AFTER VISIT SUMMARY

KAISER PERMANENTE

Victim MRN: [redacted]

2/13/2022 BPED 626-851-1011

Instructions

New Prescriptions

NAPROXEN (NAPROSYN) 500 MG ORAL TAB	***Take 1 tablet by mouth 2 times a day as needed for pain . Take with food***

Apply ice for 10-15 minutes and then repeat every hour as needed to help reduce swelling/ pain.

Your medications have changed today

See your updated medication list for details.

Read the attached information

1. Contusion, Shoulder (English)
2. Soft Tissue Contusion (English)
3. Concussion (English)
4. Hemorrhage, Subconjunctival (English)

Pick up these medications at KP BP BALDWIN PK MC 24 HR

Naproxen

Address: 1011 Baldwin Park Blvd., Baldwin Park CA 91706
Phone: 866-319-4249

Schedule an appointment with BETTY PEI-YI CHEN MD, M.D. as soon as possible for a visit in 1 week (around 2/20/2022)

Specialty: Internal Medicine
Contact: 1011 BALDWIN PARK BLVD
Baldwin Park CA 91706-5806

Today's Visit

You were seen by JOHN HOP-DOAN NGUYEN MD, M.D.

Reason for Visit

- FACE PAIN
- DOMESTIC VIOLENCE

Today's Visit (continued)

Diagnoses

- CONCUSSION WITH LOSS OF CONSCIOUSNESS
- FACE CONTUSION (BRUISE)
- HAND CONTUSION (BRUISE)
- HAND CONTUSION (BRUISE)
- SHOULDER CONTUSION (BRUISE)
- LEFT SUBCONJUNCTIVAL HEMORRHAGE

Imaging Tests

CT SCAN CERVICAL SPINE
CT SCAN FACIAL BONES
CT SCAN HEAD
X-RAY HAND
X-RAY HAND
X-RAY RIBS AND CHEST
X-RAY SCAPULA
X-RAY WRIST

Medications Given

HYDROcodone-Acetaminophen (NORCO) Last given at 12:52 PM
Ondansetron (ONDANSETRON) Last given at 12:51 PM

Blood Pressure	Temperature	Pulse	Respiration	Oxygen Saturation
122/86	99 °F	93	18	100%

What's Next

FEB 25 2022

COVID-19 Vaccine

Friday February 25 10:30 AM

Please bring your original CDC vaccine card (showing proof of prior dose) to your appointment.

COVID 19 IMMUNIZATION CLINIC
1011 BALDWIN PARK BLVD
BALDWIN PARK CA 91706-5806
833-574-2273

Medications You Will Be Given

Your Treatment Team

Provider	Role
Nguyen, John Hop-Doan (M.D.), M.D.	Attending Provider

You are allergic to the following

No active allergies

Information on File

@PII - Civ. Code secs. 1798.3 & 1798.24

Preferred language: English
Date of birth:
Ethnicity:
Race:

Changes to Your Medication List

START taking these medications

START

Naproxen 500 mg Tab
Commonly known as: NAPROSYN

Take 1 tablet by mouth 2 times a day as needed for pain . Take with food

kp.org

View your After Visit Summary and more online at https://healthy.kaiserpermanente.org/hconline/ie/.

Continue taking all other medications that you reported taking during this Emergency Department visit. The above list of medications was based on information you provided at this visit.

Also,

1. Tell your healthcare provider what medications you are taking - including over the counter medications and herbal supplements.
2. Take medications as directed by your doctor. If you are given a prescription for antibiotics, it is important to take them as ordered by your doctor until they are all gone.
3. If you have additional questions about your medications, please call your doctor.
4. If you have problems that may be caused by your medications such as rash, itching, swelling, or stomach pain, call your doctor.
5. If you note any discrepancies with medications at home, please address these with your primary physician.
6. You should always keep an accurate list of all your medications with you in case of emergency..

The exam and treatment that you received today has been provided on an emergency basis only. You may return to the Emergency Department if your condition worsens or you have new concerns. Further examination and care may be required and you should coordinate this with your regular physician.

Discharge Destination

Patient agrees to discharge destination

Discharge Destination: Home
Mode of Transportation: Private Automobile
Transportation Arrangements: Patient
Patient Disposition: N/A - Patient agrees to destination;Patient is appropriately clothed

VERBALIZED UNDERSTANDING OF DISCHARGE INSTRUCTIONS AND COPY GIVEN.

A copy of the Discharge Instructions was printed, given to and reviewed with the patient.

A signature is only required for patients identified as homeless patients and evaluated and treated according to the hospital Policy For Homeless Patient Management and Discharge and/or National Policy NATL.HPHO.4

_____ _____

Patient Signature **Date**

_____ _____

RN Signature **Date**

Mental health assistance is available 24 hours a day, 7 days a week. If you need mental health assistance and are a Kaiser Permanente health plan member, please call either 911 or the Behavioral Health Helpline 1-800-900-3277. If you are not a Kaiser Permanente member call the National Suicide Prevention Lifeline 1-800-784-2433.

Thrive Local

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

Shoulder Bruise

You have a shoulder bruise (contusion). This causes pain, swelling, and sometimes bruising on the skin. You don't have any broken bones. This injury will take from a few days to several weeks to heal, depending on how severe it is. Moderate to severe shoulder bruises are treated with a sling or shoulder immobilizer. Minor bruises can be treated without any special support.

Home care

Follow these tips when caring for yourself at home:

- If you were given a sling to use, leave it in place for the time advised by your healthcare provider. If you aren't sure how long to wear it, ask for advice. If the sling becomes loose, adjust it so that your forearm is parallel with the ground. Your shoulder should feel well supported.
- Put an ice pack on the injured area for 20 minutes every 1 to 2 hours the first day. You can make your own ice pack by putting ice cubes in a plastic bag. Wrap the bag in a thin towel. Continue with ice packs 3 to 4 times a day for the next 2 days. Then use the pack as needed to ease pain and swelling.
- You may use acetaminophen or ibuprofen to control pain, unless another pain medicine was prescribed. If you have chronic liver or kidney disease, talk with your healthcare provider before using these medicines. Also talk with your provider if you've ever had a stomach ulcer or digestive bleeding.
- Shoulder and elbow joints become stiff if left in a sling for too long. You should start range of motion exercises about 7 to 10 days after the injury. Talk with your provider to find out what type of exercises to do and how soon to start.
- Unless your provider told you otherwise, you can take the sling off to shower or bathe.

Follow-up care

Follow up with your healthcare provider if you don't start getting better in the next 5 days.

When to seek medical advice

Call your healthcare provider right away if any of these occur:

- Pain or swelling gets worse or continues for more than a few days
- Large amount of bruising on your shoulder or upper arm
- Your hand or fingers become cold, blue, numb, or tingly
- Trouble moving your hand or fingers
- Weakness in your hand or fingers
- Your shoulder becomes stiff
- Your shoulder feels like it is popping out
- You aren't able to do your daily activities

StayWell last reviewed this educational content on 11/1/2019

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Soft Tissue Bruise (Contusion)

You have a bruise (contusion). There is swelling and some bleeding under the skin. This injury generally takes a few days to a few weeks to heal. During that time, the bruise will typically change in color from reddish, to purple-blue, to greenish-yellow, then to yellow-brown.

Home care

- Elevate the injured area to reduce pain and swelling. As much as possible, sit or lie down with the injured area raised about the level of your heart. This is especially important during the first 48 hours.
- Ice the injured area to help reduce pain and swelling. Wrap an ice pack in a thin towel. Apply to the bruised area for 20 minutes every 1 to 2 hours the first day. Continue this 3 to 4 times a day until the pain and swelling goes away. You can make an ice pack by placing ice cubes in a plastic bag.
- Unless another medicine was prescribed, you can take acetaminophen, ibuprofen, or naproxen to control pain. Talk with your doctor before using these medicines if you have chronic liver or kidney disease or ever had a stomach ulcer or digestive bleeding.

Follow-up care

Follow up with your healthcare provider, or as advised. Call if you are not better in 1 to 2 weeks.

When to seek medical advice

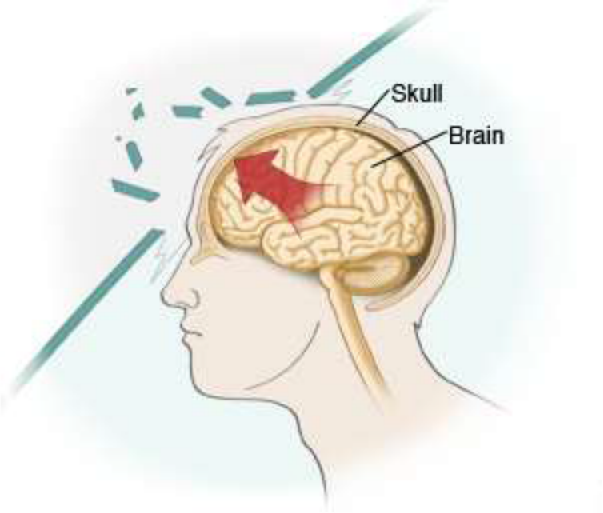
Call your healthcare provider right away if you have any of the following:

- Increased pain or swelling
- Bruise is on an arm or leg and arm or leg becomes cold, blue, numb or tingly
- Signs of infection: Warmth, drainage, or increased redness or pain around the contusion
- Inability to move the injured area or body part
- Bruise is near your eye and you have problems with your eyesight or eye
- Frequent bruising for unknown reasons

StayWell last reviewed this educational content on 11/1/2019

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Concussion



A concussion is a type of brain injury. It can be caused by a direct hit or blow to the head, neck, face, or body. The force of the blow makes the head and brain shake quickly back and forth. In some cases you may lose consciousness. Depending on the severity of the blow, it will take from a few hours up to a few days to get better. Sometimes symptoms may last a few months or longer. This is called post-concussion syndrome.

At first, you may have a headache, nausea, vomiting, or dizziness. You may also have problems concentrating or remembering things. This is normal.

Symptoms should get better as the hours and days go by. Symptoms that get worse could be a sign of a more serious brain injury. This might be a bruise or bleeding in the brain. That's why it's important to watch for the warning signs listed below.

School-age children are more at risk for symptoms that don't go away after a concussion. They should be watched very closely.

Home care

If your injury is mild and there are no serious signs or symptoms, your healthcare provider may recommend that you be watched at home. If there is evidence that the injury is more serious, you will be watched in the hospital. Follow these tips to help care for yourself at home:

- After a concussion, your healthcare provider may recommend that a family member or friend watched you for 12 to 24 hours. They may be told to wake you every few hours during sleep to check for the signs below.
- If your face or scalp swells, apply an ice pack for 20 minutes every 1 to 2 hours. Do this until the swelling starts to go down. To make an ice pack, put ice cubes in a plastic bag that seals at the top. Wrap the bag in a clean, thin towel or cloth. Never put ice or an ice pack directly on the skin.
- You may use acetaminophen to control pain, unless another pain medicine was prescribed. Don't use aspirin or ibuprofen after a head injury. If you have long-lasting (chronic) liver or kidney disease, talk with your healthcare provider before using these medicines. Also talk with your provider if you ever had a stomach ulcer or gastrointestinal bleeding.

- For the next 24 hours:
  - Don't drink alcohol or take sedatives or medicines that make you sleepy.
  - Don't drive or operate machinery.
  - Don't do anything strenuous. Don't lift or strain.
- Don't return right away to sports or to any activity where you could hit your head. Wait until all symptoms are gone and you have been cleared by your healthcare provider. Having a second head injury before you fully recover from the first one can lead to serious brain injury.
- After a few days, it's OK to go back to your normal daily activities. But don't do anything that could cause your head to be hit again.

Follow-up care

Follow up with your healthcare provider in 1 week, or as directed.

A radiologist will review any X-rays or CT scans that were taken. You will be told of any new findings that may affect your care.

When to seek medical advice

Call your healthcare provider right away if any of these occur:

- Headache or dizziness that won't go away
- Redness, warmth, or pus from the swollen area

Call 911

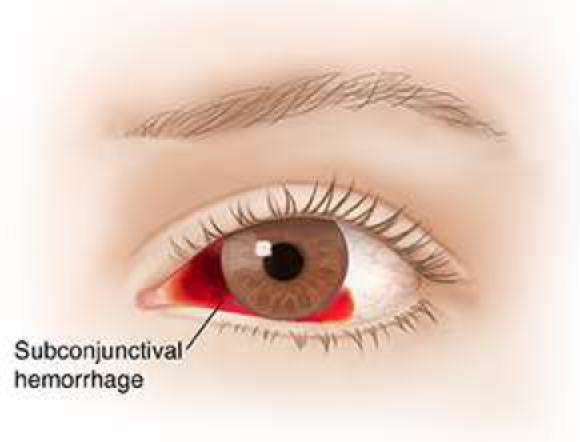
Call 911 or get medical care right away if any of these occur:

- Repeated vomiting (it's common to vomit once after a head injury)
- Headache or dizziness that is severe or gets worse
- Loss of consciousness
- Unusual drowsiness, or unable to wake up as usual
- Weakness or decreased ability to walk or move any limb
- Confusion, agitation, or change in behavior or speech, or memory loss
- Blurred vision
- Convulsion (seizure)
- Swelling on the scalp or face that gets worse
- Changes in pupil size (the black part of the eye)
- Fluid draining from or bleeding from the nose or ears

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Subconjunctival Hemorrhage



A subconjunctival hemorrhage is a result of a broken blood vessel in the white part of the eye. It is usually painless and may be caused by coughing, sneezing, or vomiting. An injury to the eye can cause this. It can also be a sign of high blood pressure (hypertension) or a bleeding disorder.

This can look frightening. But the presence of the blood is not serious. The blood will be reabsorbed without treatment within 2 to 3 weeks.

Home care

You may continue your usual activities.

Follow-up care

Follow up with your healthcare provider, or as advised.

When to seek medical advice

Contact your healthcare provider right away if any of these occur:

- Pain in the eye
- Change in vision
- The blood does not go away within 3 weeks
- Increasing redness or swelling of the eye
- Severe headache or dizziness
- Signs of bruising or bleeding from other parts of your body

StayWell last reviewed this educational content on 8/1/2017

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Narcotic Administration Instructions

Your Kaiser Permanente Care Instructions

Safe Use of Opiate Pain Medicine: Care Instructions

Your Care Instructions:

Pain is your body's way of warning you that something is wrong. Pain feels different for everybody. Only you can describe your pain.

A doctor can suggest or prescribe many types of medicines for pain. These range from nonprescription medicines like acetaminophen (Tylenol) to powerful medicines called opiates.

Opiates work well to relieve pain. But they also can cause problems, especially if they are taken too often or in too large a dose. They can interact with other medicines, or they may make it hard for you to do your job or to think clearly. They can even cause death. For these reasons, doctors are very careful about how they prescribe opiates.

The doctor carefully considered what pain medicine is right for you. You may not have received opiate pain medicine if your doctor was concerned about drug interactions or your safety, or if he or she had other concerns.

It is best to have one doctor or clinic treat your pain. This way you will get the pain medicine that will help you the most, and a doctor will be able to watch for any problems that the medicine might cause.

The doctor has checked you carefully, but problems can develop later. If you notice any problems or new symptoms, **get medical treatment right away**.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Try other ways to reduce pain:
  - Relax, and reduce stress. Relaxation techniques such as deep breathing or meditation can help.
  - Keep moving. Gentle, daily exercise can help reduce pain over the long run. Try low- or no-impact exercises such as walking, swimming, and stationary biking. Do stretches to stay flexible.
  - Try heat, cold packs, and massage.
  - Get enough sleep. Pain can make you tired and drain your energy. Talk with your doctor if you have trouble sleeping because of pain.
  - Think positive. Your thoughts can affect your pain level. Do things that you enjoy to distract yourself when you have pain instead of focusing on the pain. See a movie, read a book, listen to music, or spend time with a friend.
- If the doctor gave you a prescription medicine, take it as prescribed.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You have a new kind of pain.
- You have new symptoms, such as a fever or rash, along with the pain.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You think you might be using too much pain medicine, and you need help to use less or stop.
- Your pain gets worse.
- You would like a referral to a doctor or clinic that specializes in pain management.

Where can you learn more?

Go to http://www.kp.org

Enter **R108** in the search box to learn more about "**Safe Use of Opiate Pain Medicine: Care Instructions**."

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- This medicine may/can contain acetaminophen (Tylenol). Check other medicines that you take to see if they contain this medicine. It is not safe to take more than 4 grams of Tylenol in a 24-hour period.
-