



Bandana Square Allina Urgent Care
1021 Bandana Blvd E
Ste 100
Saint Paul MN 55108
651-241-9724

Malik D Tatum
Apt 105
744 Ashland Ave
Saint Paul MN 55104

June 18, 2018

CERTIFICATE TO RETURN TO WORK OR SCHOOL

Malik D Tatum has been under my care from 6/18/18 through 6/18/2018 and is able to return to work / school on 6/18/18.

Remarks: no use of L arm/hand

Sincerely,


Shannon Louise Shevock-Johnson, MD 6/18/2018 12:09 PM

AFTER VISIT SUMMARY

Malik D. Tatum DoB: 1/16/1993 6/18/2018 10:40 AM Bandana Square Allina Urgent Care 651-241-9724

Instructions from Shannon Louise Shevock-Johnson, MD



Read the attached information

Additional instructions from Shannon Louise Shevock-Johnson, MD

Preventative Care

BMI (ht and wt on same day) for age 18+	Next Due	7/10/2018
Tetanus booster	Next Due	8/11/2020
Depression screening for age 12+	Next Due	1/10/2019
Influenza for age 9-49	Next Due	8/1/2018

Your Problem List

Hyperopia
Color vision deficiency

FMLA

Patient Care Team

Pcp, No PCP - General

Your Medication List as of 6/18/2018 12:10 PM

You have not been prescribed any medications.

Allergies

No Known Allergies

Today's Visit

You saw Shannon Louise Shevock-Johnson, MD on Monday June 18, 2018. The following issue was addressed: Injury of left wrist, initial encounter.



Blood Pressure
134/58



BMI
27.16



Weight
87.1 kg
(192 lb)



Temperature (Oral)
98 °F
(36.7 °C)



Pulse
87



Respiration
16



Oxygen Saturation
98%

Orders In Process/Complete Today
WRIST SPLINT

Short term disability

MyChart

Allina Health offers you an online account to help you manage your health online when it's most convenient for you. With your Allina Health account, you get better communication with your clinic, hospital and care team; faster answers to your questions and access to your interactive health record at your fingertips. Sign in or sign up for your free, secure account at: <https://account.allinahealth.org>
Activation code: Activation code not generated
Current MyChart Status: Active



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Wrist Fracture, Scaphoid

KEY POINTS

- A scaphoid wrist fracture is a crack or break in the bone near the thumb called the navicular or scaphoid bone.
- Treatment may include surgery, a splint or cast, and special exercises to help your wrist get stronger and more flexible.
- Follow the full course of treatment your healthcare provider prescribes.

What is a scaphoid wrist fracture?

A scaphoid wrist fracture is a crack or break in the bone called the navicular or scaphoid bone. This bone, near the thumb, is 1 of the 8 bones in the wrist. The break may be just a small crack in the bone, or the bone may break into pieces or shatter.

A scaphoid fracture is the most common type of wrist fracture.

What is the cause?

A scaphoid fracture is usually caused by falling onto your outstretched hand or a direct hit to the wrist. A fracture may also be the result of a medical condition that causes weak or brittle bones.

What are the symptoms?

Symptoms may include:

- Pain, swelling, bruising, or tenderness that happens right after the injury, usually just below the thumb
- Pain when the injured area is touched
- Pain or swelling that keeps you from bending or using your wrist
- An area of the wrist or hand that is cold, pale, or numb
- A change in the shape of the wrist

How is it diagnosed?

Your healthcare provider will ask about your symptoms and how the injury happened. Your provider will examine you.

Tests may include:

- X-rays of the wrist
- CT scan, which uses X-rays and a computer to show detailed pictures of the bones
- MRI, which uses a strong magnetic field and radio waves to show detailed pictures of the bones
- Bone scan, which uses a radioactive chemical to look at your bones

How is it treated?

The treatment depends on the type of fracture.

- If you have an open wound with the fracture, you may need treatment to control bleeding or prevent infection.
- Your healthcare provider will usually put your arm and wrist in a cast that includes your thumb to keep your wrist from moving while it heals. If you have a cast, make sure the cast does not get wet. Cover the cast with plastic when you bathe. Avoid scratching the skin around the cast or poking things down between the cast and your skin. This could cause an infection.
- You may need surgery to put the bones back into the right position or a bone graft to help broken bones heal.

With treatment, the fracture may take up to 3 months to heal. You may need to do special exercises to help your wrist get stronger and more flexible. Ask your healthcare provider about this.

How can I take care of myself?

Follow the full course of treatment your healthcare provider prescribes. Also:

- To keep swelling down and help relieve pain, your healthcare provider may tell you to:
 - Put an ice pack, gel pack, or package of frozen vegetables wrapped in a cloth on the injured area every 3 to 4 hours for up to 20 minutes at a time for the first day or two after the injury.
 - Keep the wrist up on pillows so that it is above the level of your heart when you sit or lie down. Your provider may also recommend using a sling to keep the hand up while you do your daily activities.
 - Take pain medicine, such as ibuprofen, as directed by your provider. Nonsteroidal anti-inflammatory medicines (NSAIDs), such as ibuprofen, may cause stomach bleeding and other problems. These risks increase with age. Read the label and take as directed. Unless recommended by your healthcare provider, you should not take this medicine for more than 10 days.

Ask your healthcare provider:

- How and when you will get your test results
- How long it will take to recover
- If there are activities you should avoid and when you can return to your normal activities
- How to take care of yourself at home
- What symptoms or problems you should watch for and what to do if you have them

Make sure you know when you should come back for a checkup. Keep all appointments for provider visits or tests.

How can I help prevent a scaphoid fracture?

Most broken wrists are caused by accidents that are not easy to prevent. When you do activities like skating, be sure to wear protective wrist guards.

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Last reviewed: 2015-12-01

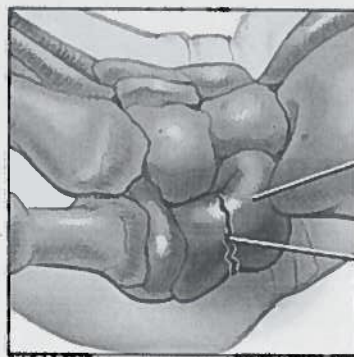
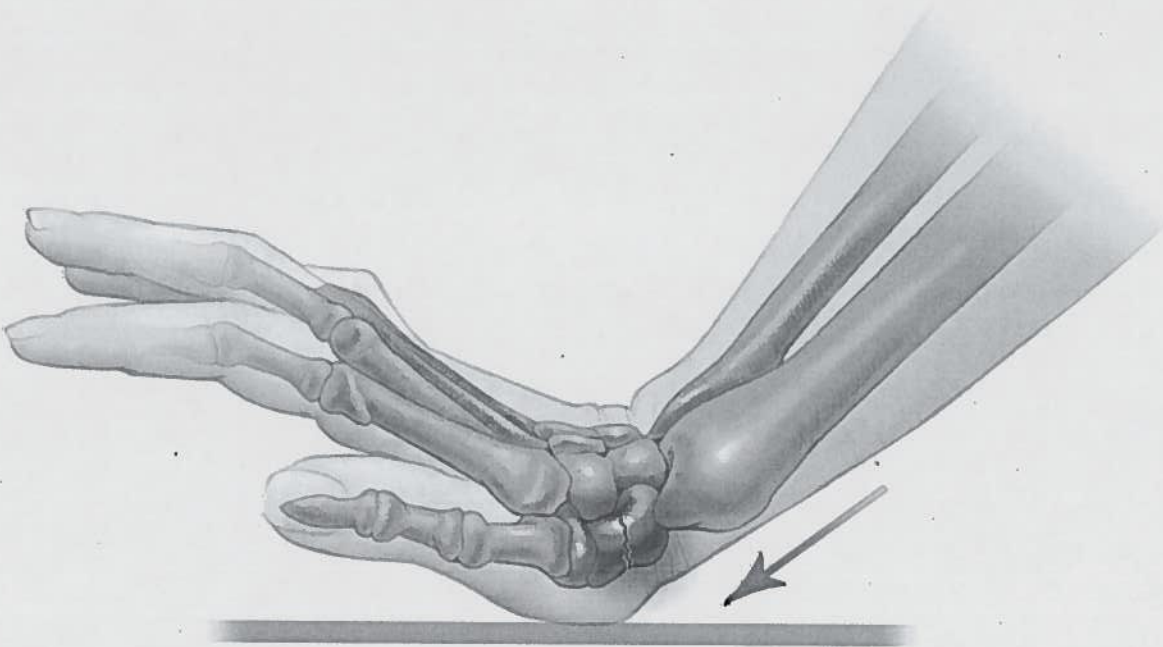
This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

[References](#)

[Adult Advisor 2017.4 Index](#)

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Wrist Fracture, Scaphoid



Navicular (scaphoid)
bone

Fracture

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