

9836044812

9143326564

DEPARTMENT OF HEALTH & FAMILY WELFARE
PHYSICAL MEDICINE & REHABILITATION GOVERNMENT OF WEST BENGAL

OPD Patient Card
R.G. Kar Medical College & Hospital

User Name :
sanghamitra
Paid Rupees : 2

1, Khudiram Bose Sarani, Kolkata-700004 (PH:033-25557676)

Name : NASIMA BIBI	Age : 22	Yrs. 0	Months 0	Days 0	Day : Tuesday
Sex : Female	Ref. From :				Reg. No. : 2011-2011
Visit No. : 1 Department : PHYSICAL MEDICINE & REHABILITATION					Visit Date : 20-11-2018
Doctor/Unit Name (DOW) : Dr. S iswarani (Assoc. Prof) 110					Time :
Room No. :					Entry No. :

Visit No. : 2	Visit Date : Tm.
Department :	Doctor/Unit :
Entry No. :	

Visit No. : 3	Visit Date : Tm.
Department :	Doctor/Unit :
Entry No. :	

Visit No. : 4	Visit Date : Tm.
Department :	Doctor/Unit :
Entry No. :	

Clinical Notes	ADVICE
<p>20 NOV 2018</p> <p>lc- L5/S1 @ to LL x 6 months</p> <p>↑ @ extension flexion</p> <p>? No trauma. Not K/c/o DM, HTN.</p> <p>K/c/o Hypothyroidism.</p> <p>FBS-21 / uraa-26 / ur-1.0 SUA-3.2 HB-12.2 TC-10,200 / N₆₉L₂₆M₁E₄ ESR-30 TSH-4.310 (N=0.27-4.20)</p> <p>→ on Eltroxin as (since 3 months)</p> <p>x-ray sfo → Post listhosis of L5 over S1</p>	<p>Physical Medicine & Rehabilitation OPD R.G. Kar Medical College, Kolkata</p> <p>স্বপ্না - সিনি</p> <p>Adv.</p> <p>Inv. suggested :- • Dig X-ray of L-5 spine → BIL oblique view. • MRI of L-5 spine @ <u>caudal diam.</u></p> <p>* Blood → ca2+, 25(OH)D, ALP, FT4, TSH (after 2 months)</p> <p>⊙ L-5 Contoured support.</p> <p>✓ T Flexura 400 - 1 tab BID PC x 7d</p> <p>• T. Diclofenac 50 - 1 tab TID PC x 5d & sos after 1 week</p> <p>• T. Pan 40 / Rasepr. 20 - 1 tab OD BID x 10d</p> <p>• T. ca2+ vito - ODHs x 20d</p> <p>✓ T. D₃ must 2K - 1 tab OD PC x 4 weeks</p> <p>→ Paindema gel - apply locally.</p> <p>⊙ Avoid spinal Extension and excessive forward Bending.</p> <p>Core ms strengthening Quad, Hamstring stretching</p>

↓ L5/S1 disc sp. → Refer to Endocrinology OPD or MOPD.
* Not pregnant, lactating | B₁₀