



RIVERSIDE REGIONAL MEDICAL CENTER EMERGENCY ROOM
500 J Clyde Morris Blvd.
Newport News VA 23601-1929
Phone: 757-594-2050
Fax: 757-594-2196

Fiorenza Rigoni

The information in this after visit summary is up to date as of: 8/17/2017 9:14 PM.

Medication List

START taking these medications

ibuprofen 600 MG tablet

Commonly known as: ADVIL MOTRIN

Take 1 tablet (600 mg total) by mouth 3 (three) times a day for 20 doses. PRN pain. Take with food.

Where to Get Your Medications

You can get these medications from any pharmacy

Bring a paper prescription for each of these medications

- ibuprofen 600 MG tablet

If you have any questions about this medication list, please talk to your doctor at your next appointment. You may use this form to make notes about any medications that you have stopped or started taking, including over the counter medications. Bring the form with you to the appointment as a reminder to discuss with your doctor.

Important Information

****Please ensure that we have a correct address and phone number for you as we may need to contact you regarding lab or radiology results****

X-RAYS

If you had x-rays done, the interpretation of x-rays at the time of the emergency visit may only be a preliminary report.

You will be notified if there is a change in the interpretation when the x-rays are reviewed by the radiologist.

CULTURES

Cultures taken at the time of the emergency visit are not ready until one to several days afterwards. If culture results are positive, you will be notified if change in the treatment is necessary.

Discharge Instructions

Chest Wall Pain

Rigoni, Fiorenza (MR # 008336736) DOB: 04/08/1970

Encounter Date: 08/17/2017

Chest wall pain is pain in or around the bones and muscles of your chest. It may take up to 6 weeks to get better. It may take longer if you must stay physically active in your work and activities.

CAUSES

Chest wall pain may happen on its own. However, it may be caused by:

- A viral illness like the flu.
- Injury.
- Coughing.
- Exercise.
- Arthritis.
- Fibromyalgia.
- Shingles.



HOME CARE INSTRUCTIONS

- Avoid overtiring physical activity. Try not to strain or perform activities that cause pain. This includes any activities using your chest or your abdominal and side muscles, especially if heavy weights are used.
- Put ice on the sore area.
 - Put ice in a plastic bag.
 - Place a towel between your skin and the bag.
 - Leave the ice on for 15-20 minutes per hour while awake for the first 2 days.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your pain increases, or you are very uncomfortable.
- You have a fever.
- Your chest pain becomes worse.
- You have new, unexplained symptoms.
- You have nausea or vomiting.
- You feel sweaty or lightheaded.
- You have a cough with phlegm (*sputum*), or you cough up blood.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Take medication(s) as prescribed.

Please review the package insert for all your medications.

Follow-up with your primary care physician within 7-10 days

Follow-up care is extremely important for your health. Be sure to make and keep your ER follow-up appointment.

Return to the ER immediately if symptoms worsen or you have additional concerns.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

Document Released: 12/18/2006 Document Revised: 03/11/2013 Document Reviewed: 08/13/2012
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Other Info from Your Visit

Diagnosis

Chest pain, musculoskeletal

Vital Signs

BP	Pulse	Temp	Respirations	Weight	SpO2
118/73 (BP)	49	98.4 °F (36.9 °C)	17	64 kg (141 lb 1.5 oz)	100%
Location: Left arm		(Oral)			
Smoking Status					
Never Smoker					

Microbiology Results

None

Laboratory Test Results

Procedure	Component	Value	Units	Date/Time
CBC with Differential [318510332]		(Abnormal)		Collected: 08/17/17 2000
Specimen:	Blood from Blood, Venous			Updated: 08/17/17 2006
	White Blood Cell	4.6 (L)	k/mcL	
	Red Blood Cell	4.72	Mil/mcL	
	Hemoglobin	14.0	gm/dL	
	Hematocrit	41.0	%	
	Mean Cell Volume	86.9	fL	
	Mean Cell Hemoglobin	29.6	pg	
	Mean Cell Hemoglobin Concentration	34.0	gm/dL	
	Red Cell Diameter Width	12.5	%	
	Platelet Count	187	k/mcL	
	Mean Platelet Volume	10.0	fL	
	Neutrophils Automated Percentage	68.4	Rel %	
	Lymphocytes Automated Percentage	24.6	Rel %	
	Monocytes Automated Percentage	5.7	Rel %	

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Laboratory Test Results (continued)

Procedure	Component	Value	Units	Date/Time
	Percentage Eosinophils Automated	0.7	Rel %	
	Percentage Basophils Automated	0.6	Rel %	
	Percentage Neutrophils Automated	3.1	k/mcL	
	Absolute Number Lymphocytes Automated	1.1	k/mcL	
	Absolute Number Monocytes Automated	0.3	k/mcL	
	Absolute Number Eosinophils Automated	0.0 (L)	k/mcL	
	Absolute Number Basophils Automated	0.0	k/mcL	

D-dimer, Quantitative [318510341]

Specimen: Blood from Blood, Venous

D-Dimer Quantitative	0.40	mg/L FEU
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Collected: 08/17/17 2000
Updated: 08/17/17 2104

A D-dimer result below 0.50 mg/L FEU has a negative predictive value of 100% for DVT and a negative predictive value of 99.6% for PE. In normal healthy subjects a D-dimer result of less than 0.59 mg/L is an expected value.

POCT Chem 8 [318510339]

Specimen: Blood from Blood, Venous

Point Of Care Testing Panel [318510345] (Abnormal)

Specimen: Blood

Sodium Level	141	mmol/L
Potassium Level	3.9	mmol/L
Chloride Level	101	mmol/L
Carbon Dioxide Anion Gap, POC	26	mmol/L
Glucose Random	19 (H)	mmol/L
Blood Urea Nitrogen	92	mg/dL
Creatinine	20	mg/dL
Hemoglobin, POC	0.7	gm/dL
Hematocrit, POC	16.0	gm/dL
Calcium Level Ionized	47.0	%
	1.21	mmol/L

Collected: 08/17/17 1943
Updated: 08/17/17 1945

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Laboratory Test Results (continued)

Procedure	Component	Value	Units	Date/Time
Troponin I [318510334]				Collected: 08/17/17 2003
Specimen:	Blood from Blood, Venous			Updated: 08/17/17 2030
	Troponin-I	<0.03	ng/mL	
hCG, Serum, Qualitative, Pregnancy [318510343]				Collected: 08/17/17 2000
Specimen:	Blood from Blood, Venous			Updated: 08/17/17 2051
	Beta hCG Qualitative Serum	Negative		

BhCG Qualitative serum results:
 Negative results are expected in healthy non-pregnant women and healthy men.
 Positive results are expected in healthy pregnant women with hCG levels greater than or equal to 20 mIU/mL.

Imaging Results

Procedure	Component	Value	Units	Date/Time
EKG 12 lead [318510336]				Collected: 08/17/17 1614
Order Status:	Completed			Updated: 08/17/17 1717

Narrative:
 Sinus bradycardia with sinus arrhythmia
 ST segment changes, non-specific
 Confirmed by HARRIS III, M.D., WILLIAM O. (106) on 8/17/2017 5:16:15 PM

XR Chest 2 view PA/LAT [318510337]				Collected: 08/17/17 1824
Order Status:	Completed			Updated: 08/17/17 1833

Narrative:

DX-17-134113 8/17/2017 6:24:46 PM

RESULT
 EXAM DESCRIPTION:
 DX CHEST PA/LAT 2 VIEWS

COMPLETED DATE/TIME:
 8/17/2017 6:24 pm

REASON FOR EXAM:
 shortness of breath

COMPARISON:
 None

TECHNIQUE:
 PA and lateral views were obtained.

REPORT:
 The heart and mediastinum are normal in size and contour. The lungs are clear bilaterally without infiltrate, effusion or vascular congestion. The osseous structures are unremarkable for age.

Impression:
 No evidence of acute disease in the chest.

INTERPRETING PHYSICIAN: James Baylous, MD
 JB/Report ID: 761460
 Creation Date: 08/17/17 6:31 pm

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Imaging Results (continued)

Procedure	Component	Value	Units	Date/Time
ELECTRONICALLY SIGNED BY: JAMES BAYLOUS, MD				
Date Signed: 08/17/17 6:33 pm				

Allergies

No active allergies

Date Reviewed: 8/17/2017

MyChart Signup

Riverside MyChart allows you to send messages to your doctor, view your test results, renew your prescriptions, schedule appointments, and more.

To sign up,

1. From you Web Browser, enter the following url: <https://mychart.riversideonline.com/mychart/>
2. Click on the **Sign Up Now** link in the New User? Box.
3. Enter your Riverside MyChart Activation Code exactly as it appears below.

Activation Code: VN449-K36N2-5SDK5

Expires: 8/31/2017 9:14 PM

4. Enter the last four digits of your Social Security Number and your Date of Birth to complete the sign-up process.

If you do not sign up before the expiration date, you must request a new code.

If you have questions, you can email our Riverside MyChart support at mychart@rivhs.com. To assist us in locating your records, you will need to provide your full name, date of birth, and last four digits or your ssn.

Remember, Riverside MyChart is **NOT** to be used for urgent needs. For medical emergencies, dial **911**.

Riverside Nurse

Contact Riverside Nurse for any questions you may have regarding your discharge instructions or general health information. This service is available 24 hours a day, 7 days a week for patients residing in our local Virginia service area at (757) 595-6363 or (800)675-6368 toll free.

I, Fiorenza Rigoni, on 08/17/17, received patient instructions and the after visit summary was reviewed with me

I have read or had the instructions reviewed with me and understand the instructions given to me by my caregivers.

Patient Signature: _____
Date: _____