



अ० भा० आ० सं० अस्पताल / A.I.I.M.S. HOSPITAL
बहिरंग रोगी विभाग / Out Patient Department



अस्पताल के अन्दर धूम्रपान मना है। / SMOKING IS PROHIBITED IN HOSPITAL PREMISES

शरीरमाद्यं खलु धर्मसाधनम्

OPR-6

एकक / Unit

विभाग / Dept.

अस्थिरोग विभाग

UHID: 105611206
Dept No: 20210080014829

कमरा / Room

C-109

Unit-II

Orthopedics

Queue No: N40

कृत सं० / O.P.D. Regn. No.

अरवींद मिश्रा
ARVIND MISHRA

08/10/2021

पता / Address

45Y / M (पुरुष)

S/O LT SHRI J. MISHRA

Add: 302 TOWER-1 BUTLER PALACE
COLONY LUCKNOW, DELHI, Pin 0 INDIA

सोम, बुध, शुक्र
MON, WED, FRI



Mob: 9415053204

New Patient

General ₹ 10

Reporting: 10:00
AM-10:30 AM

निदान / Diagnosis

CP. CRP. CA

दिनांक / Date

उपचार / Treatment

Dr. D. Bhoi Sir for estimated opinion. Thank
Panchm.

Ho scapular fracture
by hist furin done. Jun 2021
pain in morning by

ultra val one

ref :- 6-7/10

Distal hum

(M) Biceps / Laxer.

शरीरमाद्यं खलु धर्मसाधनम्



Pradhan Mantri Jan Arogya Yojana
Ayushman Bharat
PM-JAY
प्रधानमंत्री जन आरोग्य योजना
(pmjay.gov.in)

CLEAN AND GREEN AIIMS / एम्स का यही संकल्प, स्वच्छता से काया कल्प

अंगदान-जीवन का बहुमूल्य उपहार / ORGAN DONATION - A GIFT OF LIFE

O.R.B.O., AIIMS, 26588360, 26593444, www.orbo.org Helpline - 1060 (24 hrs service)



मेरा अस्पताल
My Hospital
meraaspatal.nhp.gov.in

Adv:-

① Tab Vit C 500 mg BD

② Pregabalin - MS 75 mg HS x 7 dy

↓
Twice daily →

③ Tab. Tyntona 10 mg HS

④ (R) steroids given as per

⑤ Tab TRD (tab) 100 mg. OD.

⑥ Tab. Gamtor. (70mg)
w/ky once x 2 mth

Wala

Adv: Aseptic tech
① Side SGB given
↓ US guidance.
3.5ml of 0.25% Ropivacaine +
15mg clonidine
Net. Cl → 3-4/10

Flu after 1 wk (13/10/21)

डॉ. दिवेश भोई / Dr. Debesh Bhoi
सह आचार्य / Associate Professor
को-सुपेस्पेशलिटी (पीड) चिकित्सा एन
Dept. of Anaesthesiology, Pain Medicine & Critical Care
अथा.आ.स. नई दिल्ली / A.I.I.M.S., New Delhi-110029

8/10/21

• to AAP, Rt sided SGB done & US guided,
with 3.5ml of 0.25% Ropivacaine +
15 mg clonidine.

Adv CST

vitals
P = 88/min
BP = 130/88
SpO₂ = 97% in RA

Dr. Debesh
(Fellow PM)
(For Dr. Debesh Sir)

Judge
C/O Dr. Sagar Sir

पेन क्लीनिक
Pain Clinic

Department of Anaesthesiology
Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow



Contact Number : 0522-2496085
0522-2496086

CR Number: 2021717658 Date of First Visit: _____

Name: ARVIND MISHRA Age/Sex: 45 y/M

Resident Dr: _____

Consultant In-charge: _____

Referred By: _____

Telephone: 9415803295

R/O Ludwig's

add. Judge. (Telephonic work up)

4/0 Asthma ~~and~~ using splint.

HISTORY 31/07/21 → Total wrist fusion.

Present History

- + Proximally Swelling in ^{little} fingers + palm
- Pain (↑ in 3, 4, 5 fingers).
palm (currently VHS → 30 to 40)
- ↓ mobility at PIP (in all fingers except thumb)
- colour changes.
- Temperature ↑ on RD side DN 455/10

Past History

- 18/9/21 → bone scan → RSD
- 6/10/21 → stellate ganglion block
- 8/10/21 → significant relief x 12 hrs
- Referred to AIMS
- Bury
- Numbness
- Tingling
- Allodynia.
- Pin prick
- sleep (N)

Personal History

- ↓ persisting all date (25% relief)
- ↓ referred for further work up. Current rx
- Gab CEM
- vit-D weekly
- Vit B₁₂ 00
- 2g Bonista 20mg
- Tramadol 100mg 00
- Pregabalin 75mg 4s
- Tryptomer 10mg 4s
- Vit C 80
- Risedronate 70mg 00
- ODX 10 days

PHYSICAL EXAMINATION

General Examination

Local Examination

* Dory ball exercise. (6)

Neurological Examination

Sensory Examination

- Sensory Deficit
- Presence of any of these: Allodynia/Hypoesthesia/Hyperoesthesia/ Numbness

Motor Examination

- | Upper Limb | Lower Limb |
|--|--|
| Grade of Power | Grade of Power |
| <ul style="list-style-type: none"> • T1: Adduction & abduction of finger digits • C8: Finger flexion • C7: Elbow extension/ Wrist flexion • C6: Elbow flexion/ Wrist extension • C5: Shoulder abduction | <ul style="list-style-type: none"> • S1-S2: Plantar Flexion of foot & toes • L5: Dorsiflexion of foot & toes • L4: Knee Extension • L3: Thigh adduction • L2: Hip Flexion |

Deep Tendon Reflexes:

Other Systems:

REMARKS

INVESTIGATION SUMMARY

Radiology

Other Investigations

- Bone scan (18/9/21)

↑ tracer activity in wrist
(Delayed regional & whole body images).

↓
KSD

- U10 (May 2021)

- Pr/o. COVID in April (20th) 2021

Pain:	Present/No	Colour:	
Testing:	Yes/No	Parosmia:	
	Yes/No		

PLAN

PATIENT SUMMARY

Aggravating Factors
Usual for LBP: Yes/No
Other Factors:

Relieving Factors
Usual for LBP: Yes/No
Other Factors:

Site of pain with radiation:

Duration of pain:

VAS score:

C/D/w Subject six

19/10/21

PATIENT MANAGEMENT

OD for 3 days

- cap Pregabalin 75mg BD
 • (Cap Lyrica 75mg) BD
- Trg Bonista 20mg OD or QID
- Tab Ultracet TDS x 10 days / 15
 ↓
 BD x 10 days.
- Continue Vit B1 & Vit C supplements
- Tab CEM 500mg BD
- Calciid sachet one weekly.
- T. Pam 40mg OD (empty stomach)

Report S. cretivism.

PATIENT FOLLOW UP

Aggravating Factors

1. Visit Number:

Other Factors:

2. Interventions:

Item	Score
VAS	10/10
PHQ	10/10
MD	27/27
PW	51/51
...	...

3. Overall level:

4. Pain level:

5. Duration:

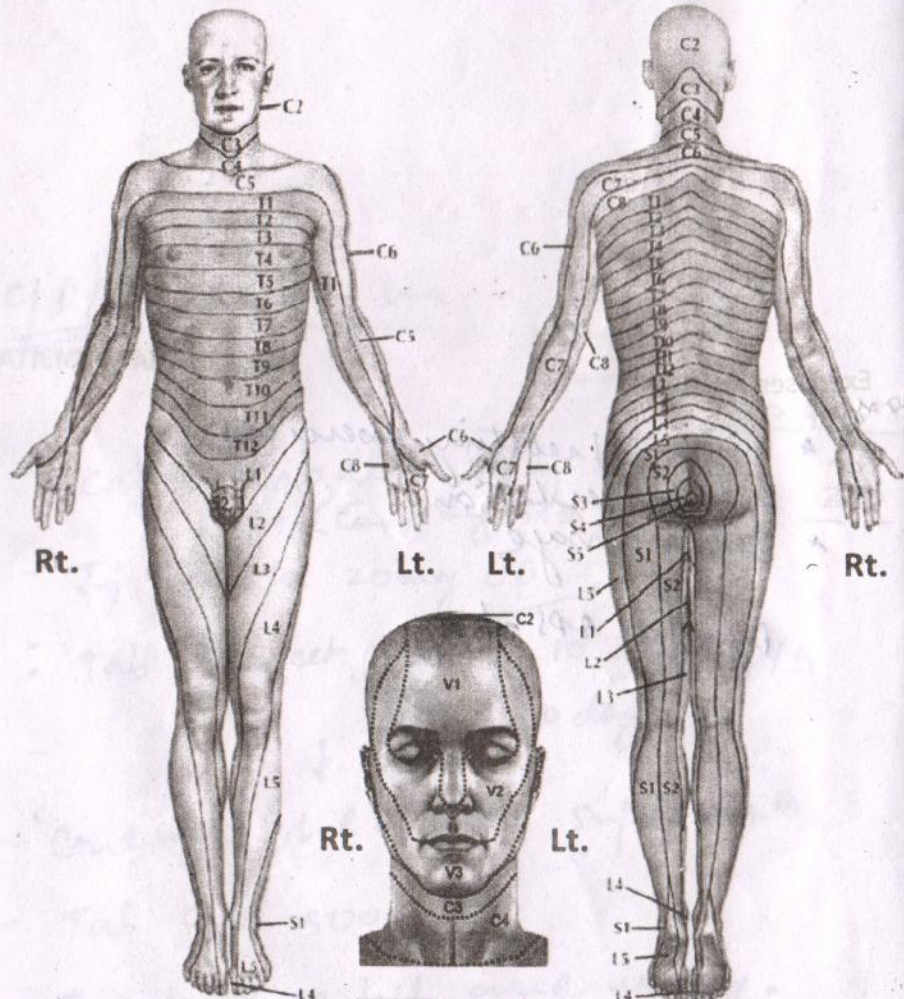
Exercises Advised

3 days

- * Finger stretching exercises.
- * Add fomentation
- * oil massage
- ↓
- Dynepan OPS spray.

Aggravating Factors
 Usual for LBP: Yes/No
 (Sitting/Standing/Walking/Forward Bending)
 Other Factors:

Relieving Factors
 Usual for LBP: Yes/No
 (Rest/Lying Supine)
 Other Factors:



Pain: Present VAS:.....
 Tingling: Yes/No
 Colour: [diagonal lines] Numbness: Yes/No
 [dotted lines] Paresthesia: Yes/No
 [horizontal lines]

PATIENT FOLLOW UP

Date: Dynamic
 Date of last visit: 20-60

1. Visit Number:
2. Intervention done:
3. Overall relief:
4. Pain relief:
5. Duration of exercises:
5. Patient assessment: 0/none

	Score
VAS	= / 10
DN4	= <u>5</u> / 10
DSM	= / 27
WPI	= / 19
SS	= / 12
Womac	= /

90
 - (Before Stollato.)
 - 6th & 8th
 Oct. 21

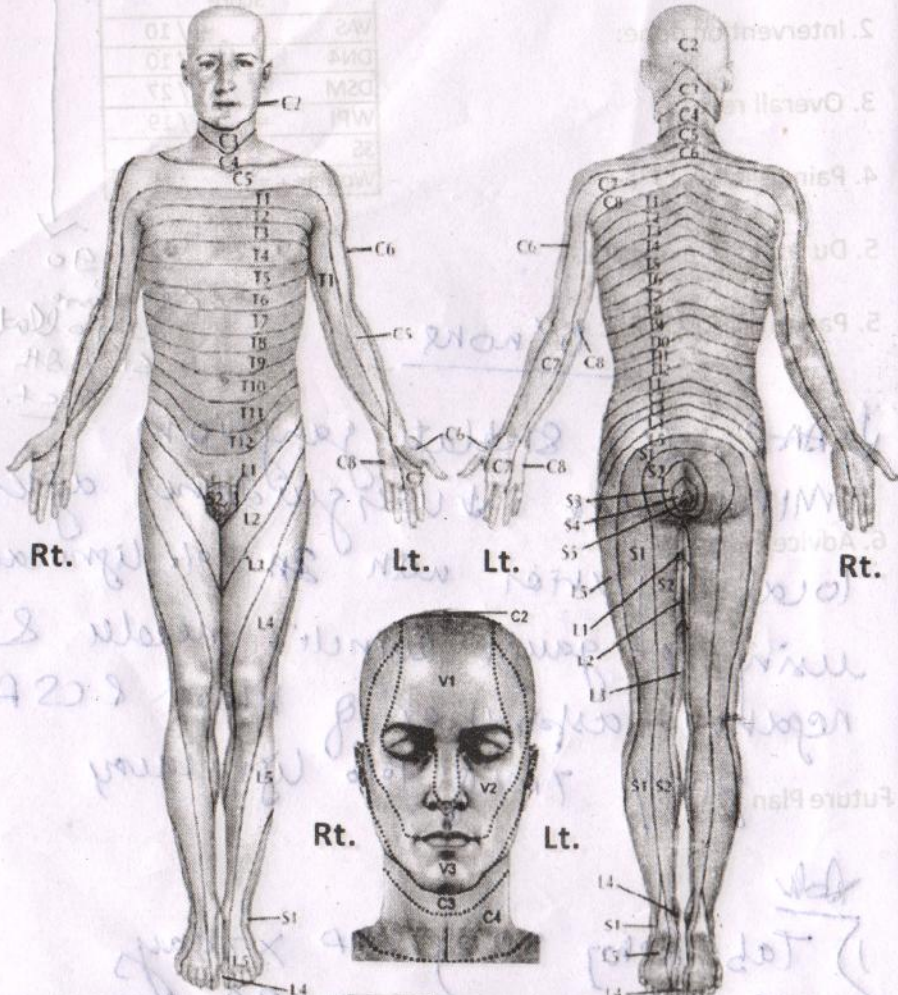
↓ AAP, ⊙ skeletal ganglion
 MIPSI done ↓ US guidance after
 local injection with 2% 20% lignocaine
 using 25 gauge Quinck's needle &
 negative aspiration of blood & CSF
 giving 7ml of 1% lignocaine

- Future Plan
- 1) Tab Reboj 90mg OP x 7 days
 - 2) Tab Lyrica 75mg BD x 2 weeks
 - 3) Continue Vit B & C supplements
 - 4) Tab Cem 500mg BD x 1 month
 - 5) Calciferol tablet once weekly x 4 weeks

Exercises Advised

Aggravating Factors
 Usual for LBP: Yes/No
 (Sitting/Standing/Walking/Forward Bending)
 Other Factors:
 Date of last visit:

Relieving Factors
 Usual for LBP: Yes/No
 (Rest/Lying Supine)
 Other Factors:
 I. Visit Number:



Pain: Present VAS:.....
 Tingling: Yes/No
 Colour Numbness: Yes/No
 Paresthesia: Yes/No

PATIENT FOLLOW UP

Date:
 Date of last visit:

1. Visit Number:

2. Intervention done:

3. Overall relief:..

4. Pain relief:

5. Duration of exercises:

5. Patient assessment:

	Score
VAS	= / 10
DN4	= / 10
DSM	= / 27
WPI	= / 19
SS	= / 12
Womac	= /

6) tab par 40 on x 7 days
 7) finger stretching exercise.

6. Advice

Heat fomentation on
 oil massage

Future Plan

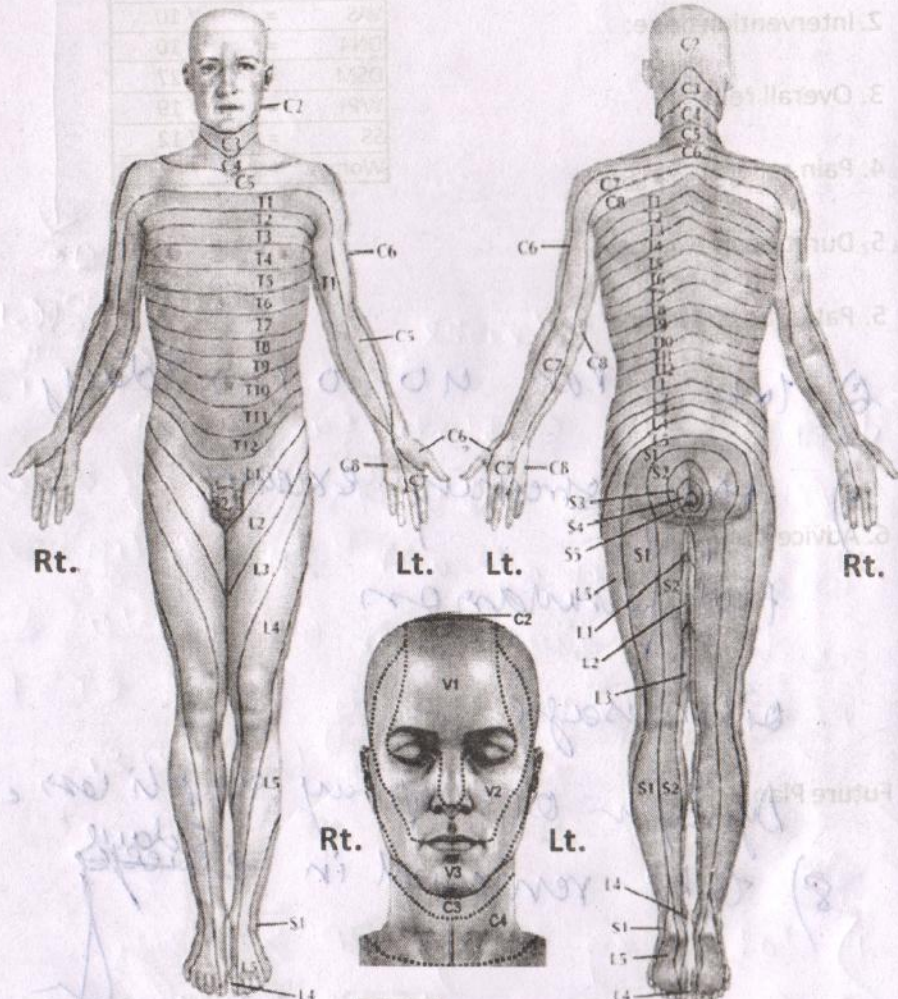
↓
 Dynapar o/s spray application
 8) to be reviewed in 5 days

Exercises Advised

[Handwritten signature]

Aggravating Factors
 Usual for LBP: Yes/No
 (Sitting/Standing/Walking/Forward Bending)
 Other Factors:

Relieving Factors
 Usual for LBP: Yes/No
 (Rest/Lying Supine)
 Other Factors:



Pain: Present VAS:.....
 Tingling: Yes/No

Colour: [diagonal lines] Numbness: Yes/No
 [dotted lines] Paresthesia: Yes/No
 [horizontal lines]

PATIENT FOLLOW UP

Date:
 Date of last visit:

1. Visit Number:

2. Intervention done:

3. Overall relief:..

4. Pain relief:

5. Duration of exercises:

5. Patient assessment:

OT procedure notes

(20/11/2021)

Ketamine IV infusion:-

patient admitted in postopaua; Monitor attached. IV cannula 22G kept

6. Advice P/M: Inj. Emet 4mg IV+
 Inj. Pantop 40mg IV Inj. Midaz 1.0mg IV.
 O₂ with F/M @ 4L/min

~~Ketamine~~ Ketamine 120mg + IV lignocaine

Future Plan 100mg + NS 500ml infusion started @ 60ml/hr, completed in 45 minutes.

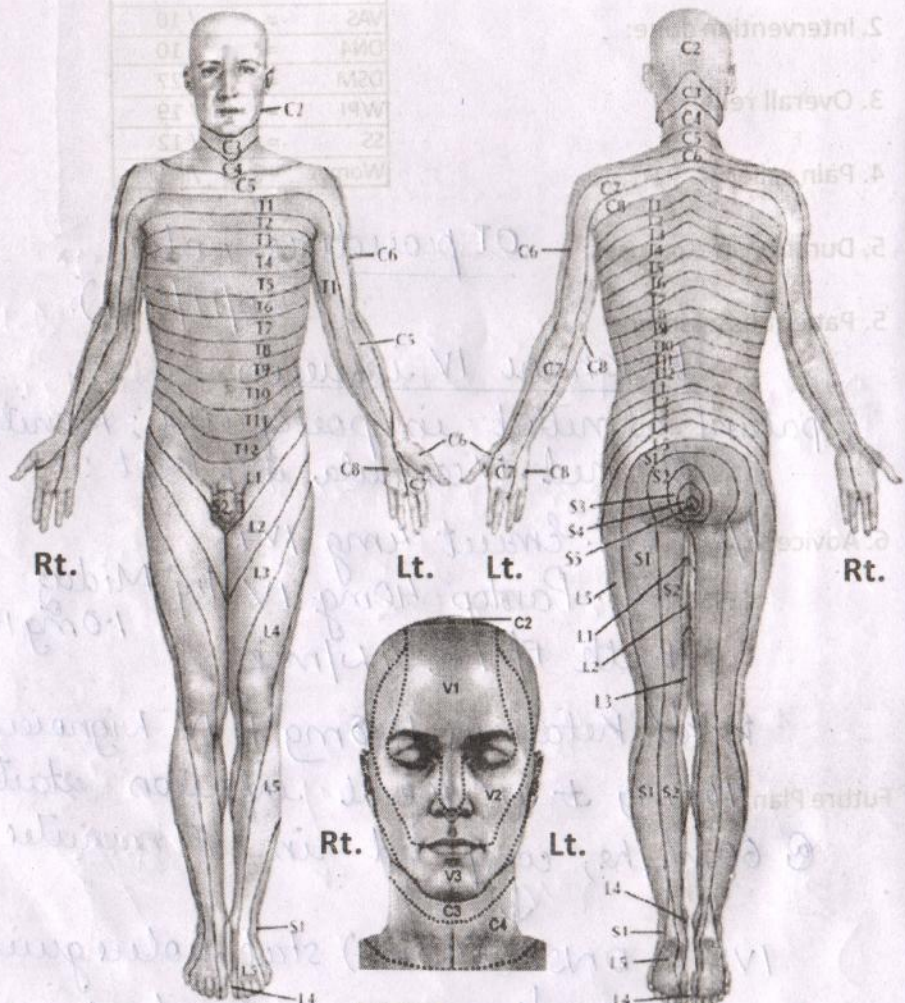
↓
 IVF & DNS (500ml) stat bolus given

Exercises Advised patient was monitored for another 2 hours and discharged.

	Score
VAS =	/ 10
DN4 =	/ 10
DSM =	/ 27
WPI =	/ 19
SS =	/ 12
Womac =	/

Aggravating Factors
 Usual for LBP: Yes/No
 (Sitting/Standing/Walking/Forward Bending)
 Other Factors:

Relieving Factors
 Usual for LBP: Yes/No
 (Rest/Lying Supine)
 Other Factors:



Pain: Present VAS:.....
 Tingling: Yes/No
 Colour: [diagonal lines] Numbness: Yes/No
 [dotted lines] Paresthesia: Yes/No [horizontal lines]

PATIENT FOLLOW UP

Date:
 Date of last visit:

1. Visit Number:
2. Intervention done:
3. Overall relief:..
4. Pain relief:

	Score
VAS =	/ 10
DN4 =	/ 10
DSM =	/ 27
WPI =	/ 19
SS =	/ 12
Womac =	/

5. Duration of exercises: (20.11.21)
5. Patient assessment: Adv 150mg - HS

1. Tab. Nylca 75mg BD x 2 weeks. (morning)
2. T. Ultracet 1 BD x 5 days.
3. T. Pam SOS.

6. Advice

T. Emset 4mg SOS

4. iv Ketamine infusion 12mg given over 45 min.

Future Plan

Next dose to be given on 26.11.21

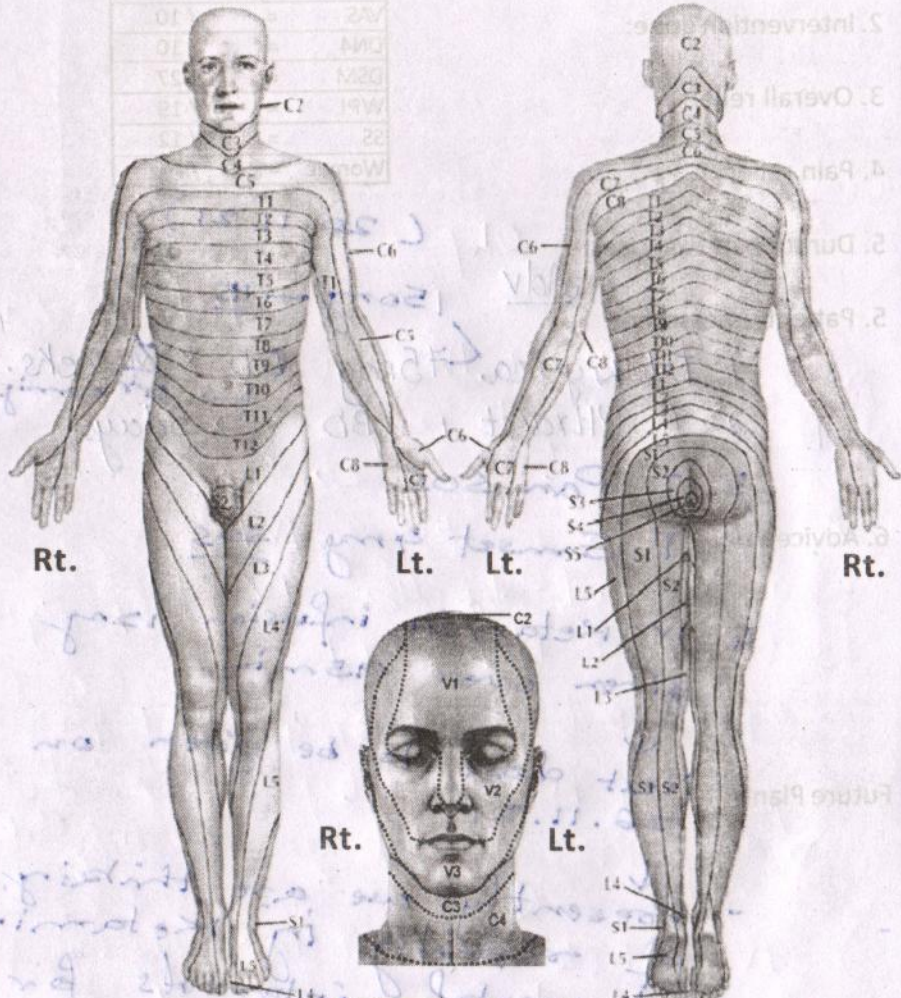
- Presently we are thinking of repeating iv. Ketamin at weekly intervals for 3-4 months.

Exercises Advised

- Patient is required to come to hospital for this therapy during this period. (Dr. Sujat Gauran)

Aggravating Factors
 Usual for LBP: Yes/No
 (Sitting/Standing/Walking/Forward Bending)
 Other Factors:

Relieving Factors
 Usual for LBP: Yes/No
 (Rest/Lying Supine)
 Other Factors:



Pain: Present VAS:..... Colour Numbness: Yes/No
 Tingling: Yes/No Paresthesia: Yes/No

PATIENT FOLLOW UP

Date:
 Date of last visit:

1. Visit Number:

2. Intervention done:

3. Overall relief:..

4. Pain relief:

5. Duration of exercises:

5. Patient assessment:

	Score
VAS =	/ 10
DN4 =	/ 10
DSM =	/ 27
WPI =	/ 19
SS =	/ 12
Womac =	/

OT procedure notes
(26/11/2021)

*Patient admitted in postoperative care;
 Monitor attached. IV cannula still kept.*

6. Advice

*Intraoperative Ketamine 50mg + lignocaine
 200mg + 50ml NS infusion given over
 2 hours. Intra procedure and post procedure
 time uneventful. Monitored for 2 hours
 post procedure.*

Future Plan

Adv:-

- 1. Tap hydrocort 75-0-150mg (BD) x4 weeks.*
- 2. T. Ultracet 1 PO SOS.*
- 3. T. Par 40mg SOS.*

Exercises Advised

- 4. T. Emerit 4mg sos.*
- 5. R/A 2 weeks for followup.*

[Signature]



Sanjay Gandhi Post Graduate Institute of Medical Sciences

Raebareli Road, Lucknow - 226 014, India

Discharge Summary

CRNO: 2021717653 **Name:** Arvind Mishra 45/ Y/M **Department:** Anaesthesia
Unit: UNIT-1 **Ward/Bed:** 1004 Palliative Care Ward / GEN / 2
Admission No: ADM-202133428 **Admitted on:** 26-11-2021 09:36 **Discharged on:** Nov 26, 2021 1:07 PM
Patient Type: Online **Consultant:** Anil Agarwal **Discharge Type:**
Correspond. Address: ,Hardoi Road Road **Distt.** **State** Uttar Pradesh **Pin No.** 261001 **Phone No**
Near

Diagnosis: Complex Regional Pain Syndrome (Right hand)

Procedure: Ketamine IV infusion.

Patient admitted in postoperative area and ASA monitoring started. O2 with face mask given.. IV infusion started with Inj Ketamine 50 mg + Inj Lignocaine 200 mg and 50 ml NS over 2 hour duration. Patient vitals were within normal limits during the infusion. Patient was monitored for 2 hours in postoperative area and discharged.

Adv

1. Tab Lyrica 75 - 0 - 150mg for 4 weeks
 2. Tab Ultracet 1 PO SOS
 3. Tab Pan 40mg SOS
 4. Tab ^{Emul} 4 mg SOS
R/A 2 weeks or SOS
- Prepared by
(Ragesh I R)

Signature of Consultant

o/p/w Dr. Sujet Gautam
on his behalf

Dr. Ragesh I R

BED HAS NOT BEEN VACATED FROM SYSTEM

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Ragesh I R @ 172.25.250.163

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Sanjay Gandhi Post Graduate Institute of Medical Sciences
Raebareli Road, Lucknow - 226 014, India

Discharge Summary

CRNO: 2021717653 Name: Arvind Mishra 45/ Y/M Department: Anaesthesia
Unit: UNIT-1 Ward/Bed: 1004 Palliative Care Ward / GEN / 7
Admission No: ADM-202132556 Admitted on: 20-11-2021 09:34 Discharged on: Nov 20, 2021 12:46 PM
Patient Type: Online Consultant: Anil Agarwal Discharge Type:
Correspond. Address: ,Hardoi Road Road Distt. State Uttar Pradesh Pin No. 261001 Phone No
Near

Diagnosis: Complex Regional Pain Syndrome (Right hand)

Procedure: Ketamine IV infusion.

Patient admitted in postoperative area and ASA monitoring started. O2 with face mask given.
Premedicated with Inj Ondansetron 8 mg IV, Inj Pantoprazole 40 mg IV and Inj Midaz 1 mg.
IV infusion started with Inj Ketamine 12 mg + Inj Lignocaine 100 mg and 50 ml NS over 1 hour duration. Patient vitals were within normal limits during the infusion. Patient was monitored for 2 hours in postoperative area and discharged.

Adv

1. Tab Lyrica 75 mg ^{OD 4} ~~BD~~ for 2 weeks (morning) — ^{and} ~~150mg~~ 150mg t/s for 4 weeks.
2. Tab Ultracet 1 BD for 5 days f/b SOS
3. T. Pan 40mg sos
4. T. Emet 4mg sos
5. Next dose to be given on 26/11/2021.

Prepared by
(Ragesh I R)

Signature of Consultant

BED HAS NOT BEEN VACATED FROM SYSTEM

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Vidula Bansal @ 172.25.250.163

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Sanjay Gandhi Post Graduate Institute of Medical Sciences

Raebareli Road, Lucknow - 226 014 ,India

Discharge Summary

CRNO: 2021717653 **Name:** Arvind Mishra 45/ Y/M **Department:** Anaesthesia
Unit: UNIT-1 **Ward/Bed:** 1004 Palliative Care Ward / GEN / 9
Admission No: ADM-202129041 **Admitted on:** 22-10-2021 11:38 **Discharged on:** 22-Oct-2021 1:41 PM
Patient Type: Online **Consultant:** Anil Agarwal **Discharge Type:**
Correspond. Address: ,Hardoi Road Road **Distt.** **State** Uttar Pradesh **Pin No.** 261001 **Phone No**
Near

Diagnosis – Right arm sympathetically mediated pain

Procedure – Right Stellate ganglion block

Consent taken. Patient shifted to OT. Monitors attached. Inj ceftriaxone 1 gm IV given after test dose.

Patient in supine position with neck in extension. Complete asepsis ensured by prepping(savlon --> isopropyl alcohol à betadine for 5 mins) and draping.

Under ultrasound guidance, after local infiltration of site with 2% lignocaine, using 25G spinal needle Rt stellate ganglion block was performed using 7 ml of 2% lignocaine LA injection done after confirmation of dye spread and after negative aspiration of blood. Drug spread was confirmed under USG guidance. Patient was monitored in OT for 30 minutes. Procedure uneventful. In the post operative ward patient was hemodynamically stable and no neurological deficits were there. Patient discharged after observation for 1-2 hours.

Adv-

✓ Tab Retoz 90mg OD for 7 days

Tab Lyrica 75mg BD for 1 month

Tab CCM 500mg BD for 1 month

Calciferol sachet once weekly for 4 weeks


Tab Pan 40 OD for 7 days

Cold application for 2 days flb hot formentation

Finger stretching exercises to be continued

Review after 5 days / SOS in OPD.

(Anjali, Nikhil and Keshav)


Signature of Consultant

BED HAS NOT BEEN VACATED FROM SYSTEM

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Anjali Singh @ 172.25.250.163

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