

Visit Summary (by El Bow MD, MD)

Office Visit - Rheumatoid Arthritis

El Bow MD, MD (AAOMCP Rheumatology)

**Date**

2024-02-23 00:00

**Type**

Progress Note

**Category**

Unspecified

**Encounter Note:**

Routine treatment for rheumatoid arthritis.

Medical History:

Rheumatoid Arthritis diagnosed in 2018.

Seasonal Allergies.

Medications:

Methotrexate 15 mg weekly

Folic Acid 1 mg daily

Ibuprofen as needed for pain

Allergies: No known drug allergies.

Social History:

Non-smoker

Occasional alcohol consumption

Works as a software engineer

Married with two children

Review of Systems:

Joint pain and stiffness, especially in the morning or after periods of inactivity.

No recent fever, rash, or gastrointestinal symptoms.

**Treatment Administered:**

Benadryl 25mg IV Push: Administered as pre-medication to prevent potential allergic reactions to Remicade. The patient showed no immediate adverse reactions.

Solu-Medrol 1gm IV: Infusion began at 10:14 completed at 10:46. This corticosteroid was given to reduce inflammation and alleviate acute symptoms of rheumatoid arthritis. The patient was monitored and did not exhibit any adverse reactions.

Remicade 400mg IV: Infusion began at 10:14 and concluded at 12:45. This is part of the patient's biologic treatment regimen for rheumatoid arthritis. The patient tolerated the infusion well, with vital signs remaining stable throughout the procedure.

**Physical Examination:**

Vital Signs: BP 120/80, HR 70, Temp 98.6°F, RR 14.

General Appearance: Well-nourished, well-developed male in no acute distress.

Musculoskeletal: Mild swelling and tenderness noted in the metacarpophalangeal joints.

Skin: No rashes or lesions noted.

**Assessment/Plan:**

Rheumatoid arthritis: Patient is currently on a stable regimen of Methotrexate and biologic therapy with Remicade. Today's infusion was well-tolerated without immediate complications.

Continue current medication regimen. Monitor for any side effects of Remicade, including signs of infection.

Follow-up in 8 weeks for the next scheduled infusion, unless symptoms worsen before then.

Counseling/Education Provided: Discussed the importance of adherence to medication regimen, regular exercise, and a balanced diet to manage rheumatoid arthritis symptoms. Instructed to report any signs of infection, allergic reactions, or other concerning symptoms immediately.

El Bow, M.D.