

Clara Smith 76 y/o female 5'4" 186.0 lb

CC: Knee pain

HPI

CS is a 76-year-old female who presents today for bilateral knee pain (right worse than left). Lives in apartments on 2nd floor, requires assistance due to stairs, unable to drive, shop, and becoming difficult to get in/out of bathtub. Has a pill box to keep track of daily medications. Onset 5 years ago, has become gradually worse. She also has pain that affects the fingers of both hands. Describes the pain as inside, stiff, and achy, with swelling to knees, fingers, knuckles. Pain in her right knee radiates down her right leg toward her ankle and is stiff in the am for 15-20 mins after awakening. Pain is worse with palpation, ambulation, climbing stairs, and cold weather. She gets very little relief from acetaminophen. The severity of knee pain ranges from 4-8/10 and her fingers 2-3.

Problem Statement

CS is a 76-year-old female, with chief complaint of bilateral knee pain that started five years ago. The pain has gradually worsened and also affects the fingers of bilateral hands. Positive subjective findings are stiff joints, achy pain, and swelling to knees, fingers, and knuckles; pain is worse with palpation, ambulation, climbing stairs, cold weather, and in the am for 15-20 after awakening. Negative for redness, fevers, drainage, trauma, or any recent infection. Positive objective findings are right knee effusion, limited ROM, right sided limp, bow-legged, eye-AV knicking, and obesity. Negative for rashes, lesions, SOB, or chest pain. PMH: hypertension and PUD due to ibuprofen use.

Review of systems

General:

Uses a cane. Denies Fever, weight loss, weight gain, weakness, fatigue, changes in appetite. HEENT/

NECK:

Head- trauma or tenderness. Eyes-denies changes in vision eye redness or drainage. Ears-denies pain or drainage. Nose- denies congestion, rhinorrhea, sinus pain. Throat-denies sore throat, hoarseness, or mouth sores. Neck- denies stiffness, pain, swollen glands, or limited ROM.

Cardiovascular:

Denies chest pain, discomfort, or pressure; dizziness, palpitations, decreased exercise tolerance, blue/cold fingers or toes.

Respiratory:

Denies shortness of breath, wheezing, or cough.

Gastrointestinal:

Denies nausea, vomiting, constipation, diarrhea, coffee-ground emesis, dark/tarry or bloody stools, early satiety, or bloating.

Genitourinary:

Denies pain with urination, burning, blood, hesitancy, incontinence, urgency, or frequency.