

## Your Kaiser Permanente Care Instructions

### Influenza (Flu) Vaccine: Care Instructions

#### Your Care Instructions

Influenza (flu) is an infection in the lungs and breathing passages. It is caused by the influenza virus. There are different strains, or types, of the flu virus every year. The flu comes on quickly. It can cause a cough, stuffy nose, fever, chills, tiredness, and aches and pains. These symptoms may last up to 10 days. The flu can make you feel very sick, but most of the time it doesn't lead to other problems. But it can cause serious problems in people who are older or who have a long-term illness, such as heart disease or diabetes.

You can help prevent the flu by getting a flu vaccine every year, as soon as it is available. You cannot get the flu from the vaccine. The vaccine prevents most cases of the flu. But even when the vaccine doesn't prevent the flu, it can make symptoms less severe and reduce the chance of problems from the flu.

Sometimes, young children and people who have an immune system problem may have a slight fever or muscle aches or pains 6 to 12 hours after getting the shot. These symptoms usually last 1 or 2 days.

**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.

#### Who should get the flu vaccine?

Everyone age 6 months or older should get a flu vaccine each year. It lowers the chance of getting and spreading the flu. The vaccine is very important for people who are at high risk for getting other health problems from the flu. This includes:

- Anyone 50 years of age or older.
- People who live in a long-term care center, such as a nursing home.
- All children 6 months through 18 years of age.
- Adults and children 6 months and older who have long-term heart or lung problems, such as asthma.
- Adults and children 6 months and older who needed medical care or were in a hospital during the past year because of diabetes, chronic kidney disease, or a weak immune system (including HIV or AIDS).
- Women who will be pregnant during the flu season.
- People who have any condition that can make it hard to breathe or swallow (such as a brain injury or muscle disorders).
- People who can give the flu to others who are at high risk for problems from the flu. This includes all health care workers and close contacts of people age 65 or older.

#### Who should not get the flu vaccine?

The person who gives the vaccine may tell you not to get it if you:

- Have a severe allergy to eggs or any part of the vaccine.
- Have had a severe reaction to a flu vaccine in the past.
- Have had Guillain-Barré syndrome (GBS).
- Are sick with a fever. (Get the vaccine when symptoms are gone.)

#### How can you care for yourself at home?

- If you or your child has a sore arm or a slight fever after the shot, take an over-the-counter pain medicine, such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin). Read and follow all instructions on the label. Do not give aspirin to anyone younger than 20. It has been linked to Reye syndrome, a serious illness.
- Do not take two or more pain medicines at the same time unless the doctor told you to. Many pain medicines have acetaminophen, which is Tylenol. Too much acetaminophen (Tylenol) can be harmful.

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**Encounter-Level Documents - 02/18/2019: (continued)**

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**When should you call for help?**

**Call 911** anytime you think you may need emergency care. For example, call if after getting the flu vaccine:

- You have symptoms of a severe reaction to the flu vaccine. Symptoms of a severe reaction may include:
  - Severe difficulty breathing.
  - Sudden raised, red areas (hives) all over your body.
  - Severe lightheadedness.

**Call your doctor now** or seek immediate medical care if after getting the flu vaccine:

- You think you are having a reaction to the flu vaccine, such as a new fever.

Watch closely for changes in your health, and be sure to contact your doctor if you have any problems.

**Where can you learn more?**

Go to <http://www.kp.org>

Enter **N880** in the search box to learn more about "**Influenza (Flu) Vaccine: Care Instructions.**"

Current as of: October 6, 2017

Content Version: 11.7

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**Your Kaiser Permanente Care Instructions****Body Mass Index: Care Instructions****Your Care Instructions**

Body mass index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are.

- A BMI lower than 18.5 is considered underweight.
- A BMI between 18.5 and 24.9 is considered healthy.
- A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

If your BMI is in the normal range, it means that you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range, you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes. If your BMI is in the underweight range, you may be at increased risk for health problems such as fatigue, lower protection (immunity) against illness, muscle loss, bone loss, hair loss, and hormone problems.

BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

**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.

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**Encounter-Level Documents - 02/18/2019: (continued)**

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**How can you care for yourself at home?**

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- If your doctor recommends it, get more exercise. Walking is a good choice. Bit by bit, increase the amount you walk every day. Try for at least 30 minutes on most days of the week.
- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

**If you have a BMI higher than 25**

- Your doctor may do other tests to check your risk for weight-related health problems. This may include measuring the distance around your waist. A waist measurement of more than 40 inches in men or 35 inches in women can increase the risk of weight-related health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to lose weight and stay healthy, such as changing your diet and getting regular exercise.

**If you have a BMI lower than 18.5**

- Your doctor may do other tests to check your risk for health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to gain or maintain weight and stay healthy, such as getting more healthy foods in your diet and doing exercises to build muscle.

**Where can you learn more?**

Go to <http://www.kp.org>

Enter **S176** in the search box to learn more about "**Body Mass Index: Care Instructions.**"

Current as of: October 9, 2017

Content Version: 11.7

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**Your Kaiser Permanente Care Instructions****Sarcoidosis: Care Instructions****Your Care Instructions**

Sarcoidosis (say "sar-koy-DOH-sus") is a rare disease that causes tiny lumps of cells throughout the body called granulomas. These lumps are too small to see or feel. They can form anywhere on the inside or outside of the body and can cause permanent scar tissue. They often form in the lungs, lymph nodes, liver, skin, or eyes. Sarcoidosis may affect how an organ works. For instance, if it is in the lungs, you may be short of breath.

For most people, sarcoidosis is a long-term disease that lasts several years or a lifetime. But some cases go away in a few months. Experts have no way of knowing how it will affect you. For some people, the disease may cause no symptoms at all. For others, symptoms may include fever, body aches, swollen lymph glands, shortness of breath, painful joints, and numbness. It may lead to lung or heart problems. Sometimes sarcoidosis can cause high calcium levels in the blood.

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**Encounter-Level Documents - 02/18/2019: (continued)**

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Sarcoidosis occurs most often in young and middle-aged adults. Although the cause is not known, the disease does not spread from person to person.

Different types of sarcoidosis have different treatments. Sarcoidosis may require long-term treatment (lasting months to years) with corticosteroids and other medicines, especially if it causes symptoms. You may also need regular tests.

**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?

- Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Do not smoke. Smoking can make sarcoidosis worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Avoid dust, smoke, and fumes. They can harm your lungs.
- Drink plenty of fluids, enough so that your urine is light yellow or clear like water. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- If your doctor recommends it, get more exercise. Walking is a good choice. Bit by bit, increase the amount you walk every day. Try for at least 30 minutes on most days of the week. You also may want to swim, bike, or do other activities.

### When should you call for help?

**Call 911** anytime you think you may need emergency care. For example, call if:

- You have severe trouble breathing.
- You passed out (lost consciousness).

**Call your doctor now** or seek immediate medical care if:

- You have changes in your vision.
- You are very tired, get confused, or urinate a lot.
- Your symptoms do not get better, or they get worse.

Watch closely for changes in your health, and be sure to contact your doctor if you have any problems.

### Where can you learn more?

Go to <http://www.kp.org>

Enter **H756** in the search box to learn more about "**Sarcoidosis: Care Instructions.**"

Current as of: December 6, 2017

Content Version: 11.7

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## General Information

**Protect yourself from the flu. Get vaccinated.**

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**Encounter-Level Documents - 02/18/2019: (continued)**

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The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit [kp.org/flu](http://kp.org/flu) or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

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**Order-Level Documents:**

There are no order-level documents.

```
{*\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }
```

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**Encounter-Level E-Signatures:**

No documentation.

**KAISER PERMANENTE**

SOUTH LOS ANGELES MED Garner, Annette L  
OFFICES U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
1550 W MANCHESTER AVE Visit date: 2/18/2019  
LOS ANGELES CA 90047-  
5424  
SCAL HIM ROI AMB LMR

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**Encounter-Level E-Signatures: (continued)**

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**KAISER PERMANENTE**

SOUTH LOS ANGELES MED Garner, Annette L  
OFFICES U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
1550 W MANCHESTER AVE Visit date: 2/18/2019  
LOS ANGELES CA 90047-  
5424  
SCAL HIM ROI AMB LMR

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

NORMANDIE NO. MEDICAL Office U  
 25965 S NORMANDIE AVE HARBOR CITY CA 90710-3416  
 SCAL HIM ROI AMB LMR

Garner, Annette L  
 MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 Visit date: 4/8/2019

**Office Visit**  
 4/8/2019

**Annette L Garner**  
 MRN: 000007246313

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
4/8/2019 7:30 PM	Gottus, Michael Jay (P.A.), P.A.	URGENT CARE CLINIC	800-780-1230	700307684

**Reason for Call/Visit**

**TOOTHACHE**  
**FLU SHOT** Declined.

**Call Documentation**

No notes of this type exist for this encounter.

**Vitals**

Most recent update: 4/8/2019 8:40 PM

BP	Pulse	Temp	Resp	Ht
<b>143/80 †</b>	85	98.4 °F (36.9 °C) (Oral)	16	5' 4" (1.626 m)
Wt 220 lb 14.4 oz (100.2 kg)	SpO2 99%			

**Nursing Notes**

**Kibanoff, Lyndon V (L.V.N.), L.V.N. at 4/8/2019 7:36 PM**

Status: Signed

**Chief Complaint**

Patient presents with  
 • TOOTHACHE

Screening: Vitals

**Vitals:**

	04/08/19 1933	04/08/19 1936
BP:	(!) <b>157/80</b>	(!) <b>143/80</b>
BP Patient	SITTING	
Position:		
Pulse:	80	85
Resp:	16	
Temp:	98.4 °F (36.9 °C)	
TempSrc:	Oral	
SpO2:	99%	
Height:	5' 4" (1.626 m)	

LYNDON V KIBANOFF LVN

**Progress Notes**

**Gottus, Michael Jay (P.A.), P.A. at 4/8/2019 10:15 PM**

Kaiser Permanente

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**Progress Notes (continued)****Gottus, Michael Jay (P.A.), P.A. at 4/8/2019 10:15 PM (continued)**

Author Type: PHYSICIAN ASSISTANT (P.A.) Status: Signed

History:Patient presents with:  
TOOTHACHE  
FLU SHOT: Declined.

## PMD:

Schneider, Lawrence (M.D.)

BP (!) 143/80 | Pulse 85 | Temp 98.4 °F (36.9 °C) (Oral) | Resp 16 | Ht 5' 4" (1.626 m) | Wt 220 lb 14.4 oz (100.2 kg) | SpO2 99% | BMI 37.92 kg/m<sup>2</sup>Annette L Garner is a 59 year old female with left upper dental pain  
Seen in feb for same  
Better with abx and did not follow up with dentist  
Pain and ? Swelling  
No f/c or d/c  
Has partial in.Review of Systems

Constitutional: Negative for chills and fever.

HENT: Negative for sore throat.

Cardiovascular: Negative for chest pain.

Respiratory: Negative for shortness of breath and stridor.

Gastrointestinal: Negative for nausea and vomiting.

All other systems reviewed and are negative.

Physical Exam

Constitutional: She is oriented to person, place, and time and well-developed, well-nourished, and in no distress. No distress.

HENT:

Head: Atraumatic.

Right Ear: Hearing, tympanic membrane, external ear and ear canal normal.

Left Ear: Hearing, tympanic membrane, external ear and ear canal normal.

Nose: Nose normal.

Mouth/Throat: Uvula is midline, oropharynx is clear and moist and mucous membranes are normal.

**Pt decline removal of partial to eval for dental abscess**

Neurological: She is alert and oriented to person, place, and time. She has normal sensation and normal reflexes.

Skin: Skin is warm, dry and intact. No abrasion and no laceration noted. No cyanosis.

Nursing note and vitals reviewed.

**KAISER PERMANENTE**

NORMANDIE NO. MEDICAL Office U  
25965 S NORMANDIE AVE Harbor City CA 90710-3416  
Garner, Annette L  
MRN: 000007246313, DOB: 11/15/1959, Sex: F  
Visit date: 4/8/2019  
SCAL HIM ROI AMB LMR

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**Progress Notes (continued)**

**Gottus, Michael Jay (P.A.), P.A. at 4/8/2019 10:15 PM (continued)**

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**ASSESSMENT:**

**PLAN:**

**TOOTHACHE** (primary encounter diagnosis)

Note: partial exam. Pt understands risks. No obvious abscess. Pt to f/u with dentist

Plan: Acetaminophen-Codeine (TYLENOL #3) 300-30 mg Oral Tab

Amoxicillin 500 mg Oral Cap

Answered all patients question regarding diagnosis, medication, and side effects and treatment and follow up. Return if new or worse symptoms. Discussed with patient emergency signs and symptoms. Please call your primary physician for follow up appointment for continuity of care.

MICHAEL JAY GOTTUS PA

**Nursing Notes**

**Kibanoff, Lyndon V (L.V.N.), L.V.N. at 4/8/2019 7:36 PM**

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Status: Signed

**Chief Complaint**

Patient presents with

- TOOTHACHE

Screening: Vitals

**Vitals:**

	04/08/19 1933	04/08/19 1936
BP:	<b>(!) 157/80</b>	<b>(!) 143/80</b>
BP Patient	SITTING	
Position:		
Pulse:	80	85
Resp:	16	
Temp:	98.4 °F (36.9 °C)	
TempSrc:	Oral	
SpO2:	99%	
Height:	5' 4" (1.626 m)	

LYNDON V KIBANOFF LVN

# KAISER PERMANENTE

NORMANDIE NO. MEDICAL Office U  
25965 S NORMANDIE AVE HARBOR CITY CA 90710-3416  
Garner, Annette L  
MRN: 000007246313, DOB: 11/15/1959, Sex: F  
Visit date: 4/8/2019  
SCAL HIM ROI AMB LMR

## Encounter Messages

No messages in this encounter

## Diagnoses

	Codes	Comments
TOOTHACHE - Primary	525.9	

## Immunization/Injection - All Orders and Results

### VACC INFLUENZA 6 MONTHS-ADULT (FLULAVAL) QUADRIVALENT, 0.5 ML IM [1050569981]

Electronically signed by: **Gottus, Michael Jay (P.A.), P.A. on 04/08/19 2111** Status: **Discontinued**  
Ordering user: Gottus, Michael Jay (P.A.), P.A. 04/08/19 2111 Authorized by: Gottus, Michael Jay (P.A.), P.A.  
Ordering mode: Standard  
Frequency: Routine 04/08/19 - Released by: Gottus, Michael Jay (P.A.), P.A. 04/08/19 2111  
Order comments: FLULAVAL MDV Quadrivalent 3 yrs+. 0.5 mL intramuscular (IM).

## Final Spectacle Rx

Click to see and print Final Spectacle Rx

## Final CL Rx

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

## Medications the Patient Reported Taking

Acetaminophen-Codeine (TYLENOL #3) 300-30 mg Oral Tab (Taking/Expired)  
Amoxicillin 500 mg Oral Cap (Taking/Expired)

## Prescriptions Ordered This Encounter

	Disp	Refills	Start	End
<b>Acetaminophen-Codeine (TYLENOL #3) 300-30 mg Oral Tab</b> Sig: Take one-half to 1 tablet by mouth every 6 hours as needed for pain. Do not exceed 4 tablets in 24 hours Class: Fill Now Route: Oral	12	0/0	4/8/2019	10/5/2019
<b>Amoxicillin 500 mg Oral Cap</b> Sig: Take 1 capsule by mouth 3 times a day for 10 days Class: Fill Now Route: Oral	30	0/0	4/8/2019	5/8/2019

## Social Documentation as of 4/8/2019

No social documentation on file.

## Patient Instructions

Patient Education

# Your Kaiser Permanente Care Instructions

## Tooth and Gum Pain: Care Instructions

### Your Care Instructions

The most common causes of dental pain are tooth decay and gum disease. Pain can also be caused by an infection of the tooth (abscess) or the gums. Or you may have pain from a broken or cracked tooth. Other causes of pain include infection and damage to a tooth from nervous grinding of your teeth.

A wisdom tooth can be painful when it is coming in but cannot break through the gum. It can also be

painful when the tooth is only partway in and extra gum tissue has formed around it. The tissue can get inflamed (pericoronitis), and sometimes it gets infected.

Prompt dental care can help find the cause of your toothache and keep the tooth from dying or gum disease from getting worse. Self-care at home may reduce your pain and discomfort.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your dentist or 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?**

- To reduce pain and facial swelling, put an ice or cold pack on the outside of your cheek for 10 to 20 minutes at a time. Put a thin cloth between the ice and your skin. Do not use heat.
- If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.
- Ask your doctor if you can take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Be safe with medicines. Read and follow all instructions on the label.
- Avoid very hot, cold, or sweet foods and drinks if they increase your pain.
- Rinse your mouth with warm salt water every 2 hours to help relieve pain and swelling. Mix 1 teaspoon of salt in 8 ounces of water.
- Talk to your dentist about using special toothpaste for sensitive teeth. To reduce pain on contact with heat or cold or when brushing, brush with this toothpaste regularly or rub a small amount of the paste on the sensitive area with a clean finger 2 or 3 times a day. Floss gently between your teeth.
- Do not smoke or use spit tobacco. Tobacco use can make gum problems worse, decreases your ability to fight infection in your gums, and delays healing. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

### **When should you call for help?**

**Call 911** anytime you think you may need emergency care. For example, call if:

- You have trouble breathing.

**Call your dentist or doctor now** or seek immediate medical care if:

- You have signs of infection, such as:
  - ◆ Increased pain, swelling, warmth, or redness.
  - ◆ Red streaks leading from the area.
  - ◆ Pus draining from the area.
  - ◆ A fever.

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

- You do not get better as expected.

### **Where can you learn more?**

Go to <http://www.kp.org>

Enter **H417** in the search box to learn more about **"Tooth and Gum Pain: Care Instructions."**

Current as of: May 12, 2017

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**All Flowsheet Data (all recorded)**

**Encounter Vitals**

Row Name	04/08/19 1933	04/08/19 1936
Enc Vitals		
BP	(I) 157/80 -LK	(I) 143/80 -LK
Pulse	80 -LK	85 -LK
Resp	16 -LK	—
Temp	98.4 °F (36.9 °C) -LK	—
Temp src	Oral -LK	—
SpO2	99 % -LK	—
Wt (gms)	220 lb 14.4 oz (100.2 kg) -LA	—
Height	5' 4" (1.626 m) -LK	—
Pain Score	10 (0-10) Toothache -LA	—
Pain Loc	OTHER -LA	—
Pain Edu?	Y -LA	—
OTHER		
Cuff Size	Large Adult -LK	—
BP Patient Position	SITTING -LK	—
BP Location	LA-LEFT ARM -LK	—

**Custom Formula Data**

Row Name	04/08/19 1933	04/08/19 1936
OTHER		
Mean Arterial Pressure (MAP)	106 -LK	101 -LK
Ideal Body Weight (calculated)	55.27 [1] -LA	—
BSA (System Calculated)	2.13 -LA	—
Body Mass Index	27.61 -LA	—
Body Mass Index	38 -LA	—
Birth Weight	0 -LA	—
% Change from Birth	1002022907.05 -LA	—

**All Flowsheet Data (all recorded) (continued)**

**Custom Formula Data (continued)**

Row Name	04/08/19 1933	04/08/19 1936
Weight		
Weight change from previous (gm)	0 -LA	—
BSA (Dubois)	2.039 -LA	—
BSA (Last Ht)	2.13 -LA	—
BMI (Last Ht)	38 -LA	—
<b>Vitals</b>		
Pct Wt Change	0 % -LA	—

**Exercise Vitals**

Row Name	04/08/19 2040
<b>Exercise Level of Effort</b>	
Days per week of moderate to strenuous exercise (like a brisk walk)	0 -LA
On average, minutes per day of exercise at this level	0 -LA

**Audit Information**

Ref #	Row Name	Time Taken	Time Recorded	Value	User
1	Ideal Body Weight (calculated)	04/08/19 1933	04/08/19 2040	55.27	LA
1	Ideal Body Weight (calculated)	04/08/19 1933	04/08/19 1935	55.27	LK

**User Key**

(r) = Recorded By, (t) = Taken By, (c) = Cosigned By

Initials	Name	Effective Dates	Provider Type	Discipline
LK	Kibanoff, Lyndon V (L.V.N.), L.V.N.	12/03/17 - 12/07/19	LICENSED VOCATIONAL NURSE	—
LA	Abellon, Lil Serafin Araula (L.V.N.) II, L.V.N.	12/02/18 - 12/07/19	LICENSED VOCATIONAL NURSE	—

Encounter-Level Documents - 04/08/2019:

4/8/2019 7:30 PM

Annette L. Garner MRN: 000007246313



4/8/2019 7:30 PM URGENT CARE CLINIC

Instructions from MICHAEL JAY GOTTUS PA, PA.

Read the attached information  
Additional instructions from MICHAEL JAY GOTTUS PA, PA.

4/8/2019 7:30 PM

You saw MICHAEL JAY GOTTUS PA, PA. on Monday April 8, 2019. The following issues were addressed:  
• TOOTHACHE

Upcoming Appointments

You currently have no upcoming appointments scheduled.

Medications

Acetaminophen-Codeine (TYLENOL #3) 300-30 mg Oral Tab  
Amoxicillin 500 mg Oral Cap

Blood Pressure	BMI
143/80	37.92
Weight	Height
220 lb 14.4 oz	5' 4"
Temperature (Oral)	Pulse
98.4 °F	85
Respiration	Oxygen Saturation
16	99%

Visit Medication List

Patient

reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

	Dosage
Acetaminophen-Codeine (TYLENOL #3) 300-30 mg Oral Tab (Taking)	1/2 - 1 TAB PO Q6H PRN PAIN. DO NOT EXCEED 4 TABLETS IN 24 HOURS
Amoxicillin 500 mg Oral Cap (Taking)	1 CAP PO TID FOR 10 DAYS

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed  
QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

Allergies as of 4/8/2019

Reviewed On: 4/8/2019 By: Gottus, Michael Jay (P.A.), P.A.  
No Known Allergies

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**Encounter-Level Documents - 04/08/2019: (continued)**

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Dental Care Instructions

Additional instructions from MICHAEL JAY GOTTUS PA, PA.

**Your Kaiser Permanente Care Instructions****Tooth and Gum Pain: Care Instructions****Your Care Instructions**

The most common causes of dental pain are tooth decay and gum disease. Pain can also be caused by an infection of the tooth (abscess) or the gums. Or you may have pain from a broken or cracked tooth. Other causes of pain include infection and damage to a tooth from nervous grinding of your teeth.

A wisdom tooth can be painful when it is coming in but cannot break through the gum. It can also be painful when the tooth is only partway in and extra gum tissue has formed around it. The tissue can get inflamed (pericoronitis), and sometimes it gets infected.

Prompt dental care can help find the cause of your toothache and keep the tooth from dying or gum disease from getting worse. Self-care at home may reduce your pain and discomfort.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your dentist or 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?**

- To reduce pain and facial swelling, put an ice or cold pack on the outside of your cheek for 10 to 20 minutes at a time. Put a thin cloth between the ice and your skin. Do not use heat.
- If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.
- Ask your doctor if you can take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Be safe with medicines. Read and follow all instructions on the label.
- Avoid very hot, cold, or sweet foods and drinks if they increase your pain.
- Rinse your mouth with warm salt water every 2 hours to help relieve pain and swelling. Mix 1 teaspoon of salt in 8 ounces of water.
- Talk to your dentist about using special toothpaste for sensitive teeth. To reduce pain on contact with heat or cold or when brushing, brush with this toothpaste regularly or rub a small amount of the paste on the sensitive area with a clean finger 2 or 3 times a day. Floss gently between your teeth.
- Do not smoke or use spit tobacco. Tobacco use can make gum problems worse, decreases your ability to fight infection in your gums, and delays healing. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

**When should you call for help?**

**Call 911** anytime you think you may need emergency care. For example, call if:

- You have trouble breathing.

**Call your dentist or doctor now** or seek immediate medical care if:

- You have signs of infection, such as:
  - Increased pain, swelling, warmth, or redness.
  - Red streaks leading from the area.
  - Pus draining from the area.
  - A fever.

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



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**Encounter-Level Documents - 04/08/2019: (continued)**

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- You do not get better as expected.

**Where can you learn more?**

Go to <http://www.kp.org>

Enter **H417** in the search box to learn more about **"Tooth and Gum Pain: Care Instructions."**

Current as of: May 12, 2017

Content Version: 11.7

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**General Information**

**Protect yourself from the flu. Get vaccinated.**

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit [kp.org/flu](http://kp.org/flu) or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

**Order-Level Documents:**

There are no order-level documents.

{\*\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

No documentation.

**KAISER PERMANENTE**

NORMANDIE NO. MEDICAL Office Garner, Annette L  
OFFICE U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
25965 S NORMANDIE AVE Visit date: 4/8/2019  
HARBOR CITY CA 90710-  
3416  
SCAL HIM ROI AMB LMR

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**Encounter-Level E-Signatures: (continued)**

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**KAISER PERMANENTE**

NORMANDIE NO. MEDICAL Garner, Annette L  
OFFICE U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
25965 S NORMANDIE AVE Visit date: 4/8/2019  
HARBOR CITY CA 90710-  
3416  
SCAL HIM ROI AMB LMR

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

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 CRENSHAW MEDICAL  
 OFFIC  
 3782 W MARTIN LUTHER  
 KING JR  
 LOS ANGELES CA 90008-  
 1703  
 SCAL HIM ROI AMB LMR

Garner, Annette L  
 MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 Visit date: 10/16/2019

**Office Visit**  
 10/16/2019

**Annette L Garner**  
 MRN: 000007246313

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
10/16/2019 12:20 PM	Ashoorzadeh, Kambiz (D.O.), D.O.	INTERNAL MEDICINE	833-574-2273	755809156

**Reason for Call/Visit**

**HEADACHE** body aches  
**STRESS**  
**WORK SLIP**

**Call Documentation**

No notes of this type exist for this encounter.

**Vitals**

Most recent update: 10/16/2019 12:26 PM

BP	Pulse	Temp	Ht	Wt
119/68 (BP)	107	97.7 °F (36.5 °C)	5' 4" (1.626 m)	219 lb 9.6 oz (99.6 kg)
Location: RA-RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult)				

**Nursing Notes**

**Escobedo, Yolanda V. (L.V.N.), L.V.N. at 10/16/2019 12:23 PM**

Status: Signed

**PROACTIVE CARE ACTIONS**

Proactive Office Encounter Actions: Mammogram ordered today (staged)  
 Patient instructed to walk in for mammogram today  
 Mammogram appointment scheduled for patient  
 Patient instructed to schedule a mammogram appointment  
 Colorectal screening due, iFOBT order staged and kit provided, Patient Instructions for AVS staged  
 Flu immunization declined  
 Alcohol screening performed. Patient response is "never."  
 Member given Patient Instructions on BMI/Weight Management  
 The patient exercises 0 minutes per week at a moderate to strenuous level.  
 Member instructed on KP.ORG registration process  
 -Patient's vital signs, medication, pharmacy of choice, smoking history, chief complaint, allergies and history taken, reviewed; documented verified patient's phone number and address. Performed hand hygiene. Two forms of ID were used to verify PT's Name, DOB, and/or phone number listed in demographics. Hand hygiene was performed in front of patient.

**Escobedo, Yolanda V. (L.V.N.), L.V.N. at 10/16/2019 12:55 PM**

**KAISER PERMANENTE**

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 SCAL HIM ROI AMB LMR

Garner, Annette L  
 MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 Visit date: 10/16/2019

**Nursing Notes (continued)****Escobedo, Yolanda V. (L.V.N.), L.V.N. at 10/16/2019 12:55 PM (continued)**

Status: Addendum

An after visit summary was printed and given and explained, patient verbalized understanding. Patient will walk in to any Kaiser to have mammogram done. Information given to patient.

## Revision History

Date/Time	User	Action
> 10/16/2019 1:03 PM	Escobedo, Yolanda V. (L.V.N.), L.V.N.	Addend
10/16/2019 12:55 PM	Escobedo, Yolanda V. (L.V.N.), L.V.N.	Sign

**Progress Notes****Ashoorzadeh, Kambiz (D.O.), D.O. at 10/16/2019 12:33 PM**

Author Type: PHYSICIAN (D.O.)

Status: Signed

Annette L Garner is a 59 year old female

Patient Active Problem List:

OBESITY, BMI 35-39.9, ADULT  
 HX OF GASTRIC BYPASS

Allergy: No Known Allergies

No outpatient medications have been marked as taking for the 10/16/19 encounter (Office Visit) with Ashoorzadeh, Kambiz (D.O.), D.O..

**Social History**

Tobacco Use

Smoking Status

Smokeless Tobacco

Never Smoker

Never Used

chief complaint:

**Chief Complaint**

Patient presents with

- HEADACHE  
*body aches*
- STRESS
- WORK SLIP

Been having headaches more often

Pains shooting through out the body

She is a school bus driver

Under a lot of pressure through her job

She has had to urinate for the last few months and her job does not want her to interrupt the work too much

She contributes the frequent urination to holding urine a lot and also drinking plenty of fluids.

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Garner, Annette L  
MRN: 000007246313, DOB: 11/15/1959, Sex: F  
Visit date: 10/16/2019

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**Progress Notes (continued)****Ashoorzadeh, Kambiz (D.O.), D.O. at 10/16/2019 12:33 PM (continued)**

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**OBJECTIVE:****Vitals:**

10/16/19 1219  
BP: 119/68  
BP Patient SITTING  
Position:  
BP Location: RA-RIGHT ARM  
Cuff Size: Large Adult  
Pulse: 107  
Temp: 97.7 °F (36.5 °C)  
TempSrc: Tympanic  
Weight: 99.6 kg (219 lb 9.6 oz)  
Height: 1.626 m (5' 4")

Estimated body mass index is 37.69 kg/m<sup>2</sup> as calculated from the following:

Height as of this encounter: 1.626 m (5' 4").

Weight as of this encounter: 99.6 kg (219 lb 9.6 oz).

Vitals as noted. ENT normal, neck supple and free of adenopathy, or masses.  
Lungs are clear to auscultation. Heart sounds are normal, no murmurs, clicks, gallops or rubs. Abdomen is soft, no tenderness, masses or organomegaly. Extremities, peripheral pulses and reflexes are normal.

**ASSESSMENT:****STRESS COUNSELING**

Plan: REFERRAL POPULATION CARE

PHQ noted

Stress management

**URINARY FREQUENCY**

Plan: ADMINISTER PHQ9 QUESTIONNAIRE

URINALYSIS, AUTOMATED

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING

ELECTROLYTE PANEL (NA, K, CL, CO2)

CREATININE

CALCIUM

DMI

**SCREENING MAMMOGRAM FOR BREAST CANCER**

Plan: MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

---

**Progress Notes (continued)****Ashoorzadeh, Kambiz (D.O.), D.O. at 10/16/2019 12:33 PM (continued)**

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**SCREENING FOR COLON CANCER**

Plan: GLOBIN, STOOL

**VACCINATION FOR INFLUENZA**

Declined

Return to clinic or call back for follow up if symptoms persist or do not improve as expected.  
Precautions and warning signs were discussed; in such cases seek medical attention immediately.  
Return to clinic/AAH/ER or follow up if new, persistent and/ or worsening symptoms.  
Time I spent counseling patient and/or coordinating care: Greater than 50% of office visit time.  
Topics discussed during this visit: as noted above.

KAMBIZ ASHOORZADEH DO  
10/16/2019

**Nursing Notes****Escobedo, Yolanda V. (L.V.N.), L.V.N. at 10/16/2019 12:23 PM**

---

Status: Signed

**PROACTIVE CARE ACTIONS**

Proactive Office Encounter Actions: Mammogram ordered today (staged)

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**Escobedo, Yolanda V. (L.V.N.), L.V.N. at 10/16/2019 12:55 PM**

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**Nursing Notes (continued)**

**Escobedo, Yolanda V. (L.V.N.), L.V.N. at 10/16/2019 12:55 PM (continued)**

Status: Addendum

An after visit summary was printed and given and explained, patient verbalized understanding. Patient will walk in to any Kaiser to have mammogram done. Information given to patient.

Revision History

Date/Time	User	Action
> 10/16/2019 1:03 PM	Escobedo, Yolanda V. (L.V.N.), L.V.N.	Addend
10/16/2019 12:55 PM	Escobedo, Yolanda V. (L.V.N.), L.V.N.	Sign

**Encounter Messages**

No messages in this encounter

**Questionnaires**

**ALCOHOL SCREENING PROACTIVE CARE PCM AMB SCAL**

If patient is GREATER THAN OR EQUAL TO 65 YEARS OLD: How many times in the past year have you had 4 or more drinks per day?  
If patient is LESS THAN 65 YEARS OLD AND MALE: How many times in the past year have you had 5 or more drinks per day?  
If patient is LESS THAN 65 YEARS OLD AND FEMALE: How many times in the past year have you had 4 or more drinks per day?

**zero or never**

Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N.  
Entered on 10/16/2019 12:20 PM

Document patient's reported alcohol use

**DEPRESSION SCREEN - PHQ 9**

- |   |  |
|---|--|
| 1. Little interest or pleasure in doing things?:  | <b>2 - MORE THAN HALF THE TIME</b><br>Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N.<br>Entered on 10/16/2019 12:57 PM |
| 2. Feeling down, depressed, hopeless?:  | <b>2 - MORE THAN HALF THE DAYS</b><br>Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N.<br>Entered on 10/16/2019 12:57 PM |
| 3. Trouble falling or staying asleep; sleeping too much?:   | <b>2 - MORE THAN HALF THE DAYS</b><br>Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N.<br>Entered on 10/16/2019 12:57 PM |
| 4. Feeling tired or having little energy?:  | <b>2 - MORE THAN HALF THE TIME</b><br>Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N.<br>Entered on 10/16/2019 12:57 PM |
| 5. Poor appetite or overeating?:  | <b>3 - NEARLY EVERY DAY</b><br>Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N.<br>Entered on 10/16/2019 12:57 PM        |
| 6. Feeling bad about yourself? or that you are a failure or have let yourself or your family down?: | <b>2 - MORE THAN HALF THE DAYS</b><br>Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N.                                   |



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Garner, Annette L  
 MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 Visit date: 10/16/2019

**Questionnaires (continued)**

	Entered on 10/16/2019 12:57 PM
7. Trouble concentrating on things such as reading the newspaper or watching television?	<b>2 - MORE THAN HALF THE DAYS</b>
	Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N. Entered on 10/16/2019 12:57 PM
8. Moving/speaking slowly so others could notice or being fidgety/restless/moving more than usual?:	<b>1 - SEVERAL DAYS</b>
	Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N. Entered on 10/16/2019 12:57 PM
9. Thought that you would be better off dead, or of hurting yourself in some way?:	<b>0 - NOT AT ALL</b>
	Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N. Entered on 10/16/2019 12:57 PM
PHQ9 total score:	<b>16</b>
	Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N. Entered on 10/16/2019 12:57 PM
Depression severity	<b>D) 15 -19 MODERATELY SEVERE</b>
	Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N. Entered on 10/16/2019 12:57 PM
How hard have these problems made it for you to work, tend to things at home, or get along with others?	<b>EXTREMELY DIFFICULT</b>
	Entered by Escobedo, Yolanda V. (L.V.N.), L.V.N. Entered on 10/16/2019 12:57 PM

Questionnaire History

**Diagnoses**

	Codes	Comments
<b>STRESS COUNSELING</b> - Primary	V65.49	
<b>SCREENING MAMMOGRAM FOR BREAST CANCER</b>	V76.12	
<b>SCREENING FOR COLON CANCER</b>	V76.51	
<b>URINARY FREQUENCY</b>	788.41	
<b>DECLINES INFLUENZA VACCINATION</b>	V64.06	

**Imaging - All Orders and Results**

**MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [1133111940]**

Electronically signed by: **Ashoorzadeh, Kambiz (D.O.), D.O. on 10/16/19 1238** Status: **Discontinued**  
 Ordering user: Ashoorzadeh, Kambiz (D.O.), D.O. 10/16/19 1238 Authorized by: Ashoorzadeh, Kambiz (D.O.), D.O.  
 Ordering mode: Standard  
 Frequency: Routine 10/16/19 - Released by: Ashoorzadeh, Kambiz (D.O.), D.O. 10/16/19 1238  
 Discontinued by: Interface, Scal\_Radiology 12/03/19 1454 [Other (Expired Order for DKAâ€Pt. failed to keep appt.; Unable to reschedule. REORDER if still required.  
 called patient to schedule exam patient was not available a message was left on voicemail and letter mailed 11/14/2019 t.jones apt clerk)]  
 Diagnoses  
 SCREENING MAMMOGRAM FOR BREAST CANCER  
 Order comments: Reason: Screening Radiologist: Follow Sequential Breast Imaging Orders Policy and Procedures.

**Immunization/Injection - All Orders and Results**

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Garner, Annette L  
MRN: 000007246313, DOB: 11/15/1959, Sex: F  
Visit date: 10/16/2019

**Immunization/Injection - All Orders and Results (continued)**

**VACC INFLUENZA 6 MOS-ADULT, QUADRIVALENT, PRES FREE, 0.5 ML IM [1133111942]**

Electronically signed by: **Ashoorzadeh, Kambiz (D.O.), D.O. on 10/16/19 1238** Status: **Discontinued**  
This order may be acted on in another encounter.  
Ordering user: Ashoorzadeh, Kambiz (D.O.), D.O. 10/16/19 1238 Authorized by: Ashoorzadeh, Kambiz (D.O.), D.O.  
Ordering mode: Standard  
Frequency: Routine 10/16/19 - Released by: Ashoorzadeh, Kambiz (D.O.), D.O. 10/16/19 1238  
Discontinued by: Ashoorzadeh, Kambiz (D.O.), D.O. 10/16/19 1246  
Order comments: FLUARIX PF Quadrivalent 6 mo+, 0.5 mL intramuscular (IM).

**Lab - All Orders and Results**

**URINALYSIS, AUTOMATED [1133121402]**

Electronically signed by: **Ashoorzadeh, Kambiz (D.O.), D.O. on 10/16/19 1238** Status: **Completed**  
This order may be acted on in another encounter.  
Ordering user: Ashoorzadeh, Kambiz (D.O.), D.O. 10/16/19 1238 Authorized by: Ashoorzadeh, Kambiz (D.O.), D.O.  
Ordering mode: Standard  
Frequency: Routine 10/16/19 -  
Diagnoses  
URINARY FREQUENCY  
Specimen Information

Type	Source	Collected By
—	URINE	Patient, Collect 10/16/19 1659

URINALYSIS, AUTOMATED [1133121402] (Abnormal) Resulted: 10/16/19 1717, Result status: Final result

Order status: Completed Resulting lab: KFH WEST LA LABORATORY  
Narrative:  
RMS ACCN: 669981485

Specimen Information

ID	Type	Source	Collected On
C00002201928904 6614	—	URINE	10/16/19 1659

Components

Component	Value	Reference Range	Flag
GLUCOSE, UA	Negative	Negative mg/dL	—
KETONES, UA	Negative	Negative mg/dL	—
SPECIFIC GRAVITY, UA	1.026	1.005 - 1.030	—
UA HGB	Negative	Negative mg/dL	—
PH, UA	6.0	5.0 - 8.0	—
PROTEIN, UA	Negative	Negative mg/dL	—
NITRITE, UA	Negative	Negative	—
LEUKOCYTE ESTERASE, UA	Positive	Negative	A
UROBILINOGEN, UA, QL	Negative	Negative mg/dL	—
BILIRUBIN, UA	Negative	Negative mg/dL	—
MICROSCOPIC EXAM, URINE	To follow	—	—

**HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1133121403]**

Electronically signed by: **Ashoorzadeh, Kambiz (D.O.), D.O. on 10/16/19 1238** Status: **Completed**  
This order may be acted on in another encounter.  
Ordering user: Ashoorzadeh, Kambiz (D.O.), D.O. 10/16/19 1238 Authorized by: Ashoorzadeh, Kambiz (D.O.), D.O.  
Ordering mode: Standard  
Frequency: Routine 10/16/19 -  
Diagnoses  
URINARY FREQUENCY  
Specimen Information

Type	Source	Collected By
—	BLOOD	S328660 10/16/19 1313

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1133121403] Resulted: 10/17/19 0128, Result status: Final result

**Lab - All Orders and Results (continued)**

**HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1133121403] (continued)**

(Abnormal)

Order status: Completed Resulting lab: SHERMAN WAY REGIONAL LABORATORY  
 Narrative:  
 RMS ACCN: 669981486

Specimen Information

ID	Type	Source	Collected On
C00002201928904 6613	—	BLOOD	10/16/19 1313

Components

Component	Value	Reference Range	Flag
HGBA1C%	6.0	4.6 - 5.6 %	<b>H</b>
Comment: A repeatable HbA1c > or = 6.5% is diagnostic of diabetes. A single HbA1c > or = 6.5% can also be confirmed by a fasting plasma glucose measurement > 125 mg/dL, a random plasma glucose > or = 200 mg/dL, or a 2 hour oral glucose tolerance test result > or = 200 mg/dL. Patients with HbA1c of 5.7-6.4% are at increased risk for future diabetes.			

**ELECTROLYTE PANEL (NA, K, CL, CO2) [1133121404]**

Electronically signed by: **Ashoorzadeh, Kambiz (D.O.), D.O. on 10/16/19 1238** Status: **Completed**  
 This order may be acted on in another encounter.  
 Ordering user: Ashoorzadeh, Kambiz (D.O.), D.O. 10/16/19 1238 Authorized by: Ashoorzadeh, Kambiz (D.O.), D.O.  
 Ordering mode: Standard  
 Frequency: Routine 10/16/19 -  
 Diagnoses  
 URINARY FREQUENCY

Specimen Information

Type	Source	Collected By
—	BLOOD	S328660 10/16/19 1313

ELECTROLYTE PANEL (NA, K, CL, CO2) [1133121404] Resulted: 10/17/19 0205, Result status: Final result

Order status: Completed Resulting lab: SHERMAN WAY REGIONAL LABORATORY  
 Narrative:  
 RMS ACCN: 669981486

Specimen Information

ID	Type	Source	Collected On
C00002201928904 6612	—	BLOOD	10/16/19 1313

Components

Component	Value	Reference Range	Flag
SODIUM	144	135 - 145 mEq/L	—
POTASSIUM	3.6	3.5 - 5.0 mEq/L	—
CHLORIDE	105	101 - 111 mEq/L	—
CO2	30	21 - 31 mEq/L	—
ANION GAP (NA - (CL + CO2))	9	3 - 11 mEq/L	—

**CREATININE [1133121405]**

Electronically signed by: **Ashoorzadeh, Kambiz (D.O.), D.O. on 10/16/19 1238** Status: **Completed**  
 This order may be acted on in another encounter.  
 Ordering user: Ashoorzadeh, Kambiz (D.O.), D.O. 10/16/19 1238 Authorized by: Ashoorzadeh, Kambiz (D.O.), D.O.  
 Ordering mode: Standard  
 Frequency: Routine 10/16/19 -  
 Diagnoses

**KAISER PERMANENTE**

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Garner, Annette L  
MRN: 000007246313, DOB: 11/15/1959, Sex: F  
Visit date: 10/16/2019

**Lab - All Orders and Results (continued)**

**CREATININE [1133121405] (continued)**

URINARY FREQUENCY  
Specimen Information

Type	Source	Collected By
—	BLOOD	S328660 10/16/19 1313

CREATININE [1133121405] Resulted: 10/17/19 0205, Result status: Final result

Order status: Completed Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:  
RMS ACCN: 669981486

Specimen Information

ID	Type	Source	Collected On
C00002201928904 6612	—	BLOOD	10/16/19 1313

Components

Component	Value	Reference Range	Flag
CREATININE	0.82	<=1.10 mg/dL	—
GLOMERULAR FILTRATION RATE	91	>=60 mL/min/BSA	—

Comment:  
GFR estimate is invalid if on dialysis or if acute kidney injury. For newly identified GFR decline, evaluate for reversible causes and order Kidney Profile (includes GFR and ACR). Go to Aura 5-year Renal Failure for CKD risk assessment and guidance.

CKD Categorization by GFR & ACR (urine Albumin/Creatinine Ratio = microalbumin/creatinine)

GFR >3 months	ACR <30(A1)	ACR 30-<300(A2)	ACR 300+(A3)
=====	=====	=====	=====
>=90		CKD1 A2 or *	CKD1 A3
60-<90		CKD2 A2 or *	CKD2 A3
30-<59	CKD3 A1 or *	CKD3 A2	CKD3 A3
15-<30	CKD4 A1	CKD4 A2	CKD4 A3
<15	CKD5 A1	CKD5 A2	CKD5 A3

\*may label 'abnormal kidney function' or 'proteinuria' as appropriate

RACE	Black	—	—

**CALCIUM [1133121406]**

Electronically signed by: **Ashoorzadeh, Kambiz (D.O.), D.O. on 10/16/19 1238** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Ashoorzadeh, Kambiz (D.O.), D.O. 10/16/19 1238 Authorized by: Ashoorzadeh, Kambiz (D.O.), D.O.

Ordering mode: Standard  
Frequency: Routine 10/16/19 -  
Diagnoses

URINARY FREQUENCY  
Specimen Information

Type	Source	Collected By
—	BLOOD	S328660 10/16/19 1313

CALCIUM [1133121406] Resulted: 10/17/19 0205, Result status: Final result

Order status: Completed Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:  
RMS ACCN: 669981486

Specimen Information

ID	Type	Source	Collected On

**KAISER PERMANENTE**

BALDWIN HILLS  
 CRENSHAW MEDICAL  
 OFFIC  
 3782 W MARTIN LUTHER  
 KING JR  
 LOS ANGELES CA 90008-  
 1703  
 SCAL HIM ROI AMB LMR

Garner, Annette L  
 MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 Visit date: 10/16/2019

**Lab - All Orders and Results (continued)****CALCIUM [1133121406] (continued)**

C00002201928904 — BLOOD 10/16/19 1313  
 6612

## Components

Component	Value	Reference Range	Flag
CALCIUM	9.3	8.5 - 10.7 mg/dL	—

**URINALYSIS, MICROSCOPY [1133293658]**Status: **Completed**

Order placed as a reflex to URINALYSIS, AUTOMATED [1133121402] ordered on 10/16/19 at 1238  
 Ordering user: Interface, Scal\_Lab\_Cerner 10/16/19 1311 Authorized by: Ashoorzadeh, Kambiz (D.O.), D.O.  
 Ordering mode: Standard  
 Frequency: Routine 10/16/19 1311 -  
 Specimen Information

Type	Source	Collected By
—	URINE	Patient, Collect 10/16/19 1659

URINALYSIS, MICROSCOPY [1133293658] (Abnormal) Resulted: 10/16/19 1722, Result status: Final result

Order status: Completed  
 Narrative:  
 RMS ACCN: 669981485

## Specimen Information

ID	Type	Source	Collected On
C00002201928904 6614	—	URINE	10/16/19 1659

## Components

Component	Value	Reference Range	Flag
WBC'S, UA/HPF	3-5	0 - 5 /HPF	—
RBC, URINE HPF	None	0 - 3 /HPF	—
BACTERIA, URINE HPF	None	None /HPF	—
SQUAMOUS EPITHELIAL CELLS, URINE SED, AUTOMATED COUNT, QUAL	Few	/HPF	—
MUCUS, UR SED, QL, AUTOMATED COUNT	Present	/HPF	—
CA OXALATE CRYSTALS, URINE SED, AUTOMATED COUNT, QUAL	Moderate	None /HPF	A

**Testing Performed By**

Lab - Abbreviation	Name	Director	Address	Valid Date Range
<b>240 - 956</b>	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present
<b>321 - 305</b>	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present

**Final Spectacle Rx**

[Click to see and print Final Spectacle Rx](#)

**Final CL Rx**

[Click to see and print Final Contact Lens Rx](#)

Audit Trail for Eye Care Forms

**Medications Discontinued During This Encounter**

**Medications Discontinued During This Encounter (continued)**

	Reason for Discontinue
🏠 Hydrocortisone 2.5 % Top Crea	
🏠 Amoxicillin-Pot Clavulanate (AUGMENTIN) 500-125 mg Oral Tab	
🏠 Potassium Chloride (K-LOR/KLOR-CON) 20 mEq Oral Pack	

**Social Documentation as of 10/16/2019**

No social documentation on file.

## Patient Instructions

**Your Kaiser Permanente Care Instructions****Influenza (Flu) Vaccine (Inactivated or Recombinant): What You Need to Know****1. Why get vaccinated?**

**Influenza vaccine** can prevent **influenza (flu)**.

**Flu** is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

Each year **thousands of people in the United States die from flu**, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

**2. Influenza vaccines**

CDC recommends everyone 6 months of age and older get vaccinated every flu season. **Children 6 months through 8 years of age** may need 2 doses during a single flu season. **Everyone else** needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

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There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

### 3. Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**.
- Has ever had **Guillain-Barré Syndrome** (also called GBS).

In some cases, your health care provider may decide to postpone influenza vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.

### 4. Risks of a reaction

- Soreness, redness, and swelling where shot is given, fever, muscle aches, and headache can happen after influenza vaccine.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13), and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

### 5. What if there is a serious problem?

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An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff do not give medical advice.*

## 6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Visit the VICP website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) or call **1-800-338-2382** to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

## 7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call **1-800-232-4636 (1-800-CDC-INFO)** or
  - Visit CDC's influenza website at [www.cdc.gov/flu](http://www.cdc.gov/flu)

Vaccine Information Statement (Interim)  
Inactivated Influenza Vaccine  
8/15/2019  
42 U.S.C. § 300aa-26

Department of Health and Human Services  
Centers for Disease Control and Prevention

Patient Education **Your Kaiser Permanente Care Instructions**

## Body Mass Index: Care Instructions

### Your Care Instructions

Body mass index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are.

- A BMI lower than 18.5 is considered underweight.
- A BMI between 18.5 and 24.9 is considered healthy.



- 
- A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

If your BMI is in the normal range, it means that you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range, you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes. If your BMI is in the underweight range, you may be at increased risk for health problems such as fatigue, lower protection (immunity) against illness, muscle loss, bone loss, hair loss, and hormone problems.

BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

**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?

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- If your doctor recommends it, get more exercise. Walking is a good choice. Bit by bit, increase the amount you walk every day. Try for at least 30 minutes on most days of the week.
- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

### If you have a BMI higher than 25

- Your doctor may do other tests to check your risk for weight-related health problems. This may include measuring the distance around your waist. A waist measurement of more than 40 inches in men or 35 inches in women can increase the risk of weight-related health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to lose weight and stay healthy, such as changing your diet and getting regular exercise.

### If you have a BMI lower than 18.5

- Your doctor may do other tests to check your risk for health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to gain or maintain weight and stay healthy, such as getting more healthy foods in your diet and doing exercises to build muscle.

### Where can you learn more?

Go to <http://kp.org/health>

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Enter **S176** in the search box to learn more about "**Body Mass Index: Care Instructions.**"

Current as of: June 25, 2018

Content Version: 12.0

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You are due for your **Breast Cancer Screening (Mammogram)**. Breast cancer is the second leading cause of death in women in the US, and most have no symptoms or family history. Early detection is the best protection. Please call **within the next week** to schedule your appointment at **(323) 857-4400**.

Register for **kp.org** and stay connected to your health! Check results for most labs, e-mail your doctor, refill prescriptions, and book an appointment with your Primary Care provider on-line. These are just a few of the benefits that our members experience when they sign up for **kp.org**. Registration is simple. From any computer or smart phone, log onto **www.kp.org** and click on the register now link or call (800) 556-7677. Already signed up but forgot your password? No worries, simply call (800) 556-7677 for assistance.

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**Free** flu vaccinations are available to members at any scheduled appointment or you may **walk in** for a nurse visit **Monday - Friday 8:30 AM - 5:00 PM** at any West LA location. **For more information call (866) 706-6358 or visit kp.org/flu.**

Already vaccinated? Vaccinated outside KP? Call 323-857-4042 to update your record.

You are due for your **Colorectal Cancer Screening**. Your doctor would like you to complete this test **within the next week**. This screening is important because it detects colon cancer early, when it's easier to treat.

You received a stool kit (iFOBT) at your appointment today if you did not already have one. Please follow the instructions in the kit and mail your completed kit with the pre-paid envelope or **drop it off at the lab within 3 days of completion**. Your kit should include your **name, medical record number, and date of collection**.

**All Flowsheet Data (all recorded)**

**Encounter Vitals**

Row Name	10/16/19 1219
Enc Vitals	
BP	119/68 -YE
Pulse	107 -YE
Temp	97.7 °F (36.5 °C) -YE
Temp src	Tympanic -YE
Wt (gms)	219 lb 9.6 oz (99.6 kg) -YE
Height	5' 4" (1.626 m) -YE
OTHER	
Cuff Size	Large Adult -YE
BP Patient Position	SITTING -YE
BP Location	RA-RIGHT ARM -YE

**Custom Formula Data**

Row Name	10/16/19 1219
OTHER	
BSA (System Calculated)	2.12 -YE
Body Mass Index	27.45 -YE
Body Mass Index	38 -YE
Birth Weight	0 -YE
% Change from Birth Weight	996123168 -YE
Weight change from previous (gm)	0 -YE
BSA (Dubois)	2.034 -YE
Ideal Body Weight (calculated)	55.27 -YE
BSA (Last Ht)	2.12 -YE
BMI (Last Ht)	38 -YE
Mean Arterial Pressure (MAP)	85 -YE

**Exercise Vitals**

Row Name	10/16/19 1220
Exercise Level of Effort	
Days per week of moderate to strenuous exercise	0 -YE

**KAISER PERMANENTE**

BALDWIN HILLS  
CRENSHAW MEDICAL  
OFFIC  
3782 W MARTIN LUTHER  
KING JR  
LOS ANGELES CA 90008-  
1703  
SCAL HIM ROI AMB LMR

Garner, Annette L  
MRN: 000007246313, DOB: 11/15/1959, Sex: F  
Visit date: 10/16/2019

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**All Flowsheet Data (all recorded) (continued)**

**Exercise Vitals (continued)**

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Row Name 10/16/19 1220  
(like a brisk  
walk)  
On average, 0 -YE  
minutes per  
day of  
exercise at  
this level

**User Key**

(r) = Recorded By, (t) = Taken By, (c) = Cosigned By

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Initials	Name	Effective Dates	Provider Type	Discipline
YE	Escobedo, Yolanda V. (L.V.N.), L.V.N.	12/02/18 - 12/07/19	LICENSED VOCATIONAL NURSE	—

**Encounter-Level Documents - 10/16/2019:**

**AFTER VISIT SUMMARY**

Annette L. Garner MRN: 000007246313



10/16/2019 12:20 PM INTERNAL MEDICINE

**Instructions** from KAMBIZ ASHOORZADEH DO, D.O.  
Your personalized instructions can be found at the end of this document.

 Read the attached information  
Additional instructions from KAMBIZ ASHOORZADEH DO, D.O.

**What's Next**  
You currently have no upcoming appointments scheduled.

**Medications**

**New Orders**

- Normal Orders This Visit
- ADMINISTER PHQ9 QUESTIONNAIRE [249625 Custom]
  - CALCIUM [82310 CPT(R)]
  - CREATININE [82565 CPT(R)]
  - ELECTROLYTE PANEL (NA, K, CL, CO2) [80051 CPT(R)]
  - GLOBIN, STOOL [82274 CPT(R)]
  - HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [83036 CPT(R)]
  - MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [77067 CPT(R)]
  - REFERRAL POPULATION CARE [235129 Custom]
  - URINALYSIS, AUTOMATED [81003 CPT(R)]







Common Medication Direction Abbreviations  
PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed  
QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

**Allergies as of 10/16/2019**  
Reviewed by Ashoorzadeh, Kambiz (D.O.), D.O. on 10/16/2019  
No Known Allergies

**Today's Visit**

You saw KAMBIZ ASHOORZADEH DO, D.O. on Wednesday October 16, 2019.  
The following issues were addressed:

- VACCINATION FOR INFLUENZA
- URINARY FREQUENCY

	Blood Pressure <b>119/68</b>		BMI <b>37.69</b>
	Weight <b>219 lb 9.6 oz</b>		Height <b>5' 4"</b>
	Temperature (Tympanic) <b>97.7 °F</b>		Pulse <b>107</b>

**kp.org Sign-Up**  
Send messages to your doctor, view your test results, renew your prescriptions, schedule appointments, and more.

Go to <https://healthy.kaiserpermanente.org/hconline/ie/>, click "Sign Up Now", and enter your personal activation code: **GZKN7-94GP4**.  
Activation code expires 1/14/2020.

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**Encounter-Level Documents - 10/16/2019: (continued)**

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Instructions from KAMBIZ ASHOORZADEH DO, D.O.

**Your Kaiser Permanente Care Instructions****Influenza (Flu) Vaccine (Inactivated or Recombinant): What You Need to Know****1. Why get vaccinated?**

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**2. Influenza vaccines**

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It takes about 2 weeks for protection to develop after vaccination.

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Influenza vaccine **does not cause flu**.

Influenza vaccine may be given at the same time as other vaccines.

**3. Talk with your health care provider**

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of influenza vaccine**, or has any **severe, life-threatening allergies**.
- Has ever had **Guillain-Barré Syndrome** (also called GBS).

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**Encounter-Level Documents - 10/16/2019: (continued)**

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In some cases, your health care provider may decide to postpone influenza vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.

**4. Risks of a reaction**

- Soreness, redness, and swelling where shot is given, fever, muscle aches, and headache can happen after influenza vaccine.
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Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff do not give medical advice.*

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**7. How can I learn more?**

- Ask your health care provider.
- Call your local or state health department.

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**Encounter-Level Documents - 10/16/2019: (continued)**

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- Contact the Centers for Disease Control and Prevention (CDC):
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Vaccine Information Statement (Interim)  
Inactivated Influenza Vaccine  
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Department of Health and Human Services  
Centers for Disease Control and Prevention

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---

**Encounter-Level Documents - 10/16/2019: (continued)**

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 Attached Information

Additional instructions from KAMBIZ ASHOORZADEH DO, D.O.

**Your Kaiser Permanente Care Instructions****Body Mass Index: Care Instructions****Your Care Instructions**

Body mass index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are.

- A BMI lower than 18.5 is considered underweight.
- A BMI between 18.5 and 24.9 is considered healthy.
- A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

If your BMI is in the normal range, it means that you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range, you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes. If your BMI is in the underweight range, you may be at increased risk for health problems such as fatigue, lower protection (immunity) against illness, muscle loss, bone loss, hair loss, and hormone problems.

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**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?**

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- If your doctor recommends it, get more exercise. Walking is a good choice. Bit by bit, increase the amount you walk every day. Try for at least 30 minutes on most days of the week.
- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

**If you have a BMI higher than 25**

- Your doctor may do other tests to check your risk for weight-related health problems. This may include measuring the distance around your waist. A waist measurement of more than 40 inches in men or 35 inches in women can increase the risk of weight-related health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to lose weight and stay healthy, such as changing your diet and getting regular exercise.

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- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to gain or maintain weight and stay healthy, such as getting more healthy foods in your diet and doing exercises to build muscle.

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**Encounter-Level Documents - 10/16/2019: (continued)**

---

**Where can you learn more?**

Go to <http://kp.org/health>

Enter **S176** in the search box to learn more about "**Body Mass Index: Care Instructions.**"

Current as of: June 25, 2018

Content Version: 12.0

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**General Information****SKIP THE TRIP. Have our pharmacy come to you!**

**New and refill prescriptions mailed to your home.**

**When using the mail order option for obtaining prescriptions:**

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

**4 ways to receive prescriptions by mail:**

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to [kp.org/Rxrefill](http://kp.org/Rxrefill)**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.  
Not registered yet? Go to [KP.ORG/REGISTERNOW](http://KP.ORG/REGISTERNOW) to get started.**

---

**Encounter-Level Documents - 10/16/2019: (continued)**

---

**For questions, call member services at**

800-464-4000 or TTY 711  
800-788-0616 (Spanish)  
800-757-7585 (Chinese dialects)

**Medicare members**

800-443-0815 or TTY 711

**Hours**

Open 7 days a week  
24 hours a day  
Closed holidays

**Hours**

Open 7 days a week  
from 8 a.m. to 8 p.m.

**Protect yourself from the flu. Get vaccinated.**

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit [kp.org/flu](http://kp.org/flu) or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

---

**Order-Level Documents:**

There are no order-level documents.

{^\*EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**KAISER PERMANENTE**

BALDWIN HILLS  
CRENSHAW MEDICAL  
OFFIC  
3782 W MARTIN LUTHER  
KING JR  
LOS ANGELES CA 90008-  
1703  
SCAL HIM ROI AMB LMR

Garner, Annette L  
MRN: 000007246313, DOB: 11/15/1959, Sex: F  
Visit date: 10/16/2019

---

**Encounter-Level E-Signatures:**

No documentation.

**KAISER PERMANENTE**

BALDWIN HILLS  
CRENSHAW MEDICAL  
OFFIC  
3782 W MARTIN LUTHER  
KING JR  
LOS ANGELES CA 90008-  
1703  
SCAL HIM ROI AMB LMR

Garner, Annette L  
MRN: 000007246313, DOB: 11/15/1959, Sex: F  
Visit date: 10/16/2019

---

---

**END OF ENCOUNTER**

---

---

**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/17/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

**Telephone**  
10/17/2019

**Annette L Garner**  
MRN: 000007246313

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
10/17/2019 2:27 PM	Avitia Sanchez, Alejandra	CARE MANAGEMENT PROGRAM	323-857-3273	756305092

**Reason for Call/Visit**

CARE MGMT, DEPRESSION  
CARE MGMT, PANEL SUPPORT  
REVIEW

**Call Documentation**

**Avitia Sanchez, Alejandra at 10/17/2019 2:28 PM**

Status: Signed

**Depression Care Management**

Outcome: **Left message/Unable to contact**  
Attempt #1

Called pt to book initial appt.Received referral from primary care.  
Unable to reach pt; LM to call back ext.2118

**No future appointments.**

**Alejandra Avitia-Sanchez, PMSC**  
Population Care Management  
West Los Angeles Medical Center  
**(323) 857- 2118**

**Progress Notes**

**Avitia Sanchez, Alejandra at 10/17/2019 2:28 PM**

Author Type: ADMINISTRATION STAFF Status: Signed

**Depression Care Management**

Outcome: **Left message/Unable to contact**  
Attempt #1

Called pt to book initial appt.Received referral from primary care.  
Unable to reach pt; LM to call back ext.2118

**No future appointments.**

**Alejandra Avitia-Sanchez, PMSC**  
Population Care Management  
West Los Angeles Medical Center  
**(323) 857- 2118**

# KAISER PERMANENTE

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/17/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

---

## Progress Notes (continued)

**Avitia Sanchez, Alejandra at 10/17/2019 2:28 PM (continued)**

---

## Encounter Messages

---

No messages in this encounter

## Diagnoses

---

None.

## All Orders and Results

---

No orders and results found

## Final Spectacle Rx

---

[Click to see and print Final Spectacle Rx](#)

## Final CL Rx

---

[Click to see and print Final Contact Lens Rx](#)

[Audit Trail for Eye Care Forms](#)

## Social Documentation as of 10/17/2019

---

No social documentation on file.

## Patient Instructions

No instructions given.

## All Flowsheet Data (all recorded)

No documentation.

**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/17/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

---

**Encounter-Level Documents:**

---

There are no encounter-level documents.

**Order-Level Documents:**

---

There are no order-level documents.

{^EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

---

No documentation.



**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/17/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

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---

**END OF ENCOUNTER**

---

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**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/25/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

**Telephone**  
10/25/2019

**Annette L Garner**  
MRN: 000007246313

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
10/25/2019 2:52 PM	Avitia Sanchez, Alejandra	CARE MANAGEMENT PROGRAM	323-857-3273	758653302

**Reason for Call/Visit**

CARE MGMT, DEPRESSION  
CARE MGMT, PANEL SUPPORT  
REVIEW

**Call Documentation**

**Avitia Sanchez, Alejandra at 10/25/2019 2:56 PM**

Status: Signed

**Depression Care Management**

Outcome: **Live call**  
Attempt #1

Called pt to book initial appt. Received referral from primary care.  
Booked appt. Provided ck in details-Ck in at SLA MOB

**Future Appointments**

Date	Time	Provider	Department	Center
10/31/2019	10:00 AM	Johnson, Raphael (Lcsw)	M9SOC	WLMU

**Alejandra Avitia-Sanchez, PMSC**

Population Care Management  
West Los Angeles Medical Center  
(323) 857- 2118

**Progress Notes**

**Avitia Sanchez, Alejandra at 10/25/2019 2:56 PM**

Author Type: ADMINISTRATION STAFF Status: Signed

**Depression Care Management**

Outcome: **Live call**  
Attempt #1

Called pt to book initial appt. Received referral from primary care.  
Booked appt. Provided ck in details-Ck in at SLA MOB

**Future Appointments**

Date	Time	Provider	Department	Center
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Kaiser Permanente

**Progress Notes (continued)**

**Avitia Sanchez, Alejandra at 10/25/2019 2:56 PM (continued)**

10/31/2019	10:00 AM	Johnson, Raphael (Lcsw)	M9SOC	WLMU
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**Alejandra Avitia-Sanchez, PMSC**  
Population Care Management  
West Los Angeles Medical Center  
**(323) 857- 2118**

**Encounter Messages**

No messages in this encounter

**Questionnaires**

CARE MANAGER DEPRESSION ASSESSMENT

PHQ9 QUESTION SECTION

- 1. Little interest or pleasure in doing things?:
- 2. Feeling down, depressed, hopeless?:

STOP! If this is an initial screen and the answers to questions 1 and 2 are zero (0-not at all) or one (1-several days), you do not need to continue. CONTINUE and complete the entire questionnaire if patient already in treatment for depression and this is a re-screen.

- 3. Trouble falling or staying asleep; sleeping too much?:
- 4. Feeling tired or having little energy?:
- 5. Poor appetite or overeating?:
- 6. Feeling bad about yourself? or that you are a failure or have let yourself or your family down?:
- 7. Trouble concentrating on things such as reading the newspaper or watching television?
- 8. Moving/speaking slowly so others could notice or being fidgety/restless/moving more than usual?:
- 9. Thought that you would be better off dead, or of hurting yourself in some way?:

PHQ 9 Total Score

Depression severity

How hard have these problems made it for you to work, tend to things at home, or get along with others?

If response to question 9 is 1,2, or 3 consider asking the next six questions:

- 9A. Have you felt so depressed that life does not seem worth living?
- 9B. Do you have thoughts of harming yourself or others?
- 9C. If yes, do you have a specific plan for harming yourself?
- 9D. If yes, do you have a specific plan for harming others?
- 9E. If yes, does the patient have the means to carry out the plan?

**Questionnaires (continued)**

9F. In the past, have you ever tried to harm yourself:

\*\*\* PROGRAM PARTICIPATION \*\*\*

Care Manager Name (Last,First):

**johnson, raphael**

Entered by Avitia Sanchez, Alejandra  
Entered on 10/25/2019 3:06 PM

Department:

**POPULATION CARE**

Entered by Avitia Sanchez, Alejandra  
Entered on 10/25/2019 3:06 PM

\*\*\*MANDATORY\*\*\* Type of Assessment

**PROGRAM ELIGIBILITY**

Entered by Avitia Sanchez, Alejandra  
Entered on 10/25/2019 3:06 PM

CONSENT TO ENROLL

\*\*\* DEPRESSION SYMPTOMS \*\*\*

Mood related symptoms:

Sleep related symptoms:

Food related symptoms:

Activity / energy level related symptoms:

Focus / memory related symptoms:

Pain level:

Pain impact on activities:

CURRENT ANTIDEPRESSANT

Current antidepressants

Other psychotropic medication(s):

MEDICATION DOSE

\*\*\* STRESSORS, CONTRIBUTING FACTORS & COPING \*\*\*

Personal history of Psychiatric Illness

Family history of psychiatric illness:

Social stressors:

Coping strategies / support:

Possible contributing comorbidities:

Possible contributing factors - substances:

\*\*\* PROBLEM-SOLVING REVIEW \*\*\*

---

**Questionnaires (continued)**

---

Problem-solving session number:

Problem solving outcome

Action improved mood:

\*\*\* BEHAVIORAL ACTIVATION REVIEW \*\*\*

Behavioral activation - Activity:

Behavioral activation - Outcome:

\*\*\* ASSESSMENT \*\*\*

Depression assessment as of this date:

\*\*\* PLAN \*\*\*

**MEDICATION PLAN**

Antidepressant Medication Plan 1

Antidepressant Medication Dose 1

Antidepressant Medication Plan 2

Antidepressant Medication Dose 2

Antidepressant Medication Plan 3

Antidepressant Medication Dose 3

Other Psychotropic Medications:

\*\*\* PROBLEM-SOLVING FUTURE PLAN \*\*\*

PST Future Plan - Problem:

PST Future Plan - Goal:

PST Future Plan - Action Plan:

Behavioral activation future plan:

BA - duration, date

Additional future plans:

Class scheduled:

Date class scheduled:

Date class attended:

Active follow up date:

Date next PHQ9 screen due:

\*\*\* DISCHARGE \*\*\*

Discharge date:

Relapse prevention plan completed per following:

---

**Questionnaires (continued)**

---

Follow up refused:  
Reason for referral:  
Care transferred to:  
Date informational mailing sent:  
Questionnaire History

---

**Diagnoses**

---

None.

---

**All Orders and Results**

---

No orders and results found

---

**Final Spectacle Rx**

---

[Click to see and print Final Spectacle Rx](#)

---

**Final CL Rx**

---

[Click to see and print Final Contact Lens Rx](#)

Audit Trail for Eye Care Forms

---

**Social Documentation as of 10/25/2019**

---

No social documentation on file.

**Patient Instructions**

No instructions given.

**All Flowsheet Data (all recorded)**

No documentation.

**Encounter-Level Documents - 10/25/2019:**

**AFTER VISIT SUMMARY**

**Annette L. Garner** MRN: 000007246313



**Today's Visit**

You saw ALEJANDRA AVITIA SANCHEZ on Friday October 25, 2019.

**What's Next**

OCT Consult with RAPHAEL JOHNSON LCSW  
31 Thursday October 31 10:00 AM  
2019

SOCIAL MEDICINE  
1550 W MANCHESTER AVE.  
LOS ANGELES CA 90047-5424  
323-857-2329

**Medications**

Common Medication Direction Abbreviations  
PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed  
QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

**Allergies as of 10/25/2019**

Reviewed by Ashoorzadeh, Kambiz (D.O.), D.O. on 10/16/2019

No Known Allergies

**General Information**

**SKIP THE TRIP. Have our pharmacy come to you!**

**New and refill prescriptions mailed to your home.**

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**4 ways to receive prescriptions by mail:**

---

**Encounter-Level Documents - 10/25/2019: (continued)**

---

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
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- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

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[800-788-0616](tel:8007880616) (Spanish)  
[800-757-7585](tel:8007577585) (Chinese dialects)

**Hours**

Open 7 days a week  
24 hours a day  
Closed holidays

**Medicare members**

[800-443-0815](tel:8004430815) or TTY 711

**Hours**

Open 7 days a week  
from 8 a.m. to 8 p.m.

**Protect yourself from the flu. Get vaccinated.**

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For information about hours, times, and locations, please visit [kp.org/flu](http://kp.org/flu) or call 1-866-70-NOFLU (1-866-706-6358).



---

**Encounter-Level Documents - 10/25/2019: (continued)**

---

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Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

kp.org Sign-Up

Send messages to your doctor, view your test results, renew your prescriptions, schedule appointments, and more.

Go to <https://healthy.kaiserpermanente.org/honline/ie/>, click "Sign Up Now", and enter your personal activation code: GZKN7-94GP4. Activation code expires 1/14/2020.

**Order-Level Documents:**

---

There are no order-level documents.

{\*\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

---

No documentation.

**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/25/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

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**Encounter-Level E-Signatures: (continued)**

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**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/25/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/30/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

**Message**  
10/30/2019

Annette L Garner  
MRN: 000007246313

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
10/30/2019 8:58 AM	Avitia Sanchez, Alejandra	CARE MANAGEMENT PROGRAM	323-857-3273	759793552

**Reason for Call/Visit**

CARE MGMT, DEPRESSION  
CARE MGMT, PANEL SUPPORT  
REVIEW

**Call Documentation**

**Avitia Sanchez, Alejandra at 10/30/2019 8:58 AM**

Status: Signed

**Depression Care Management**  
Automated DCM Reminder Call Drop  
Outcome: **Left message**  
**Appt Reminder**

**Future Appointments**

Date	Time	Provider	Department	Center
10/31/2019	10:00 AM	Johnson, Raphael (Lcsw)	M9SOC	WLMU

**Alejandra Avitia-Sanchez, PMSC**  
Population Care Management  
West Los Angeles Medical Center  
**(323) 857- 2118**

**Progress Notes**

**Avitia Sanchez, Alejandra at 10/30/2019 8:58 AM**

Author Type: ADMINISTRATION STAFF Status: Signed

**Depression Care Management**  
Automated DCM Reminder Call Drop  
Outcome: **Left message**  
**Appt Reminder**

**Future Appointments**

Date	Time	Provider	Department	Center
10/31/2019	10:00 AM	Johnson, Raphael (Lcsw)	M9SOC	WLMU

# KAISER PERMANENTE

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/30/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

---

## Progress Notes (continued)

**Avitia Sanchez, Alejandra at 10/30/2019 8:58 AM (continued)**

---

**Alejandra Avitia-Sanchez, PMSC**  
Population Care Management  
West Los Angeles Medical Center  
**(323) 857- 2118**

## Encounter Messages

No messages in this encounter

---

## Diagnoses

None.

---

## All Orders and Results

No orders and results found

---

## Final Spectacle Rx

[Click to see and print Final Spectacle Rx](#)

---

## Final CL Rx

[Click to see and print Final Contact Lens Rx](#)

---

[Audit Trail for Eye Care Forms](#)

## Social Documentation as of 10/30/2019

No social documentation on file.

---

## Patient Instructions

No instructions given.

## All Flowsheet Data (all recorded)

No documentation.

**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/30/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

---

**Encounter-Level Documents:**

---

There are no encounter-level documents.

**Order-Level Documents:**

---

There are no order-level documents.

{^EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

---

No documentation.

**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 10/30/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

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---

**END OF ENCOUNTER**

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---

**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 11/6/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

**Telephone**  
11/6/2019

**Annette L Garner**  
MRN: 000007246313

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
11/6/2019 9:10 AM	Chuang, Tiffany R (Rph), RPH	CARE MANAGEMENT PROGRAM	323-857-3273	762011572

**Reason for Call/Visit**

CARE MGMT, PANEL SUPPORT  
REVIEW  
COLORECTAL SCREENING  
LEFT MESSAGE TO CALL

**Call Documentation**

**Dea, Michael T at 11/6/2019 9:10 AM**

Status: Signed

**Colo Post-Encounter Outreach**

1st Attempt

No future appointments.

Outcome: **Left message/Unable to contact**

Call outcome: Left Message

**Michael T Dea**

Population Management Intern  
Population Care Management  
Kaiser Permanente - WLA  
323-857-2273

**Progress Notes**

**Dea, Michael T at 11/6/2019 9:10 AM**

Author Type: —

Status: Signed

**Colo Post-Encounter Outreach**

1st Attempt

No future appointments.

Outcome: **Left message/Unable to contact**



**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 11/6/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

---

**Progress Notes (continued)**

**Dea, Michael T at 11/6/2019 9:10 AM (continued)**

---

Call outcome: Left Message

**Michael T Dea**  
Population Management Intern  
Population Care Management  
Kaiser Permanente - WLA  
323-857-2273

**Encounter Messages**

---

No messages in this encounter

**Diagnoses**

---

None.

**All Orders and Results**

---

No orders and results found

**Final Spectacle Rx**

---

Click to see and print Final Spectacle Rx

**Final CL Rx**

---

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

**Social Documentation as of 11/6/2019**

---

No social documentation on file.

**Patient Instructions**

No instructions given.

**All Flowsheet Data (all recorded)**

No documentation.

**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 11/6/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

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**Encounter-Level Documents:**

---

There are no encounter-level documents.

**Order-Level Documents:**

---

There are no order-level documents.

{^EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

---

No documentation.

**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 11/6/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 11/14/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

**Telephone**  
11/14/2019

**Annette L Garner**  
MRN: 000007246313

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
11/14/2019 12:27 PM	Avitia Sanchez, Alejandra	CARE MANAGEMENT PROGRAM	323-857-3273	765001725

**Reason for Call/Visit**

CARE MGMT, DEPRESSION  
CARE MGMT, PANEL SUPPORT  
REVIEW

**Call Documentation**

**Avitia Sanchez, Alejandra at 11/14/2019 12:28 PM**

Status: Signed

**Depression Care Management**

Outcome: **Live call**

Called pt to reschedule appt. Patient declined to book appointment. Provided call back number if amenable in the future. Will cease follow up.

No future appointments.

**Alejandra Avitia-Sanchez, PMSC**

Population Care Management  
West Los Angeles Medical Center  
(323) 857- 2118

**Progress Notes**

**Avitia Sanchez, Alejandra at 11/14/2019 12:28 PM**

Author Type: ADMINISTRATION STAFF Status: Signed

**Depression Care Management**

Outcome: **Live call**

Called pt to reschedule appt. Patient declined to book appointment. Provided call back number if amenable in the future. Will cease follow up.

No future appointments.

**Alejandra Avitia-Sanchez, PMSC**

Population Care Management

# KAISER PERMANENTE

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 11/14/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

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## Progress Notes (continued)

**Avitia Sanchez, Alejandra at 11/14/2019 12:28 PM (continued)**

---

West Los Angeles Medical Center  
(323) 857- 2118

## Encounter Messages

---

No messages in this encounter

## Diagnoses

---

None.

## All Orders and Results

---

No orders and results found

## Final Spectacle Rx

---

[Click to see and print Final Spectacle Rx](#)

## Final CL Rx

---

[Click to see and print Final Contact Lens Rx](#)

[Audit Trail for Eye Care Forms](#)

## Social Documentation as of 11/14/2019

---

No social documentation on file.

## Patient Instructions

No instructions given.

## All Flowsheet Data (all recorded)

No documentation.

**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 11/14/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

---

**Encounter-Level Documents:**

---

There are no encounter-level documents.

**Order-Level Documents:**

---

There are no order-level documents.

{^EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

---

No documentation.

**KAISER PERMANENTE**

VENICE MEDICAL OFFICES Garner, Annette L  
U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
5971 VENICE BLVD Visit date: 11/14/2019  
LOS ANGELES CA 90034-  
1713  
SCAL HIM ROI AMB LMR

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

NORMANDIE NO. MEDICAL OFFICE U  
25965 S NORMANDIE AVE HARBOR CITY CA 90710-3416  
SCAL HIM ROI AMB LMR  
Garner, Annette L  
MRN: 000007246313, DOB: 11/15/1959, Sex: F  
Visit date: 11/23/2019

**Office Visit**  
11/23/2019

**Annette L Garner**  
MRN: 000007246313

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
11/23/2019 4:10 PM	Rofman, Jake William (M.D.), M.D.	URGENT CARE CLINIC	800-780-1230	767853053

**Reason for Call/Visit**

**GENERALIZED BODY PAINS** body aches, pos high heart rate, xyesterday

**Call Documentation**

No notes of this type exist for this encounter.

**Vitals**

Most recent update: 11/23/2019 3:36 PM

BP 130/73	Pulse 100	Temp 98.1 °F (36.7 °C) (Oral)	Resp 17	Ht 5' 5" (1.651 m)
Wt 219 lb 5.7 oz (99.5 kg)	SpO2 97%			

**Progress Notes**

**Rofman, Jake William (M.D.), M.D. at 11/23/2019 4:01 PM**

Author Type: Physician Status: Signed

Pt is seen by JAKE WILLIAM ROFMAN MD 11/23/2019  
PCP: Getachew, Ruth Teshawork (M.D.)

=====  
**CC:**

**Chief Complaint**

Patient presents with

- **GENERALIZED BODY PAINS**  
*body aches, pos high heart rate, xyesterday*

Annette L Garner is a 60 year old female

Estimated body mass index is 36.5 kg/m<sup>2</sup> as calculated from the following:

- Height as of this encounter: 1.651 m (5' 5").
- Weight as of this encounter: 99.5 kg (219 lb 5.7 oz).
- Ideal body weight: 57 kg (125 lb 10.6 oz)
- Adjusted ideal body weight: 74 kg (163 lb 2.2 oz)

Developed back pain since yesterday. Between shoulder blades and lower back. Began when lying in bed. Pain is 8/10. Took 3x 500 mg tylenol with some relief about 2 hours ago. No injury. Patient drives a school bus.

**Vitals:**

11/23/19 1534  
BP: 130/73  
Pulse: 100



**Progress Notes (continued)**

**Rofman, Jake William (M.D.), M.D. at 11/23/2019 4:01 PM (continued)**

Pulse: 100  
Resp: 17  
Temp: 98.1 °F (36.7 °C)  
TempSrc: Oral  
SpO2: 97%  
Weight: 99.5 kg (219 lb 5.7 oz)  
Height: 1.651 m (5' 5")

Review of Systems

Musculoskeletal: Positive for back pain.  
Neurological: Negative for tingling.

Physical Exam

Constitutional: She is oriented to person, place, and time. Non-toxic appearance. No distress.  
Musculoskeletal:  
**Tender upper back muscles**  
**Decreased range of motion twisting, forward flexion**  
**Normal lower extremity and upper extremity strength and sensation.**  
Neurological: She is alert and oriented to person, place, and time.  
Skin: Skin is warm and dry.  
Psychiatric: Affect normal.  
Nursing note and vitals reviewed.

Annette L Garner is a 60 year old year old female

MUSCLE SPASM OF THORACIC BACK (primary encounter diagnosis)

Flexeril for muscle spasm  
Tylenol for pain  
No advil or aleve, or naproxen or ibuprofen.  
Heat 10 min twice daily  
Massage  
Stretching  
Work note.

DECLINES INFLUENZA VACCINATION

**Progress Notes (continued)****Rofman, Jake William (M.D.), M.D. at 11/23/2019 4:01 PM (continued)**

Please mail in stool test.

**SCREENING MAMMOGRAM FOR BREAST CANCER****Plan: MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS**

Even a modest amount of weight loss (5%-10%) has significant health benefits.

Estimated body mass index is 36.5 kg/m<sup>2</sup> as calculated from the following:

Height as of this encounter: 1.651 m (5' 5").

Weight as of this encounter: 99.5 kg (219 lb 5.7 oz).

Ideal body weight: 57 kg (125 lb 10.6 oz)

Adjusted ideal body weight: 74 kg (163 lb 2.2 oz)

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**<https://healthybalance-kaiserpermanente.org/>**

This program addresses healthy eating habits, behaviors, cooking classes, and is FREE.

You may also call **1-866-862-4295** at any time to speak to a **Wellness Coach** which is a free service.

**Any changes you make should be a permanent lifestyle changes to help keep the weight off.**

**Tips to get a start weight loss:****1: Enroll in an organized weight loss program.****2: Set small goals first.****3: Whatever diet and exercise works for you, stick with it.**

A: Low Fat or Carb, High Protein Diet, Vegetarian/Vegan/Mediterranean

1: Low Fat: 55-65% carb, 20-30% fat, 15% protein

2: **Low Carb: 20% carb (50-150 gms/day), 50% fat, 30% protein - best for diabetics.**

3: Mediterranean diet has similar long-term results to low carb diet

B: Exercise should be included in weight loss, especially to maintain.

C: You need to make a permanent calorie reduction once weight loss is achieved to maintain it. A low carb diet works best with maintenance.

D: Lower carb meal substitutes (protein drink or bar) 2 times a day

**Progress Notes (continued)****Rofman, Jake William (M.D.), M.D. at 11/23/2019 4:01 PM (continued)**

during weight loss and 1 time a day during maintenance may be beneficial.

E: Eat a healthy low carbohydrate breakfast

F: Start with cutting your portions by 25% and your any sweetened foods by 50%

G: Talk to your doctor about how many calories you need per day (Basal Metabolic Rate) before your weight loss and how many you should cut to lose weight.

H: Work on decreasing your stress level. Try meditation using an application on your phone. I recommend the "Calm" app.

I: Work on improving your sleep. Attend the sleep class. Caffeine should only be in the morning.

J: Consider Time Restricted Feeding - Eating within a select time window, preferably an 8 hour window beginning in the morning.

**4: Examples of Diet Changes**

A: **BREAKFAST:** Eat a low carbohydrate breakfast (low carb cereal, low sugar yogurt - some fat is ok) and fruit. Limit unhealthy fatty foods like bacon. Healthy fats such as olive oil and nuts are better. Limit/avoid high carbohydrate(starchy) foods like bagels or muffins. Eliminate juice, added sugars, and artificial sweeteners.

B: **SNACK:** Best to avoid snacks, but if you snack between breakfast and lunch, snack on fruit and vegetables rather than candy or chips.

C: **LUNCH:** Consider making your own lunch rather than eating out. Have a low carbohydrate entree, a vegetable/fruit, and water to drink. Avoid foods that may be high in carbohydrates and low in nutritional value like fast foods, creamy dressings, mayonaise, etc. If eating a sandwich, use only 1 piece of bread that is "Whole Grain."

D: **SNACK:** Best to avoid snacks, but If you snack between lunch and dinner, snack on fruit and vegetables rather than candy or chips, etc.

E: **DINNER:** A protein and vegetable is ideal. Drink only water, watch your portion sizes. (use smaller plates) Avoid dessert. Don't eat late, and if you do, eat very light. Dinner should be your lightest meal of the day.

**5: Additional Tips:**

A: Drink only water, avoiding soda, juice, or other sweetened (artificial or sugary) drinks.

B: Avoid fast foods, deep-fried foods, and processed foods. People tend to eat less calories when foods are unprocessed and fresh.

C: Consider adding 1 salad a day as a meal and choosing a low fat/low sugar vinegrette dressing

D: No more than 3 servings of fruits (they have sugar) One serving is the size of an apple. Eat more brightly colored and green leafy vegetables.

E: Use smaller plates and avoid second servings.

**Progress Notes (continued)**

**Rofman, Jake William (M.D.), M.D. at 11/23/2019 4:01 PM (continued)**

- F: Limit fatty portions of meats and meat portions should be 4 oz, the size of your palm.
- G: Decrease, but not eliminate starchy carbohydrate foods such as bread, potatoes, rice, pasta. If you typically eat a lot, see if you can cut what you eat in half!
- H: Eat only when you are hungry.
- I: Brush your teeth after dinner to avoid late night snacking
- J: Exercise regularly. Buy a pedometer and walk 10,000 steps 5 days per week! Alternatively 30 minutes of moderate intensity exercise 5 days a week plus 2 days a week with some weight bearing exercises are very beneficial.

**This weight didn't come on overnight, and it won't come off overnight either. Be patient, and we'll work with you.**

Electronically signed by:  
JAKE WILLIAM ROFMAN MD  
11/23/2019  
4:10 PM

**Encounter Messages**

No messages in this encounter

**Diagnoses**

	Codes	Comments
MUSCLE SPASM OF THORACIC BACK - Primary	724.8	
DECLINES INFLUENZA VACCINATION	V64.06	
SCREENING MAMMOGRAM FOR BREAST CANCER	V76.12	
OBESITY, BMI 36-36.9, ADULT	278.00, V85.36	
WEIGHT LOSS COUNSELING	V65.3	

**Imaging - All Orders and Results**

**MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [1151537099]**

Electronically signed by: **Rofman, Jake William (M.D.), M.D. on 11/23/19 1610** Status: **Discontinued**  
 Ordering user: Rofman, Jake William (M.D.), M.D. 11/23/19 1610 Authorized by: Rofman, Jake William (M.D.), M.D.  
 Ordering mode: Standard  
 Frequency: Routine 11/23/19 -  
 Diagnoses  
 SCREENING MAMMOGRAM FOR BREAST CANCER  
 Order comments: Reason: Screening Radiologist: Follow Sequential Breast Imaging Orders Policy and Procedures.

**Final Spectacle Rx**

Click to see and print Final Spectacle Rx

**KAISER PERMANENTE**

NORMANDIE NO. MEDICAL Office U  
 25965 S NORMANDIE AVE HARBOR CITY CA 90710-3416  
 SCAL HIM ROI AMB LMR

Garner, Annette L  
 MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 Visit date: 11/23/2019

**Final CL Rx**

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

**Medications the Patient Reported Taking**

Cyclobenzaprine (FLEXERIL) 5 mg Oral Tab (Taking)  
 Acetaminophen (TYLENOL) 500 mg Oral Tab (Taking)

**Prescriptions Ordered This Encounter**

	Disp	Refills	Start	End
<b>Cyclobenzaprine (FLEXERIL) 5 mg Oral Tab</b> Sig: Take 1 tablet by mouth 3 times daily as needed for muscles spasms. Do not take before or during work or driving. Class: Fill Now Route: Oral	30	0/0	11/23/2019	11/22/2021
<b>Acetaminophen (TYLENOL) 500 mg Oral Tab</b> Sig: 2 tablet three times daily as needed for pain Class: Fill Now Route: Oral	100	0/0	11/23/2019	

**Social Documentation as of 11/23/2019**

No social documentation on file.

**Patient Instructions**

**Return for Care:** Return if symptoms worsen or fail to improve.

MUSCLE SPASM OF THORACIC BACK (primary encounter diagnosis)

Flexeril for muscle spasm

Tylenol for pain

No advil or aleve, or naproxen or ibuprofen.

Heat 10 min twice daily

Massage

Stretching

Work note.

**DECLINES INFLUENZA VACCINATION**

Please mail in stool test.

**SCREENING MAMMOGRAM FOR BREAST CANCER**

Plan: MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

Even a modest amount of weight loss (5%-10%) has significant health benefits.

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Ideal body weight: 57 kg (125 lb 10.6 oz)

Adjusted ideal body weight: 74 kg (163 lb 2.2 oz)

---

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You may also call **1-866-862-4295** at any time to speak to a **Wellness Coach** which is a free service.

**Any changes you make should be a permanent lifestyle changes to help keep the weight off.**

### **Tips to get a start weight loss:**

**1: Enroll in an organized weight loss program.**

**2: Set small goals first.**

**3: Whatever diet and exercise works for you, stick with it.**

A: Low Fat or Carb, High Protein Diet, Vegetarian/Vegan/Mediterranean

1: Low Fat: 55-65% carb, 20-30% fat, 15% protein

2: **Low Carb: 20% carb (50-150 gms/day), 50% fat, 30% protein - best for diabetics.**

3: Mediterranean diet has similar long-term results to low carb diet

B: Exercise should be included in weight loss, especially to maintain.

C: You need to make a permanent calorie reduction once weight loss is achieved to maintain it. A low carb diet works best with maintenance.

D: Lower carb meal substitutes (protein drink or bar) 2 times a day during weight loss and 1 time a day during maintenance may be beneficial.

E: Eat a healthy low carbohydrate breakfast

F: Start with cutting your portions by 25% and your any sweetened foods by 50%

G: Talk to your doctor about how many calories you need per day (Basal Metabolic Rate) before your weight loss and how many you should cut to lose weight.

H: Work on decreasing your stress level. Try meditation using an application on your phone. I recommend the "Calm" app.

I: Work on improving your sleep. Attend the sleep class. Caffeine should only be in the morning.

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### **4: Examples of Diet Changes**

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**B: SNACK:** Best to avoid snacks, but if you snack between breakfast and lunch, snack on fruit and vegetables rather than candy or chips.

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**5: Additional Tips:**

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E: Use smaller plates and avoid second servings.

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**This weight didn't come on overnight, and it won't come off overnight either. Be patient, and we'll work with you.**

**Follow-up and Disposition**

Return if symptoms worsen or fail to improve.

**All Flowsheet Data (all recorded)**

**Encounter Vitals**

Row Name 11/23/19 1534

Enc Vitals

BP 130/73 -AP  
Pulse 100 -AP  
Resp 17 -AP

**All Flowsheet Data (all recorded) (continued)**

**Encounter Vitals (continued)**

Row Name	11/23/19 1534
Temp	98.1 °F (36.7 °C) -AP
Temp src	Oral -AP
SpO2	97 % -AP
Wt (gms)	219 lb 5.7 oz (99.5 kg) -AP
Height	5' 5" (1.651 m) -AP

**Custom Formula Data**

Row Name	11/23/19 1534
----------	---------------

OTHER

BSA (System Calculated)	2.14 -AP
Mean Arterial Pressure (MAP)	92 -AP
Body Mass Index	27 -AP
Body Mass Index	36 -AP
Birth Weight	0 -AP
% Change from Birth Weight	995023168.6 -AP
Weight change from previous (gm)	0 -AP
BSA (Dubois)	2.056 -AP
Ideal Body Weight (calculated)	56.92 -AP
BSA (Last Ht)	2.14 -AP
BMI (Last Ht)	36 -AP

**User Key**

(r) = Recorded By, (t) = Taken By, (c) = Cosigned By

Initials	Name	Effective Dates	Provider Type	Discipline
AP	Parada, Alicia (M.A.), M.A.	12/02/18 - 12/07/19	MEDICAL ASSISTANT	—



**Encounter-Level Documents - 11/23/2019:**

**AFTER VISIT SUMMARY**

Annette L. Garner MRN: 000007246313



11/23/2019 4:10 PM URGENT CARE CLINIC

Instructions from JAKE WILLIAM ROFMAN MD, M.D.  
Your personalized instructions can be found at the end of this document.

Return if symptoms worsen or fail to improve.

**What's Next**

You currently have no upcoming appointments scheduled.

**Medications**

**NEW Medications**

Cyclobenzaprine (FLEXERIL) 5 mg Oral Tab  
Acetaminophen (TYLENOL) 500 mg Oral Tab

**Visit Medication List**

Patient reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

	Dosage
Cyclobenzaprine (FLEXERIL) 5 mg Oral Tab (Taking)	1 TAB PO TID as needed for muscles spasms. do not take before or during work or driving.
Acetaminophen (TYLENOL) 500 mg Oral Tab (Taking)	2 tablet three times daily as needed for pain

**New Orders**

Normal Orders This Visit  
MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [77067 CPT(R)]  
REFERRAL HEALTH EDUCATION [215191 Custom]

**Today's Visit**

You saw JAKE WILLIAM ROFMAN MD, M.D. on Saturday November 23, 2019.  
The following issues were addressed:

- PATIENT DECLINES INFLUENZA VACCINATION
- MUSCLE SPASM OF THORACIC BACK
- OBESITY, BODY MASS INDEX (BMI) 36-36.9
- WEIGHT LOSS COUNSELING

Blood Pressure <b>130/73</b>	BMI <b>36.50</b>
Weight <b>219 lb</b> 5.7 oz	Height <b>5' 5"</b>
Temperature (Oral) <b>98.1 °F</b>	Pulse <b>100</b>
Respiration <b>17</b>	Oxygen Saturation <b>97%</b>

**kp.org Sign-Up**

Send messages to your doctor, view your test results, renew your prescriptions, schedule appointments, and more.

Go to <https://healthy.kaiserpermanente.org/hconline/ie/>, click "Sign Up Now", and enter your personal activation code: GZKN7-94GP4. Activation code expires 1/14/2020.

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**Encounter-Level Documents - 11/23/2019: (continued)**

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Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed  
QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

Allergies as of 11/23/2019

Reviewed by Parada, Alicia (M.A.), M.A. on 11/23/2019

	Severity	Noted	Reaction Type	Reactions
Nsaids, Non-selective [non-steroidal Anti-inflammatory Agents]	<b>Not Specified</b>	11/23/2019		
Gastric sleeve				

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**Encounter-Level Documents - 11/23/2019: (continued)**

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## Instructions from JAKE WILLIAM ROFMAN MD, M.D.

MUSCLE SPASM OF THORACIC BACK (primary encounter diagnosis)

Flexeril for muscle spasm

Tylenol for pain

No advil or aleve, or naproxen or ibuprofen.

Heat 10 min twice daily

Massage

Stretching

Work note.

DECLINES INFLUENZA VACCINATION

Please mail in stool test.

SCREENING MAMMOGRAM FOR BREAST CANCER

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3: Mediterranean diet has similar long-term results to low carb diet

---

**Encounter-Level Documents - 11/23/2019: (continued)**


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- B: Exercise should be included in weight loss, especially to maintain.
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- J: Consider Time Restricted Feeding - Eating within a select time window, preferably an 8 hour window beginning in the morning.

**4: Examples of Diet Changes**

A: BREAKFAST: Eat a low carbohydrate breakfast (low carb cereal, low sugar yogurt - some fat is ok) and fruit. Limit unhealthy fatty foods like bacon. Healthy fats such as olive oil and nuts are better. Limit/avoid high carbohydrate(starchy) foods like bagels or muffins. Eliminate juice, added sugars, and artificial sweeteners.

B: SNACK: Best to avoid snacks, but if you snack between breakfast and lunch, snack on fruit and vegetables rather than candy or chips.

C: LUNCH: Consider making your own lunch rather than eating out. Have a low carbohydrate entree, a vegetable/fruit, and water to drink. Avoid foods that may be high in carbohydrates and low in nutritional value like fast foods, creamy dressings, mayonaise, etc. If eating a sandwich, use only 1 piece of bread that is "Whole Grain."

D: SNACK: Best to avoid snacks, but if you snack between lunch and dinner, snack on fruit and vegetables rather than candy or chips, etc.

E: DINNER: A protein and vegetable is ideal. Drink only water, watch your portion sizes. (use smaller plates) Avoid dessert. Don't eat late, and if you do, eat very light. Dinner should be your lightest meal of the day.

**5: Additional Tips:**

- A: Drink only water, avoiding soda, juice, or other sweetened (artificial or sugary) drinks.
- B: Avoid fast foods, deep-fried foods, and processed foods. People tend to eat less calories when foods are unprocessed and fresh.
- C: Consider adding 1 salad a day as a meal and choosing a low fat/low sugar vinaigrette dressing
- D: No more than 3 servings of fruits (they have sugar) One serving is the size of an apple. Eat more brightly colored and green leafy vegetables.
- E: Use smaller plates and avoid second servings.
- F: Limit fatty portions of meats and meat portions should be 4 oz, the size of your palm.
- G: Decrease, but not eliminate starchy carbohydrate foods such as bread, potatoes, rice, pasta. If you typically eat a lot, see if you can cut what you eat in half!
- H: Eat only when you are hungry.
- I: Brush your teeth after dinner to avoid late night snacking

---

**Encounter-Level Documents - 11/23/2019: (continued)**

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J: Exercise regularly. Buy a pedometer and walk 10,000 steps 5 days per week! Alternatively 30 minutes of moderate intensity exercise 5 days a week plus 2 days a week with some weight bearing exercises are very beneficial.

**This weight didn't come on overnight, and it won't come off overnight either. Be patient, and we'll work with you.**

## General Information

### **SKIP THE TRIP. Have our pharmacy come to you!**

New and refill prescriptions mailed to your home.

#### **When using the mail order option for obtaining prescriptions:**

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

#### **4 ways to receive prescriptions by mail:**

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.  
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

**For questions, call member services at**

800-464-4000 or TTY 711  
800-788-0616 (Spanish)  
800-757-7585 (Chinese dialects)

**Hours**

Open 7 days a week  
24 hours a day  
Closed holidays

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**Encounter-Level Documents - 11/23/2019: (continued)**

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**Medicare members**  
800-443-0815 or TTY 711

**Hours**  
Open 7 days a week  
from 8 a.m. to 8 p.m.

**Protect yourself from the flu. Get vaccinated.**

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit [kp.org/flu](http://kp.org/flu) or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at [www.kp.org](http://www.kp.org) to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at [www.kp.org/refill](http://www.kp.org/refill)

---

**Order-Level Documents:**

There are no order-level documents.

```
{*\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }
```

---

**Encounter-Level E-Signatures:**

No documentation.

**KAISER PERMANENTE**

NORMANDIE NO. MEDICAL Office Garner, Annette L  
OFFICE U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
25965 S NORMANDIE AVE Visit date: 11/23/2019  
HARBOR CITY CA 90710-  
3416  
SCAL HIM ROI AMB LMR

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**Encounter-Level E-Signatures: (continued)**

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**KAISER PERMANENTE**

NORMANDIE NO. MEDICAL Garner, Annette L  
OFFICE U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
25965 S NORMANDIE AVE Visit date: 11/23/2019  
HARBOR CITY CA 90710-  
3416  
SCAL HIM ROI AMB LMR

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**END OF ENCOUNTER**

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**KAISER PERMANENTE**

SOUTH LOS ANGELES MED Garner, Annette L  
OFFICES U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
1550 W MANCHESTER AVE Visit date: 2/25/2020  
LOS ANGELES CA 90047-  
5424  
SCAL HIM ROI AMB LMR

**Call Center Telephone Encounter**  
2/25/2020

Annette L Garner  
MRN: 000007246313

**Visit Information**

Date & Time	Provider	Department	Dept. Phone	Encounter #
2/25/2020 9:22 AM	Getachew, Ruth Teshawork (M.D.), M.D.	FAMILY PRACTICE ORANGE	833-574-2273	792077428

**Reason for Call/Visit**

REFERRAL REQUEST REFERRAL

**Call Documentation**

**Hardwick, Ladrina Lanette (R.N.), R.N. at 2/25/2020 9:50 AM**

Status: Signed

I have attempted to contact this patient by phone with the following results: no answer, left message to return my call at (323)857-3200 on answering machine. Please have your medical record number available when you return the call. The office hours are Monday through Friday 8 am until 5 pm.

**Progress Notes**

**Hardwick, Ladrina Lanette (R.N.), R.N. at 2/25/2020 9:50 AM**

Author Type: REGISTERED NURSE Status: Signed

I have attempted to contact this patient by phone with the following results: no answer, left message to return my call at (323)857-3200 on answering machine. Please have your medical record number available when you return the call. The office hours are Monday through Friday 8 am until 5 pm.

**Filed by Getachew, Ruth Teshawork (M.D.), M.D. at 2/25/2020 9:22 AM/ Draft: Not Electronically Signed**

Author Type: Physician Status: Unsigned Transcription

MESSAGE FROM CALL CENTER: =====

MessageType: Referral Request , MessagePriority: Normal - Message Sent: 02/25/2020 09:21:16 AM

To: GETACHEW, RUTH TESHAWORK (M.D.), Facility: WLM, Department: FAM Adult

Speciality Department Requested

member requesting referral fro GI to get colonoscopy. please advise thank you

**KAISER PERMANENTE**

SOUTH LOS ANGELES MED Garner, Annette L  
OFFICES U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
1550 W MANCHESTER AVE Visit date: 2/25/2020  
LOS ANGELES CA 90047-  
5424  
SCAL HIM ROI AMB LMR

**Progress Notes (continued)**

**Filed by Getachew, Ruth Teshawork (M.D.), M.D. at 2/25/2020 9:22 AM/ Draft: Not Electronically Signed (continued)**

Remind member to register on KP.ORG

**CONTACT INFORMATION:**

Contact Name, Relationship to Member: ANNETTE GARNER , Self  
Phone Today/Tomorrow: 323-229-8544  
Preferred Language: English

**CALL BACK PERMISSION:**

Permission to leave voice mail message

=====

Tue Feb 25 09:20:09 PST 2020 AGENT (AGENT) : Peter Kouyoumjian Q055254 Contact Center: Woodland Hills

**Transcription**

Type	ID	Date and Time	Dictating Provider
Call Center Telephone Encounter	KPATHS000062891120	2/25/2020 9:22 AM	Getachew, Ruth Teshawork (M.D.), M.D.

DRAFT COPY - not signed.

**MESSAGE FROM CALL CENTER: =====**

MessageType: Referral Request , MessagePriority: Normal - Message Sent: 02/25/2020 09:21:16 AM

To: GETACHEW, RUTH TESHAWORK (M.D.), Facility: WLM, Department: FAM Adult

Speciality Department Requested

member requesting referral fro GI to get colonoscopy. please advise thank you

Remind member to register on KP.ORG

**CONTACT INFORMATION:**

Contact Name, Relationship to Member: ANNETTE GARNER , Self  
Kaiser Permanente

**KAISER PERMANENTE**

SOUTH LOS ANGELES MED Garner, Annette L  
OFFICES U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
1550 W MANCHESTER AVE Visit date: 2/25/2020  
LOS ANGELES CA 90047-  
5424  
SCAL HIM ROI AMB LMR

Phone Today/Tomorrow: 323-229-8544  
Preferred Language: English

CALL BACK PERMISSION:  
Permission to leave voice mail message

=====

Tue Feb 25 09:20:09 PST 2020 AGENT (AGENT) : Peter Kouyoumjian Q055254 Contact Center:  
Woodland Hills

**Encounter Messages**

No messages in this encounter

**Diagnoses**

	Codes	Comments
SCREENING COLONOSCOPY	V76.51	

**Lab - All Orders and Results**

**CBC NO DIFFERENTIAL [1189798712]**

Electronically signed by: **Hardwick, Ladrina Lanette (R.N.), R.N. on 02/25/20 0954** Status: **Pending**  
 Ordering user: Hardwick, Ladrina Lanette (R.N.), R.N. 02/25/20 0954 Authorized by: Getachew, Ruth Teshawork (M.D.), M.D.  
 Frequency: Routine 02/25/20 - Pended by: Hardwick, Ladrina Lanette (R.N.), R.N. 02/25/20 0954  
 Specimen Information

Type	Source	Collected By
—	BLOOD	—

**Referral - All Orders and Results**

**REFERRAL GI [1189798711]**

Electronically signed by: **Hardwick, Ladrina Lanette (R.N.), R.N. on 02/25/20 0954** Status: **Pending**  
 Ordering user: Hardwick, Ladrina Lanette (R.N.), R.N. 02/25/20 0954 Authorized by: Getachew, Ruth Teshawork (M.D.), M.D.  
 Frequency: Routine 02/25/20 - Pended by: Hardwick, Ladrina Lanette (R.N.), R.N. 02/25/20 0954

Diagnoses  
SCREENING COLONOSCOPY  
Questionnaire

Question	Answer
Reason:  For consults, do you authorize this department to book a telephone or video visit if available?	Colonoscopy, Asymptomatic, Average or High Risk Screening or +iFOBT (All)  Yes

Order comments: Reason: screening colonoscopy For Hepatology, GI Transplant Evals, and Fibroscan, please select the correct reason from the list above to ensure it routes correctly.

# KAISER PERMANENTE

SOUTH LOS ANGELES MED Garner, Annette L  
OFFICES U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
1550 W MANCHESTER AVE Visit date: 2/25/2020  
LOS ANGELES CA 90047-  
5424  
SCAL HIM ROI AMB LMR

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## Final Spectacle Rx

[Click to see and print Final Spectacle Rx](#)

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## Final CL Rx

[Click to see and print Final Contact Lens Rx](#)

---

Audit Trail for Eye Care Forms

## Social Documentation as of 2/25/2020

No social documentation on file.

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## Patient Instructions

No instructions given.

## All Flowsheet Data (all recorded)

No documentation.

**KAISER PERMANENTE**

SOUTH LOS ANGELES MED Garner, Annette L  
OFFICES U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
1550 W MANCHESTER AVE Visit date: 2/25/2020  
LOS ANGELES CA 90047-  
5424  
SCAL HIM ROI AMB LMR

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**Encounter-Level Documents:**

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There are no encounter-level documents.

**Order-Level Documents:**

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There are no order-level documents.

{\*\EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

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No documentation.

**KAISER PERMANENTE**

SOUTH LOS ANGELES MED Garner, Annette L  
OFFICES U MRN: 000007246313, DOB: 11/15/1959, Sex: F  
1550 W MANCHESTER AVE Visit date: 2/25/2020  
LOS ANGELES CA 90047-  
5424  
SCAL HIM ROI AMB LMR

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**END OF ENCOUNTER**

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**END OF REPORT**

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**GUIDE TO DOCUMENTATION WITHIN THE MEDICAL RECORD****DOCUMENT HEADER**

- Appears at the top of each page
- Identifies facility where services were rendered
- Identifies patient name, medical record number (MRN), date of birth and sex
- Displays admission & discharge date for each encounter

**DOCUMENT FOOTER**

- Appears at the bottom of each page
- Displays Kaiser Permanente
- Patient name and MRN
- Page number displays

**SCANNED DOCUMENTS VIEW**

- Encounter Level Documents
- Order-Level Documents
- Patient-Level Documents

**ADMISSION DISCHARGE & TRANSFER (ADT) FACESHEET**

- Hospital Account Information
- Admission Information
- Demographic Information
- Provider Information
- Patient Valuables
- Last Admit Date
- MRN Number

**EMERGENCY DEPARTMENT (ED) AFTER VISIT SUMMARY DIAGNOSIS**

- After visit summary diagnosis for patient discharged from the Emergency Department

**EMERGENCY DEPARTMENT (ED) VISIT DISPOSITION**

- Patient discharge disposition for patient seen in the Emergency Department

**EMERGENCY DEPARTMENT (ED) PATIENT INSTRUCTIONS**

- Instructions provided to patient seen in the Emergency Department

**EMERGENCY DEPARTMENT (ED) PROVIDER NOTES**

- Physician provider notes provided to patient seen in the Emergency Department

**HOSPITAL OUTPATIENT VISIT (HOV) PATIENT INSTRUCTIONS**

- Instructions provided to patient seen in an Outpatient Department

**INPATIENT (IP) DISCHARGE SUMMARY NOTES**

- Discharge summary notes for the encounter

**HISTORY & PHYSICAL (H&P) NOTES**

- History and physical notes for the encounter

**TRANSCRIPTION NOTES**

- Transcribed notes for the encounter

**CONSULT NOTES**

- Consultation notes for the encounter

**PROCEDURE NOTES**

- Procedure notes for the encounter

**PROGRESS NOTES**

- Progress notes in date order from admission to discharge

**INITIAL ASSESSMENT NOTES**

- Initial assessment notes for the encounter

**DISCHARGE PLANNING INITIAL ASSESSMENT NOTES**

- Discharge planning initial assessment notes for the encounter



**OPERATIVE SECTION**

- OR surgeon notes
- Anesthesia Pre-op notes
- Anesthesia Post-op notes
- Multi-Discipline Progress notes

**PHYSICIAN ORDERS**

- Physician orders for the entire encounter

**ALLERGIES**

- Allergy list with dates for the encounter

**LAB RESULTS**

- Legend for term 'Specimen' on Laboratory Results Report: The date/time listed after the heading "Specimen" is the actual collection date/time for the specific specimen noted
- Laboratory results for the encounter

**RAD RESULTS**

- Radiology results for the encounter

**PROBLEM LIST**

- Patient problems for the encounter

**HOSPITAL PROBLEM LIST**

- We use the EMR (electronic medical record) to indicate Present on Admission and the EMR creates an output that abbreviate this to "POA"

**PATIENT EDUCATION**

- Patient education for the encounter

**MULTI-DISCIPLINARY PROBLEMS**

- Patient multi-disciplinary problems with goals for the encounter

**CARE PLAN EVENT LOG**

- Care plan event log for the encounter

**INPATIENT FLOWSHEET**

- Inpatient flowsheets for the encounter

**MEDICATION ADMINISTRATION RECORD (MAR)**

- Medications ordered and administered for the encounter

**IP DISCHARGE INSTRUCTIONS**

- Discharge instructions provided to patient

**Kaiser Foundation Hospital - West La Medical Center L**  
**Face Sheet**  
**Garner, Annette**

Patient ID: **000007246313** Private? **No**  
Hosp Acct ID: **21618030899** Fin. Class: **Kaiser Home Region**

**ADMISSION INFORMATION**

Adm Date: **5/26/2015** Adm. Time: **1516**  
Patient Class: **Emergency** Service: **Emergency medicine**  
Adm Source: **Non-health care facility\*** Adm. Type: **Emergency**  
Admitting: **Bharel, Chetan (M.D.)** Attending: **Bharel, Chetan (M.D.), M\***  
Unit: **WLA EDWL EAIP** Room/Bed: **HC10/10**  
Adm Diag: **No admission diagnoses are documented for this encounter.**  
Procedure: **No admission procedures for hospital encounter.**  
IP Adm Date: **N/A** IP Adm Time: **N/A**  
Disch Date: **5/26/2015** Disch Time: **4:39 PM**  
Adv Dir: **<no information>**

**DEMOGRAPHICS**

Street: **1832 W 79TH ST**  
City/St/ZIP: **LOS ANGELES CA 90047-8703** DOB: **11/15/1959 (55 yrs)**  
Phone: **323-229-8544** Sex: **Female**  
Marital St: **Single/Never Married** Interpreter Needed: **No**  
Religion: **Catholicism, Eastern** Spoken Language: **English**  
Clergy Visit: Language: **English**  
Race: **Black/African American** Written Language: **English**  
Ethnicity: **American/United States**

**PROVIDER INFORMATION**

	<u>Phone #</u>	<u>Address</u>
PCP: <b>Getachew, Ruth Teshawor*</b>	<b>None</b>	<b>1550 W MANCHESTER AVE, LOS ANGELES CA 90047-5424</b>
Ref: <b>No ref. provider found</b>	<b>N/A</b>	

**Patient Valuables**

Control #: \_\_\_\_\_ Location: \_\_\_\_\_  
**Last Admit Date: 12/08/2014** **Garner, Annette** MRN: **000007246313**

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
 L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
 LOS ANGELES CA 90034-  
 1702  
 LMR w/o Flowsheets

**Events****ED Arrival at 5/26/2015 1514**

Unit: EDWL  
 User: Grayson, Tanicka S

**ED Roomed at 5/26/2015 1516**

Unit: EDWL	Room: HA10	Bed: 10
User: Aweke, Adisu A (R.N.)	Patient class: Emergency	Service: Emergency Medicine

**Discharge at 5/26/2015 1639**

Unit: EDWL	Room: HC10	Bed: 10
User: Guerrero, Ricardo	Patient class: Emergency	Service: Emergency Medicine

**ED Chief Complaint**

Complaint	Comment
CHEST TIGHTNESS [1336]	

**ED Diagnosis**

Diagnosis	Comment	Added By	Time Added	Team Role
CHEST PAIN		Bharel, Chetan (M.D.)	5/26/2015 3:38 PM	Attending Provider

**ED Disposition**

ED Disposition	Comment
Home	

**Allergies as of 5/26/2015**

No Known Allergies

Reviewed by Gilles, Marie G (R.N.) on 5/26/2015

**Patient Instructions**

None

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
 L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
 LOS ANGELES CA 90034-  
 1702  
 LMR w/o Flowsheets

**ED Provider Notes****ED Provider Notes by Bharel, Chetan (M.D.) at 5/26/2015 3:30 PM**

Version 1 of 1

Author: Bharel, Chetan (M.D.)	Service: —	Author Type: Physician
Filed: 5/26/2015 4:18 PM	Date of Service: 5/26/2015 3:30 PM	Status: Signed
Editor: Bharel, Chetan (M.D.) (Physician)		

The history is provided by the patient. No language interpreter was used.

History:**EMERGENCY DEPARTMENT/ICS NOTE:**

ANNETTE L GARNER  
 MRN: 000007246313  
 DOB: 11/15/1959  
 PMD: Schneider, Lawrence (M.D.)

History obtained from the patient.

CC: CHEST TIGHTNESS

TRIAGE NURSE

HPI: Annette L Garner is a 55 year old female presenting with chest pain. As per patient symptoms started last night 20 hours ago. Midline burning sensation. No nausea or vomiting. No shortness of breath or diaphoresis. No alleviating or aggravating factors. Symptoms stopped but then recurred this morning 7 1/2 hours ago. No abdominal pain.

## Patient Active Problem List:

OBESITY, BMI 35-39.9, ADULT  
 HX OF GASTRIC BYPASS

## PSH - Past Surgical History:

PAST SURGICAL HISTORY, OTHER	1984
Comment:gastric bypass; occasional discomfort	
PAST SURGICAL HISTORY, OTHER	191
Comment:bunions	

ALLERGIES: Review of patient's allergies indicates no known allergies.

SOCIAL HISTORY: Smoking Status: Never Smoker  
 Alcohol Use: No

Occupation - Data Unavailable

FAMILY HISTORY: family history includes Asthma in her father; Diabetes in her mother.

**ED Provider Notes (continued)****ED Provider Notes by Bharel, Chetan (M.D.) at 5/26/2015 3:30 PM (continued)**

Version 1 of 1

I have reviewed the patient's medical history as outlined above.

History Reviewed:

I have reviewed the Medical/Surgical, Family and Social history as displayed in HealthConnect on the date of the encounter or the portion(s) as noted in the progress note.

Review of Systems

Constitutional: Negative for fever and chills.

Skin: Negative for itching and rash.

HENT: Negative for congestion and sore throat.

Eyes: Negative for blurred vision.

Cardiovascular: Positive for chest pain. Negative for palpitations, orthopnea, claudication and leg swelling.

Respiratory: Negative for cough, sputum production, shortness of breath and wheezing.

Gastrointestinal: Negative for nausea, vomiting and abdominal pain.

Genitourinary: Negative for dysuria and urgency.

Neurological: Negative for dizziness, tingling, weakness and headaches.

Psychiatric/Behavioral: Negative for depression and suicidal ideas.

Physical Exam

Constitutional: She is oriented to person, place, and time. She appears well-developed and well-nourished.

**BP 126/79 | Pulse 81 | Temp(Src) 97.9 °F (36.6 °C) | Resp 18 | Ht 1.651 m (5' 5") | Wt 100.699 kg (222 lb) | BMI 36.94 kg/m<sup>2</sup> | SpO<sub>2</sub> 100%**

HENT:

Head: Normocephalic and atraumatic.

Mouth/Throat: Oropharynx is clear and moist.

Eyes: Conjunctivae and EOM are normal. Pupils are equal, round, and reactive to light.

Neck: Normal range of motion. Neck supple.

Cardiovascular: Normal rate, regular rhythm, normal heart sounds and intact distal pulses.

Pulmonary/Chest: Effort normal and breath sounds normal. No respiratory distress. She has no wheezes. She has no rales. She exhibits no tenderness.

Abdominal: Soft. Bowel sounds are normal. She exhibits no distension and no mass. There is no tenderness. There is no rebound and no guarding.

Musculoskeletal: Normal range of motion. She exhibits no edema or tenderness.

Neurological: She is alert and oriented to person, place, and time. She has normal reflexes. No cranial nerve deficit.

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L

L  
6041 CADILLAC AVE  
LOS ANGELES CA 90034-  
1702  
LMR w/o Flowsheets

MRN: 000007246313, DOB: 11/15/1959, Sex: F

Adm: 5/26/2015, D/C: 5/26/2015

**ED Provider Notes (continued)****ED Provider Notes by Bharel, Chetan (M.D.) at 5/26/2015 3:30 PM (continued)**

Version 1 of 1

Skin: Skin is warm and dry. No rash noted. No erythema. No pallor.

Psychiatric: She has a normal mood and affect. Her behavior is normal.

Nursing note and vitals reviewed.

**ED COURSE:**

Orders placed for this ED visit are as follows:

**Orders Placed This Encounter**

- XR CHEST, 1 VIEW
- CBC W DIFFERENTIAL, AUTO
- ELECTROLYTES, SERUM
- BUN, SERUM
- CREATININE, SERUM
- GLUCOSE, RANDOM
- TROPONIN I
- WBC DIFFERENTIAL, AUTOMATED
- MEASURE PULSE OXIMETRY
- ADMINISTER OXYGEN BY CANNULA / MASK, NURSING Titrate O2 to keep saturation at or above:: 95; Starting Liters/Min/Mode:: \* 2 L/min/Nasal cannula
- MONITORING, CARDIAC
- ECG, ROUTINE 12 LEAD
- Aspirin Tab 325 mg
- Ondansetron (PF) Inj 4 mg (ZOFRAN)

**RESULTS:**

EKG: normal sinus rhythm, rate 84 , no ST/T wave changes, no acute ischemic change. This is my interpretation. 3:34 PM

CXR: Normal CXR without acute changes; no infiltrate or ptx; mediastinum within normal limits (My Preliminary Reading) 3:34 PM

Labs:

**Recent Labs**

Kaiser Permanente

Page 9

**ED Provider Notes (continued)**

**ED Provider Notes by Bharel, Chetan (M.D.) at 5/26/2015 3:30 PM (continued)**

Version 1 of 1

**05/26/15**

**1540**

WBC 3.7\*  
NEUT 48.7  
HGB 13.7  
HCT 41.7  
PLT 214

**Hgb Trend:**

HGB 13.7 05/26/2015  
HGB 12.3 11/28/2014  
HGB 12.6 01/28/2013  
HGB 11.9 07/15/2010  
HGB 12.0 04/19/2010

**Recent Labs**

**05/26/15**

**1540**

NA 141  
K 3.6  
CL 102  
CO2 27  
BUN 8  
CR 0.90  
GFR 79  
RBS 101

**Cr Trend:**

CREAT 0.90 05/26/2015  
CREAT 0.80 11/28/2014  
CREAT 0.7 01/28/2013  
CREAT 0.8 07/15/2010  
CREAT 0.9 04/12/2010

No results for input(s): CA, MG in the last 72 hours.

No results for input(s): TBILI, ALKP, ALT, AST, LIPASE in the last 72 hours.

**Recent Labs**

**05/26/15**

**1540**

TROP <0.02

No results for input(s): USG, ULEUKESTER, UNITRITE, UPROTEIN in the last 72 hours.

No results for input(s): UAGLU, UKET, UROBILINOGEN, UABILI in the last 72 hours.

No results for input(s): UAHGB, UWBC, URBC, UEPITH, UBACT, UPH in the last 72 hours.

All lab results reviewed. Pertinent findings discussed with the patient. She understands the findings.

**Vital Sign Trend:**

**Filed Vitals:**



**ED Provider Notes (continued)****ED Provider Notes by Bharel, Chetan (M.D.) at 5/26/2015 3:30 PM (continued)**

Version 1 of 1

05/26/15 1529  
 BP: 126/79  
 Pulse: 81  
 Temp: 97.9 °F (36.6 °C)  
 Resp: 18  
 Height: 1.651 m (5' 5")  
 Weight: 100.699 kg (222 lb)  
 SpO2: 100%

**MEDICAL DECISION MAKING:**

Patient with atypical chest pain

Non ischemic EKG

Treadmill test 5 months ago which was normal (see records for full detail)

I will check labs - as pain for more than 6 hours one troponin will suffice

4:15 PM - Patient with normal emergency department workup. Normal cxr, ekg and negative troponin. Patient very low risk for acute coronary syndrome and given recent normal treadmill even lower risk. I will discharge home to follow up with primary medical doctor in 2 days for recheck and also start patient on antacid as some of the burning pain may be related to gastritis (especially given gastric bypass history).

**ASSESSMENT:**

(786.50) CHEST PAIN

Condition on Discharge: STABLE

**PLAN:**

She is reassured that, at this time, these symptoms do not appear to represent a serious or threatening condition.

- Discharge home.
- Follow-up with PCP as arranged in Discharge Navigator.
- Continue previously prescribed medications as directed.
- 

**New Prescriptions**

FAMOTIDINE (PEPCID) 20 MG ORAL TAB

TAKE 1 TABLET ORALLY 2 TIMES A DAY

- Aftercare instructions provided (see AVS). Warning signs and symptoms for return to the Emergency Department were discussed and understood. All questions were answered.

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
 L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
 LOS ANGELES CA 90034-  
 1702  
 LMR w/o Flowsheets

**ED Provider Notes (continued)****ED Provider Notes by Bharel, Chetan (M.D.) at 5/26/2015 3:30 PM (continued)**

Version 1 of 1

Electronically signed by:  
 CHETAN BHAREL MD  
 5/26/2015  
 4:17 PM

**ED Notes****ED Notes by Martinez, Jose M (R.N.) at 5/26/2015 4:26 PM**

Version 1 of 1

Author: Martinez, Jose M (R.N.)	Service: Emergency Medicine	Author Type: REGISTERED NURSE
Filed: 5/26/2015 4:26 PM	Date of Service: 5/26/2015 4:26 PM	Status: Signed
Editor: Martinez, Jose M (R.N.) (REGISTERED NURSE)		

Pt d/c home, aftercare instructions provided verbally and in writing, patient/family verbalized understanding. Pt is in no acute distress upon discharge. Pt is ambulatory, +steady gait. All questions answered. Pt has made transportation arrangements. IV discontinued, catheter tip intact.

**ED Notes by Gilles, Marie G (R.N.) at 5/26/2015 4:34 PM**

Version 1 of 1

Author: Gilles, Marie G (R.N.)	Service: —	Author Type: REGISTERED NURSE
Filed: 5/26/2015 7:17 PM	Date of Service: 5/26/2015 4:34 PM	Status: Signed
Editor: Gilles, Marie G (R.N.) (REGISTERED NURSE)		

**Late entry**

55 years female transferred from UC with cc of chest pressure / burning. aox4 and ambulatory. resp unlabored. ekg shown to Dr Bharel. 20G placed on lt hand. On cardiac, bp, pulse ox.

**Procedures****Procedures signed by Rezvanpour, Ata Daniel (M.D.) at 5/26/2015 6:31 PM**

Version 1 of 1

Author: Rezvanpour, Ata Daniel (M.D.)	Service: —	Author Type: Physician
Filed: 5/26/2015 6:31 PM	Date of Service: 5/26/2015 6:31 PM	Status: Signed
Editor: Rezvanpour, Ata Daniel (M.D.) (Physician)		

**Procedure Orders**

1. XR CHEST, 1 VIEW [609467297] ordered by Bharel, Chetan (M.D.) at 05/26/15 1522

CLINICAL HISTORY: Reason: Chest Pain  
 Portable

COMPARISON: 7/15/2010

FINDINGS/ IMPRESSION:

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
 L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
 LOS ANGELES CA 90034-  
 1702  
 LMR w/o Flowsheets

**Procedures (continued)****Procedures signed by Rezvanpour, Ata Daniel (M.D.) at 5/26/2015 6:31 PM (continued)**

Version 1 of 1

The lungs are clear. No pleural effusions are seen. The cardiomeastinal silhouette is normal.

This report electronically signed by Ata Rezvanpour, MD on 5/26/2015 6:25 PM

**Notes from linked episodes**

\*\* None \*\*

**Nursing - All Orders and Results****MEASURE PULSE OXIMETRY [609467262]**

Electronically signed by: <b>Bharel, Chetan (M.D.) on 05/26/15 1522</b>	Status: <b>Completed</b>
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522	Ordering provider: Bharel, Chetan (M.D.)
Authorized by: Bharel, Chetan (M.D.)	Ordering mode: Standard
Frequency: STAT Continuous 05/26/15 1530 - Until Specified	

**MEASURE PULSE OXIMETRY [609467287]**

Electronically signed by: <b>Bharel, Chetan (M.D.) on 05/26/15 1522</b>	Status: <b>Completed</b>
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522	Ordering provider: Bharel, Chetan (M.D.)
Authorized by: Bharel, Chetan (M.D.)	Ordering mode: Standard

**ADMINISTER OXYGEN BY CANNULA / MASK, NURSING [609467263]**

Electronically signed by: <b>Bharel, Chetan (M.D.) on 05/26/15 1522</b>	Status: <b>Discontinued</b>
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522	Ordering provider: Bharel, Chetan (M.D.)
Authorized by: Bharel, Chetan (M.D.)	Ordering mode: Standard
Frequency: STAT Continuous 05/26/15 1530 - Until Specified	Discontinued by: Discontinue, Auto 05/26/15 2240 [Patient Discharged]

**Questionnaire**

Question	Answer
Titrate O2 to keep saturation at or above:	95
Starting Liters/Min/Mode:	* 2 L/min/Nasal cannula

Order comments: Administer 2 L/min per nasal cannula.

**ADMINISTER OXYGEN BY CANNULA / MASK, NURSING [609467288]**

Electronically signed by: <b>Bharel, Chetan (M.D.) on 05/26/15 1522</b>	Status: <b>Discontinued</b>
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522	Ordering provider: Bharel, Chetan (M.D.)
Authorized by: Bharel, Chetan (M.D.)	Ordering mode: Standard
Discontinued by: Discontinue, Auto 05/26/15 2240 [Patient Discharged]	

**Questionnaire**

Question	Answer
Titrate O2 to keep saturation at or above:	95
Starting Liters/Min/Mode:	* 2 L/min/Nasal cannula

Order comments: Administer 2 L/min per nasal cannula.

**MONITORING, CARDIAC [609467264]**

Electronically signed by: <b>Bharel, Chetan (M.D.) on 05/26/15 1522</b>	Status: <b>Completed</b>
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522	Ordering provider: Bharel, Chetan (M.D.)
Authorized by: Bharel, Chetan (M.D.)	Ordering mode: Standard
Frequency: STAT Continuous 05/26/15 1530 - Until Specified	

**MONITORING, CARDIAC [609467289]**

Electronically signed by: <b>Bharel, Chetan (M.D.) on 05/26/15 1522</b>	Status: <b>Completed</b>
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522	Ordering provider: Bharel, Chetan (M.D.)
Authorized by: Bharel, Chetan (M.D.)	Ordering mode: Standard

**Nursing - All Orders and Results (continued)**

**EKG - All Orders and Results**

**ECG, ROUTINE 12 LEAD, TRACING ONLY [609467265]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
Frequency: STAT Once 05/26/15 1530 - 1 occurrence  
Order comments: Reason for EKG:

**ECG, ROUTINE 12 LEAD, TRACING ONLY [609467290]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
Order comments: Reason for EKG:

**Imaging - All Orders and Results**

**XR CHEST, 1 VIEW [609467272]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
Frequency: STAT Once 05/26/15 1530 - 1 occurrence

**Questionnaire**

Question	Answer
Method of transportation ?	PORTABLE
For transportation. Portable O2?	No
For transportation. IV pole?	No
For transportation. Infusion Device?	No
Is the Patient Pregnant?	No

Order comments: Reason:Chest Pain Portable

**XR CHEST, 1 VIEW [609467297]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard

**Questionnaire**

Question	Answer
Method of transportation ?	PORTABLE
For transportation. Portable O2?	No
For transportation. IV pole?	No
For transportation. Infusion Device?	No
Is the Patient Pregnant?	No

Order comments: Reason:Chest Pain Portable

**XR CHEST, 1 VIEW [609467297]**

Resulted: 05/26/15 1539, Result status: Final result

Ordering provider: Bharel, Chetan (M.D.) 05/26/15 1523 Order status: Completed  
Resulted by: Rezvanpour, Ata Daniel (M.D.) Accession number: 63206981  
Resulting lab: SCAL RADIOLOGY INTERFACE  
Narrative:  
Is the Patient Pregnant?->No

**Transcription**

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	63206981	5/26/2015 6:31 PM	Rezvanpour, Ata Daniel (M.D.)
Signed by Rezvanpour, Ata Daniel (M.D.), MEDICAL DOCTOR on 05/26/15 at 1831			

CLINICAL HISTORY: Reason:Chest Pain  
Portable

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
 L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
 LOS ANGELES CA 90034-  
 1702  
 LMR w/o Flowsheets

**Imaging - All Orders and Results (continued)****XR CHEST, 1 VIEW [609467272] (continued)**

COMPARISON: 7/15/2010

## FINDINGS/ IMPRESSION:

The lungs are clear. No pleural effusions are seen. The cardiomediastinal silhouette is normal.

This report electronically signed by Ata Rezvanpour, MD on 5/26/2015 6:25 PM

**Lab - All Orders and Results****CBC W DIFFERENTIAL, AUTO [609467266]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
 Frequency: STAT Once 05/26/15 1530 - 1 occurrence

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	LAB

Specimen Information

Type	Source	Collected By
—	BLOOD	—

**CBC W DIFFERENTIAL, AUTO [609467291]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	LAB

Specimen Information

Type	Source	Collected By
—	BLOOD	RN,Collect 05/26/15 1540

**CBC W DIFFERENTIAL, AUTO [609467291] (Abnormal)**

Resulted: 05/26/15 1555. Result status: Final result

Ordering provider: Bharel, Chetan (M.D.) 05/26/15 1522 Order status: Completed  
 Resulting lab: WLA MEDICAL CENTER LABORATORY  
 Narrative:  
 RMS ACCN: 561964470

Specimen Information

ID	Type	Source	Collected On
C0000220151460 50880	—	BLOOD	05/26/15 1540

Components

Component	Value	Reference Range	Flag
WBC'S AUTO	3.7	4.0 - 11.0 x1000/mcL	⚡
RBC, AUTO	5.05	4.20 - 5.40 Mill/mcL	—

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
 L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
 LOS ANGELES CA 90034-  
 1702  
 LMR w/o Flowsheets

**Lab - All Orders and Results (continued)****CBC W DIFFERENTIAL, AUTO [609467266] (continued)**

HGB	13.7	12.0 - 16.0 g/dL	—
HCT, AUTO	41.7	37.0 - 47.0 %	—
MCV	82.6	81.0 - 99.0 fL	—
MCH	27.1	27.0 - 35.0 pg/cell	—
MCHC	32.8	32.0 - 37.0 g/dL	—
RDW, BLOOD	14.9	11.5 - 14.5 %	<b>H</b>
PLATELETS, AUTOMATED COUNT	214	130 - 400 x1000/mcL	—

**ELECTROLYTE PANEL (NA, K, CL, CO2) [609467267]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
 Frequency: STAT Once 05/26/15 1530 - 1 occurrence

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	LAB

Specimen Information

Type	Source	Collected By
—	BLOOD	—

**ELECTROLYTE PANEL (NA, K, CL, CO2) [609467292]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	LAB

Specimen Information

Type	Source	Collected By
—	BLOOD	RN,Collect 05/26/15 1540

**ELECTROLYTE PANEL (NA, K, CL, CO2) [609467292]**

Resulted: 05/26/15 1604, Result status: Final result

Ordering provider: Bharel, Chetan (M.D.) 05/26/15 1522 Order status: Completed  
 Resulting lab: WLA MEDICAL CENTER LABORATORY  
 Narrative:  
 RMS ACCN: 561964470

Specimen Information

ID	Type	Source	Collected On
C0000220151460 50880	—	BLOOD	05/26/15 1540

Components

Component	Value	Reference Range	Flag
SODIUM	141	135 - 145 mEq/L	—
POTASSIUM	3.6	3.5 - 5.0 mEq/L	—
CHLORIDE	102	101 - 111 mEq/L	—
CO2	27	21 - 31 mEq/L	—

**BUN, SERUM [609467268]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
 Frequency: STAT Once 05/26/15 1530 - 1 occurrence

Questionnaire

**Lab - All Orders and Results (continued)**

**BUN, SERUM [609467268] (continued)**

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	LAB

Specimen Information

Type	Source	Collected By
—	BLOOD	—

**BUN, SERUM [609467293]**

Electronically signed by: <b>Bharel, Chetan (M.D.) on 05/26/15 1522</b>	Status: <b>Completed</b>
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522	Ordering provider: Bharel, Chetan (M.D.)
Authorized by: Bharel, Chetan (M.D.)	Ordering mode: Standard

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	LAB

Specimen Information

Type	Source	Collected By
—	BLOOD	RN,Collect 05/26/15 1540

**BUN, SERUM [609467293]**

Resulted: 05/26/15 1604, Result status: Final result

Ordering provider: Bharel, Chetan (M.D.) 05/26/15 1522	Order status: Completed
Resulting lab: WLA MEDICAL CENTER LABORATORY	
Narrative:	
RMS ACCN: 561964470	

Specimen Information

ID	Type	Source	Collected On
C0000220151460	—	BLOOD	05/26/15 1540
50880			

Components

Component	Value	Reference Range	Flag
BUN	8	<=18 mg/dL	—

**CREATININE, SERUM [609467269]**

Electronically signed by: <b>Bharel, Chetan (M.D.) on 05/26/15 1522</b>	Status: <b>Completed</b>
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522	Ordering provider: Bharel, Chetan (M.D.)
Authorized by: Bharel, Chetan (M.D.)	Ordering mode: Standard
Frequency: STAT Once 05/26/15 1530 - 1 occurrence	

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	LAB

Specimen Information

Type	Source	Collected By
—	BLOOD	—

**CREATININE, SERUM [609467294]**

Electronically signed by: <b>Bharel, Chetan (M.D.) on 05/26/15 1522</b>	Status: <b>Completed</b>
Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522	Ordering provider: Bharel, Chetan (M.D.)
Authorized by: Bharel, Chetan (M.D.)	Ordering mode: Standard

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	LAB

Specimen Information

Type	Source	Collected By
—	BLOOD	RN,Collect 05/26/15 1540

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
 L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
 LOS ANGELES CA 90034-  
 1702  
 LMR w/o Flowsheets

**Lab - All Orders and Results (continued)****CREATININE, SERUM [609467269] (continued)**

CREATININE, SERUM [609467294] Resulted: 05/26/15 1604, Result status: Final result  
 Ordering provider: Bharel, Chetan (M.D.) 05/26/15 1522 Order status: Completed  
 Resulting lab: WLA MEDICAL CENTER LABORATORY  
 Narrative:  
 RMS ACCN: 561964470

Specimen Information

ID	Type	Source	Collected On
C0000220151460 50880	—	BLOOD	05/26/15 1540

Components

Component	Value	Reference Range	Flag
CREATININE	0.90	<=1.10 mg/dL	—
GLOMERULAR FILTRATION RATE	79	mL/min/BSA	—

Comment:

Estimated GFR (eGFR) is normalized to a standard body surface area (BSA, 1.73m<sup>2</sup>), by sex, age, and race. The eGFR has been multiplied by 1.21 if "Black" race is reported in Foundations System.

-GFR Ranges-

GFR >89 Normal (or CKD1\*)  
 60-89 Mildly reduced (CKD2\*)  
 30-59 Moderately reduced (CKD3 if >3mos)  
 15-29 Severely reduced (CKD4 if >3mos)  
 GFR <15 Kidney failure (CKD5 if >3mos)  
 \* GFR >60 is not diagnostic of CKD1 or 2 unless another marker of kidney damage is present (e.g. microalbumin or urine protein >300 mg/day on 2 occasions, or renal biopsy or imaging abnormality).

RACE	Black	—	—
------	-------	---	---

**GLUCOSE, RANDOM [609467270]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
 Frequency: STAT Once 05/26/15 1530 - 1 occurrence

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	LAB

Specimen Information

Type	Source	Collected By
—	BLOOD	—

**GLUCOSE, RANDOM [609467295]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	LAB

Specimen Information

Type	Source	Collected By
—	BLOOD	RN, Collect 05/26/15 1540



**Lab - All Orders and Results (continued)**

**GLUCOSE, RANDOM [609467270] (continued)**

GLUCOSE, RANDOM [609467295] Resulted: 05/26/15 1604, Result status: Final result  
 Ordering provider: Bharel, Chetan (M.D.) 05/26/15 1522 Order status: Completed  
 Resulting lab: WLA MEDICAL CENTER LABORATORY  
 Narrative:  
 RMS ACCN: 561964470

Specimen Information

ID	Type	Source	Collected On
C0000220151460 50880	—	BLOOD	05/26/15 1540

Components

Component	Value	Reference Range	Flag
GLUCOSE, RANDOM	101	70 - 140 mg/dL	—

**TROPONIN I [609467271]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
 Frequency: STAT Once 05/26/15 1530 - 1 occurrence

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	NURSE

Specimen Information

Type	Source	Collected By
—	BLOOD	—

**TROPONIN I [609467296]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard

Questionnaire

Question	Answer
WHO IS OBTAINING THIS SAMPLE ?	NURSE

Specimen Information

Type	Source	Collected By
—	BLOOD	RN,Collect 05/26/15 1540

**TROPONIN I [609467296]**

Resulted: 05/26/15 1611, Result status: Final result  
 Ordering provider: Bharel, Chetan (M.D.) 05/26/15 1522 Order status: Completed  
 Resulting lab: WLA MEDICAL CENTER LABORATORY  
 Narrative:  
 RMS ACCN: 561964470

Specimen Information

ID	Type	Source	Collected On
C0000220151460 50879	—	BLOOD	05/26/15 1540

Components

Component	Value	Reference Range	Flag
TROPONIN I Comment:	<0.02	<=0.03 ng/mL	—

Normal: <0.04 ng/mL  
 Indeterminate: 0.04-0.50 ng/mL  
 Myocardial injury: >0.50 ng/mL

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
 L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
 6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
 LOS ANGELES CA 90034-  
 1702  
 LMR w/o Flowsheets

**Lab - All Orders and Results (continued)****TROPONIN I [609467271] (continued)**

Troponin values may be elevated in clinical conditions other than acute coronary syndrome.

**WBC DIFFERENTIAL, AUTOMATED [609474984]**

Electronically signed by: **Interface, Scal\_Lab\_Cerner on 05/26/15 1540** Status: **Completed**  
 Ordering user: Interface, Scal\_Lab\_Cerner 05/26/15 1540 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
 Frequency: STAT Once 05/26/15 1545 - 1 occurrence

**WBC DIFFERENTIAL, AUTOMATED [609474985]**Status: **Completed**

Order placed as a reflex to CBC W DIFFERENTIAL, AUTO [609467291] ordered on 05/26/15 at 1522  
 Ordering user: Interface, Scal\_Lab\_Cerner 05/26/15 1540 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard

**Specimen Information**

Type	Source	Collected By
—	BLOOD	RN,Collect 05/26/15 1540

**WBC DIFFERENTIAL, AUTOMATED [609474985]**

Resulted: 05/26/15 1555, Result status: Final result

Ordering provider: Bharel, Chetan (M.D.) 05/26/15 1540 Order status: Completed  
 Resulting lab: WLA MEDICAL CENTER LABORATORY  
 Narrative:  
 RMS ACCN: 561964470

**Specimen Information**

ID	Type	Source	Collected On
C0000220151460 50880	—	BLOOD	05/26/15 1540

**Components**

Component	Value	Reference Range	Flag
NEUTROPHILS %, AUTOMATED COUNT	48.7	42.0 - 75.0 %	—
LYMPHOCYTES %, AUTOMATED COUNT	39.6	20.0 - 51.0 %	—
MONOS %, AUTO	10.9	1.0 - 12.0 %	—
EOSINOPHILS %, AUTOMATED COUNT	0.2	0.0 - 10.0 %	—
BASOPHILS %, AUTOMATED COUNT	0.6	0.0 - 1.0 %	—
RBC NUCLEATED AUTO COUNT, BLD	0	<=0 %	—
NEUTROPHILS, ABSOLUTE, AUTOMATED COUNT	1.8	1.8 - 7.7 x1000/mcL	—
LYMPHOCYTES, AUTOMATED COUNT	1.5	1.2 - 3.4 x1000/mcL	—
MONOCYTES, AUTOMATED COUNT	0.4	0.1 - 1.0 x1000/mcL	—
EOSINOPHILS, AUTOMATED COUNT	0.0	0.0 - 0.7 x1000/mcL	—
BASOPHILS, AUTOMATED COUNT	0.0	0.0 - 0.2 x1000/mcL	—

**Medications - All Orders and Results****Aspirin Tab 325 mg [609467261]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
 Frequency: Routine X1 05/26/15 1530 - 1 occurrence

**Ondansetron (PF) Inj 4 mg (ZOFTRAN) [609467276]**

Electronically signed by: **Bharel, Chetan (M.D.) on 05/26/15 1522** Status: **Completed**  
 Ordering user: Bharel, Chetan (M.D.) 05/26/15 1522 Ordering provider: Bharel, Chetan (M.D.)  
 Authorized by: Bharel, Chetan (M.D.) Ordering mode: Standard  
 Frequency: Routine X1 05/26/15 1530 - 1 occurrence

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
LOS ANGELES CA 90034-  
1702  
LMR w/o Flowsheets

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**Medications - All Orders and Results (continued)**

**Ondansetron (PF) Inj 4 mg (ZOFTRAN) [609467276] (continued)**

---

**Testing Performed By**

---

Lab - Abbreviation	Name	Director	Address	Valid Date Range
<b>120 - Unknown</b>	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present
<b>321 - 305</b>	WLA MEDICAL CENTER LABORATORY	S.R. McLaren, D.O.	6041 Cadillac Ave. LOS ANGELES CA 90034	09/01/05 0850 - 05/23/17 0009

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
LOS ANGELES CA 90034-  
1702  
LMR w/o Flowsheets

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**KP WC QF RTF PREOP EVAL ALL CONTACT ANES NATL**

**Anesthesiologist Verify**

---

No case/log ID found

**CRNA Verify**

---

No case/log ID found

**Resident/SRNA Verify**

---

No case/log ID found

**GRNA Verify**

---

No case/log ID found

**KP WC IP RTF QF SUMMARY PROCEDURES ANES NATL**

**Epidural Blood Patch**

---

\*\* None \*\*

**HOSPITAL PROBLEM LIST** as of 5/26/2015

None

**Patient Education**

Title: Generic Teaching Goals/Outcomes (Not Started)

Points For This Title

Point: Dietary Modifications (Not Started)

Description:  
Dietary Modifications

Patient Friendly Description:  
To live a healthy lifestyle, feel the best you possibly can, and to avoid or manage health problems, you may need to make some changes to your diet. You can work with your care team, and possibly a dietitian to learn what changes you should make for a healthier diet, taking into consideration your personal likes and dislikes, your overall health, and any medical problems you may have. It's often helpful to make small changes for a set period of time and then once accomplished and part of your routine, add other changes. Setting goals for healthier eating is also important and then setting time as you go along to re-evaluate your progress. It often helps to have a support group you can talk to about your successes, as well as those things you find difficult. Other people experiencing the same thing you are can help give you encouragement and recognition for your successes and suggestions for the changes you find more difficult. Knowing that you're not alone in trying to make healthier choices and the feelings, concerns, frustrations, etc. can help you to continue moving forward.

Learner Not documented in this visit.  
Progress:

Point: Room/Orientation (Not Started)

Description:  
Room/Orientation

Patient Friendly Description:  
Your care team will teach you about the reason for your visit, how you can help to get better, and what you need to do once you get home. Please pay attention and ask questions until you fully understand what is being taught.

Learner Not documented in this visit.  
Progress:

Point: Diagnostic Tests/Procedures (Not Started)

Description:  
Diagnostic Tests/Procedures

Patient Friendly Description:  
Often when your care team is evaluating any health problems you have they may recommend you do some diagnostic testing or procedures. They will take into consideration any risk factors you may have, the medical facts and your personal feelings. You should ask questions about any testing to learn about what they are, how they're done, what preparation you need to do, recovery time, alternative testing choices and cost if that's a worry or concern. The kp.org website has many tests described that can also be helpful as you gather information. You should talk with your care team to determine the best option for you that you feel comfortable with.

Learner Not documented in this visit.  
Progress:

Point: Hygiene/Infection Prevention (Not Started)

Description:  
Hygiene/Infection Prevention

Patient Friendly Description:  
It is important to maintain good hygiene habits during your visit. Please wash your hands frequently and follow other suggestions from your care team.

Learner Not documented in this visit.  
Progress:

Point: Tobacco Cessation (Not Started)

Description:  
Tobacco Cessation practical counseling provided.

Interaction with the patient addressed the following: recognizing danger situations, developing coping skills, and providing basic information about quitting.

**KP WC IP RTF QF SUMMARY PROCEDURES ANES NATL (continued)****Patient Education (continued)**

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## Patient Friendly Description:

Tobacco cessation means to stop smoking, or chewing/sniffing tobacco. Inhaling cigarette/cigar smoke or chewing/sniffing tobacco causes blood vessels to become smaller and it takes longer for oxygen and nutrition (both very important for healing), to get to a wound (pressure sore/ulcer) or injured area. Chemicals in tobacco also change the shape and actions of cells that fight infection so they can't work as well, leading to slower healing and an increase in scarring. Carbon monoxide is a poison inhaled during smoking that enters the blood cells and lowers the oxygen level in the blood. Also, because the blood vessels are smaller the blood can't flow as quickly through them and there may be problems with blood clots forming at the wound. Let your care team know if you need help to quit smoking. You can find a lot of information and helpful tools on websites like kp.org to help you stop smoking.

Learner Not documented in this visit.

Progress:

**Point: Resources for Support (Not Started)**

---

## Description:

Resources for Support

Learner Not documented in this visit.

Progress:

**Point: Pain and Pain Management (Not Started)**

---

## Description:

Pain and Pain Management

## Patient Friendly Description:

Your pain will be regularly monitored during your visit. If you notice pain, or if your pain increases, please let your bedside nurse know. Your care team will do their best to help you manage your pain as appropriate with your care.

Learner Not documented in this visit.

Progress:

**Point: Medical Equipment/Supplies (Not Started)**

---

## Description:

Medical Equipment/Supplies

## Patient Friendly Description:

There are times that you or a loved one may need special equipment to help in the recovery from an injury or illness, or to help adapt to changes you or they may face. Medical equipment, often called durable medical equipment (DME), includes walkers, wheelchairs, canes, special beds or chairs, lifts, raised toilet seats or special toilet chairs, crutches, and shower chairs. It also includes oxygen, ventilators (breathing machines), blood testing strips, suction pumps, traction equipment, or other types of equipment that can be reused. The equipment can be bought, rented or leased for a specific period of time. Often DME is covered by insurance but you should check with your insurance company. Talk to the care team for more information.

Learner Not documented in this visit.

Progress:

**Point: Rehabilitation (Not Started)**

---

## Description:

Rehabilitation

## Patient Friendly Description:

There are many types of rehabilitation (or rehab), including stroke, pulmonary (for breathing problems), cardiac, or driving rehab, or physical, occupational or speech therapy (also considered rehab therapies). In rehab you'll generally have a team of healthcare professionals (doctors, nurses, therapists, dieticians, etc.) who are licensed in their specific field of expertise. The goal of rehab is to help you recover from an illness, disease or injury and to return to as close to normal as possible. Depending on your needs, rehab may be done in an inpatient rehab facility, on an outpatient basis where you may go several times each week, or you may have in If you have questions about any of these rehabilitation types there are websites including kp.org that can give you specific information.

Learner Not documented in this visit.

Progress:

**Point: Medications (Not Started)**

---

## Description:

Medications

**KP WC IP RTF QF SUMMARY PROCEDURES ANES NATL (continued)**

**Patient Education (continued)**

Patient Friendly Description:

It's important for you to know all of the medications that you or family members in your home are taking, why and when they take them and what the side effects are. Encourage family members to keep a list of all of their medications with them that includes the dose (amount), and when they take them. This way they can easily share this information with their care providers or emergency responders if they have a problem. Always be sure to take your medications as instructed and before taking over the counter medications check with your care team to make sure they won't cause a reaction with prescription medications. Talk to the care team if you have a problem with any of your medications as they may be able to switch your medications to a different form (liquid, pill, capsule, injection, etc.), different schedule (with food, without food, etc.) or different medication. Also talk to the care team for more information.

Learner Not documented in this visit.  
 Progress:

**Recent Education Comments**

No education comments to display

**Learning Assessment**

No assessments to display

**Multidisciplinary Problems**

Multidisciplinary Problems (Active)

Problem: General Plan of Care (Adult, Obstetrics)

Dates: Start: 05/26/15  
 Description: Adult General Plan of Care  
 Disciplines: Pt Care Team

Goal: Individualization/Patient-Specific Goal

Dates: Start: 05/26/15  
 Description: The patient and/or their representative will achieve their patient-specific goals related to the plan of care.  
 Disciplines: Pt Care Team

Goal: Plan of Care Review

Dates: Start: 05/26/15  
 Description: Plan of Care mutually reviewed/revised with the patient and/or other representative during this shift or as per policy.  
 Disciplines: Pt Care Team

Multidisciplinary Problems (Resolved)

There are no resolved problems.

**Care Plan Event Log**

Filters

By Action  
 Show All      Added/Reactivated      Documented      Resolved/Discontinued      Modified      Deleted

**5/26/2015 0316 - 5/26/2015 1516**

Time	Problem/Goal/Intervention	Action	Details	User
1516	General Plan of Care (Adult, Obstetrics)	Added		Dagamac, Maria Cielo Garcia (R.N.)
1516	Individualization/Patient-Specific Goal	Added		Dagamac, Maria Cielo Garcia (R.N.)
1516	Plan of Care Review	Added		Dagamac, Maria Cielo Garcia (R.N.)

**KP WC IP RTF QF SUMMARY PROCEDURES ANES NATL (continued)**

**All Meds and Administrations**

Aspirin Tab 325 mg [609467261]

Ordering Provider: Bharel, Chetan (M.D.)	Status: Completed (Past End Date/Time)
Ordered On: 05/26/15 1522	Starts/Ends: 05/26/15 1530 - 05/26/15 1554
Dose (Remaining/Total): 325 mg (0/1)	Route: Oral
Frequency: ONE TIME	Rate/Duration: — / —

Timestamps	Action	Dose	Route	Other Information
05/26/15 1554	Given	325 mg	Oral	Performed by: Gilles, Marie G (R.N.)

Ondansetron (PF) Inj 4 mg (ZOFTRAN) [609467276]

Ordering Provider: Bharel, Chetan (M.D.)	Status: Completed (Past End Date/Time)
Ordered On: 05/26/15 1522	Starts/Ends: 05/26/15 1530 - 05/26/15 1554
Dose (Remaining/Total): 4 mg (0/1)	Route: intraVENOUS
Frequency: ONE TIME	Rate/Duration: — / —

Timestamps	Action	Dose	Route	Other Information
05/26/15 1554	Given	4 mg	intraVENOUS	Performed by: Gilles, Marie G (R.N.)

**Medication Documentation Review Audit**

Reviewed by Gilles, Marie G (R.N.) (REGISTERED NURSE) on 05/26/15 at 1640

Medication	Order	Taking?	Sig	Documenting Provider	Last Dose	Status
No Medications to Display						

Reviewed by Gilles, Marie G (R.N.) (REGISTERED NURSE) on 05/26/15 at 1556

Medication	Order	Taking?	Sig	Documenting Provider	Last Dose	Status
No Medications to Display						

Reviewed by Aweke, Adisu A (R.N.) (REGISTERED NURSE) on 05/26/15 at 1517

Medication	Order	Taking?	Sig	Documenting Provider	Last Dose	Status
No Medications to Display						

**Discharge Instructions**

Garner, Annette L (MR # 000007246313)

Date	Status	User	User Type	Discharge Note
05/26/15 1617	Pended	Bharel, Chetan (M.D.)	Physician	Original

Note:

**Your Kaiser Permanente Care Instructions**

**Chest Pain: After Your Visit**

**Your Care Instructions**

There are many things that can cause chest pain. Some are not serious and will get better on their own in a few days. But some kinds of chest pain need more testing and treatment. Your doctor may have recommended a follow-up visit in the next 8 to 12 hours. If you are not getting better, you may



**KP WC IP RTF QF SUMMARY PROCEDURES ANES NATL (continued)**

need more tests or treatment.

Even though your doctor has released you, you still need to watch for any problems. The doctor carefully checked you, but sometimes problems can develop later. If you have new symptoms or if your symptoms do not get better, get medical care right away.

If you have worse or different chest pain or pressure that lasts more than 5 minutes or you passed out (lost consciousness), **call 911 or seek other emergency help right away.**

A medical visit is only one step in your treatment. Even if you feel better, you still need to do what your doctor recommends, such as going to all suggested follow-up appointments and taking medicines exactly as directed. This will help you recover and help prevent future problems.

**How can you care for yourself at home?**

- Rest until you feel better.
- Take your medicine exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Do not drive after taking a prescription pain medicine.

**When should you call for help?****Call 911 if:**

- You passed out (lost consciousness).
- You have severe difficulty breathing.
- You have symptoms of a heart attack. These may include:
  - ◆ Chest pain or pressure, or a strange feeling in your chest.
  - ◆ Sweating.
  - ◆ Shortness of breath.
  - ◆ Nausea or vomiting.
  - ◆ Pain, pressure, or a strange feeling in your back, neck, jaw, or upper belly or in one or both shoulders or arms.
  - ◆ Lightheadedness or sudden weakness.
  - ◆ A fast or irregular heartbeat.

After you call 911, the operator may tell you to chew 1 adult-strength or 2 to 4 low-dose aspirin. Wait for an ambulance. Do not try to drive yourself.

**Call your doctor today if:**

- You have any trouble breathing.
- Your chest pain gets worse.
- You are dizzy or lightheaded, or you feel like you may faint.
- You are not getting better as expected.
- You are having new or different chest pain.

**Where can you learn more?**

Go to <http://www.kp.org>

Enter **A120** in the search box to learn more about "**Chest Pain: After Your Visit**".

**KP WC IP RTF QF SUMMARY PROCEDURES ANES NATL (continued)**

Last Revised: February 13, 2013

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**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/Responsible Party Signature Date

\_\_\_\_\_  
Hospital Representative Signature/Title Date

\_\_\_\_\_  
Hospital Representative Printed Name Date

**Adult Health Maintenance**

**If you have smoked in the past 12 months, please call Smoker's Helpline: 1-888-883-7867 or visit the website <http://members.Kaiserpermanente.org>**

**Females (age 50-69 years), schedule a mammogram if not done in the last 18 months.**

**KP WC IP RTF QF SUMMARY PROCEDURES ANES NATL (continued)**

**Females who have been sexually active, schedule a Papanicolaou (Pap) test if not done in the past 2 years.**

**Did you know? If you register at KP.ORG, you can order refills, view most lab test results, make appointments, and send secure encrypted messages directly to your doctor. Sign up today!**

**Primary Care Provider**

PCP			
Name	Type	Specialty	Phone Number
Schneider, Lawrence (M.D.), M.D.	Physician	Internal Medicine	Not available

**Treatment Team**

Provider	Role	Specialty	From	To
Bharel, Chetan (M.D.)	Attending Provider	Emergency Medicine	05/26/15 1520	—

**Discharge Instructions**

**Your Kaiser Permanente Care Instructions**

**Chest Pain: After Your Visit**

**Your Care Instructions**

There are many things that can cause chest pain. Some are not serious and will get better on their own in a few days. But some kinds of chest pain need more testing and treatment. Your doctor may have recommended a follow-up visit in the next 8 to 12 hours. If you are not getting better, you may need more tests or treatment.

Even though your doctor has released you, you still need to watch for any problems. The doctor carefully checked you, but sometimes problems can develop later. If you have new symptoms or if your symptoms do not get better, get medical care right away.

If you have worse or different chest pain or pressure that lasts more than 5 minutes or you passed out (lost consciousness), **call 911 or seek other emergency help right away.**

A medical visit is only one step in your treatment. Even if you feel better, you still need to do what your doctor recommends, such as going to all suggested follow-up appointments and taking medicines exactly as directed. This will help you recover and help prevent future problems.

**How can you care for yourself at home?**

- Rest until you feel better.
- Take your medicine exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.

- Do not drive after taking a prescription pain medicine.

**When should you call for help?****Call 911 if:**

- You passed out (lost consciousness).
- You have severe difficulty breathing.
- You have symptoms of a heart attack. These may include:
  - ◆ Chest pain or pressure, or a strange feeling in your chest.
  - ◆ Sweating.
  - ◆ Shortness of breath.
  - ◆ Nausea or vomiting.
  - ◆ Pain, pressure, or a strange feeling in your back, neck, jaw, or upper belly or in one or both shoulders or arms.
  - ◆ Lightheadedness or sudden weakness.
  - ◆ A fast or irregular heartbeat.

After you call 911, the operator may tell you to chew 1 adult-strength or 2 to 4 low-dose aspirin. Wait for an ambulance. Do not try to drive yourself.

**Call your doctor today if:**

- You have any trouble breathing.
- Your chest pain gets worse.
- You are dizzy or lightheaded, or you feel like you may faint.
- You are not getting better as expected.
- You are having new or different chest pain.

**Where can you learn more?**

Go to <http://www.kp.org>

Enter **A120** in the search box to learn more about "**Chest Pain: After Your Visit**".

Last Revised: February 13, 2013

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**Follow-up Information**

Follow-up With	Details	Why	Contact Info
Schneider, Lawrence (M.D.)	In 2 days		13640 ROSCOE BLVD. Panorama City CA 91402-3904
EDWL		As needed, If symptoms worsen	6041 Cadillac Ave. West Los Angeles California 90034 323-857-2000
User		Date/Time	
Bharel, Chetan (M.D.), M.D.		Tue May 26, 2015 1617	

**Immunizations - last 24 hours**

None

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
LOS ANGELES CA 90034-  
1702  
LMR w/o Flowsheets

**Your Medications**

Start Taking

**FAMOTIDINE (PEPCID) 20 MG ORAL TAB**

**TAKE 1 TABLET ORALLY 2 TIMES A DAY**

Stop Taking

No Medications Reported

**Current Discharge Medication List**

Medication list as of: 5/26/2015 4:31 PM

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; Patient ID Band removed

**VERBALIZED UNDERSTANDING OF DISCHARGE INSTRUCTIONS AND COPY GIVEN.**

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

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
LOS ANGELES CA 90034-  
1702  
LMR w/o Flowsheets

**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.**

**Immunizations - last 24 hours**

None

**Home Medication List**

**ASK your doctor about these medications**

	As need	AM	Noon	PM	Bed
Famotidine 20 mg Tab Commonly known as: PEPCID TAKE 1 TABLET ORALLY 2 TIMES A DAY Ask about: Should I take this medication?					

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
LOS ANGELES CA 90034-  
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**Encounter-Level Documents:**

---

There are no encounter-level documents.

**Order-Level Documents:**

---

There are no order-level documents.

{^EpicData xml <epicdata format="IDMPainter"><DocumentsDone>1</DocumentsDone></epicdata> }

**Encounter-Level E-Signatures:**

---

No documentation.

**KAISER PERMANENTE**

WEST LA MEDICAL CENTER Garner, Annette L  
L MRN: 000007246313, DOB: 11/15/1959, Sex: F  
6041 CADILLAC AVE Adm: 5/26/2015, D/C: 5/26/2015  
LOS ANGELES CA 90034-  
1702  
LMR w/o Flowsheets

---

**Implants**

---

No active implants to display in this view.

---

**END OF ENCOUNTER**

---

**END OF REPORT**

---