeding, you must tell your provider right away. It must be decided if you need to stop taking these medicines.

Improper use may result in patient harm, including death. Caution should be used when taking opioids with alcohol or any other agent that causes sleepiness (sedation).

Patients taking opioid medicines can be at risk for opioid overdose. Signs and symptoms of opioid overdose include:

- Becoming very pale or clammy to the touch.
- Fingernails or lips have a blue or purple color.
- Vomiting or making gurgling sounds.
- Other
- Can't speak.
- Very drowsy.
- Slowed breathing.
- Slowed heartrate.

Patients at risk include those:

- Taking high doses of opioids.
- With breathing (respiratory) conditions.
- Taking more than 1 opioid prescription. Very drowsy.
- With concurrent opioid and benzodiazepine therapy.

## Note to Patients About Pain Medications

### **SAFE PAIN MEDICINE PRESCRIBING In EMERGENCY DEPARTMENTS and URGENT CARES**

We care about you. Our goal is to treat your medical conditions, including pain, effectively, safely and in the right way.

Pain relief treatment can be complicated. Mistakes or abuse of pain medicine can cause serious health problems and death.

Our locations will only provide pain relief options that are safe and correct.

**For your SAFETY, we will follow these rules when helping you with your pain.**

1. We look for and treat emergencies. We use our best judgement when treating pain. These recommendations follow legal and ethical advice.

## Note to Patients About Pain Medications (continued)

2. You should have only ONE provider and ONE pharmacy helping you with your pain. We do not usually provide pain medicine if you already receive pain medicine from another healthcare provider.
3. If pain prescriptions are needed for pain, we will only give you a limited amount.
4. We do not refill lost or stolen prescriptions. If your prescription is stolen, please contact the police.
5. We do not prescribe long-acting pain medicines such as: OxyContin, MSContin, Fentanyl (Duragesic), Methadone, Opana ER, Exalgo, and others.
6. We do not provide missed doses of Subutex, Suboxone, or Methadone
7. We do not usually give shots for flare-ups of chronic pain. Medicines taken by mouth may be offered instead.
8. Health care laws, including HIPAA, allow us to ask for all of your medical records. These laws allow us to share information with other health providers that are treating you.
9. We may ask you to show a photo ID when you receive a prescription for pain medicines.
10. To discuss safer and more helpful chronic pain treatment options, please schedule an appointment with your treating physician.

## Treating Strains and Sprains

Strains happen when a muscle or tendon twists, pulls, or tears. A tendon is a fibrous cord of tissue that attaches muscles to bone. Sprains happen when a ligament stretches, tears, or both. A ligament is a strong band of tissue that connects the end of one bone with another.

These injuries can cause bruising, swelling, and pain. Treatment may depend on how bad your injury is. To ease your discomfort and speed the healing of your strain or sprain, protect the injured area and follow the tips below. A strain or sprain can take 6 to 8 weeks to heal.

### Important note

Don't give aspirin to children or teens without discussing it with your healthcare provider first. It can cause a life-threatening illness.

### Rest

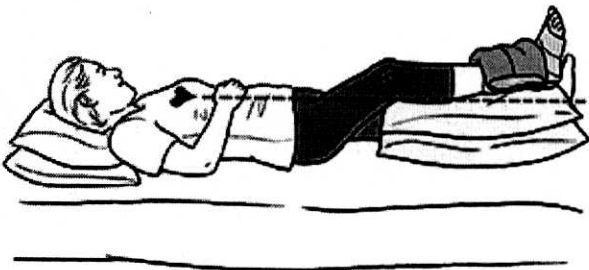
- Rest the injured area by not using it for 24 to 48 hours.
- Return slowly to your normal activities. Rest the injured area often.
- Don't use or walk on an injured limb if it hurts.

### Ice first, heat later

- **Use ice** for the first 24 to 72 hours after injury. Ice helps prevent swelling and reduce pain. Don't put ice directly on your skin. To protect your skin and prevent skin damage, wrap the bag of ice in a clean, thin towel or cloth. Ice the injury for no more than 20 minutes at a time every 2 to 3 hours.
- **Apply heat** after the first 72 hours once the swelling has gone down as directed by your healthcare provider. Heat relaxes muscles and increases blood flow. Soak the injured area in warm water or use a heating pad set on low for no more than 15 minutes at a time.

### Wrap and elevate

- **Wrap** an injured limb firmly with an elastic bandage. This provides support and helps prevent swelling. Don't wear an elastic bandage overnight. Watch for tingling, numbness, or increased pain. Remove the bandage immediately if any of these occurs.
- **Elevate** the injured area to help reduce swelling and throbbing. It's best to raise an injured limb above the level of your heart.



**To help soothe pain and swelling, ice, bandage, and raise the injured area.**

### **Medicines**

- Over-the-counter medicines, such as acetaminophen or ibuprofen, can help reduce pain. Some also help reduce swelling.
- Take medicine only as directed.
- Rest the area even if medicines are controlling the pain.

**StayWell last reviewed this educational content on 8/1/2023**

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