AFTER VISIT SUMMARY

Providence

Andrew A. Surina DoB: 6/26/2016

6/16/2024 PROVIDENCE SACRED HEART MED CTR PEDIATRIC EMERGENCY 509-474-5690

Instructions

Thank you for the opportunity to care for Andrew today~

Andrew has a soft tissue injury strain to his neck.
With these injuries, we need to rest. Ice, elevation and non-steroidal antiinflammatories such as ibuprofen can help.
Please see Andrew Alex Surina's primary care provider in 2 weeks to recheck the injury. Please return to the emergency room with worsening of severe pain, numbness, tingling or blueness to the extremity.

Read the attached information

1. Neck Sprain or Strain (English)
2. Head Injury, Minor, Age >3 yrs, KidsHealth (English)

Schedule an appointment with Shane B. Carson, DO as soon as possible for a visit in 2 days (around 6/18/2024)

Why: For reassessment and ED visit follow-up
Specialty: Pediatrics
Contact: 1919 S GRAND BLVD
Spokane WA 99203
509-747-3081

What's Next

Your child currently has no upcoming appointments scheduled.

Providers seen during ED Visit

Today's Visit

You were seen by Stephanie Bowdish, ARNP

Reason for Visit

Assault

Diagnoses

- Minor head injury, initial encounter
- Strain of neck muscle, initial encounter

Imaging Tests

XR Cervical Spine 2 - 3 Vw

Medications Given

acetaminophen (TYLENOL) Last given at 2:14 PM

Blood Pressure
109/47

Temperature (Temporal)
98.6 °F

Pulse
88

Respiration
26

Oxygen Saturation
100%

Provider	Role	Specialty	Primary Office Phone
Attending			
Stephanie Margaret Bowdish, ARNP	Attending	Nurse Practitioner	509-474-3344

Allergies

No active allergies

Intolerance

No active intolerances/contraindications

Important Information

There may be times after you are discharged that your condition needs to be re-evaluated.
Call your doctor immediately, come to the **Emergency Department or call 911** if you experience:

- Difficulty breathing or unusual shortness of breath
- Chest pain
- Excessive bleeding or drainage at the operative site
- Persistent nausea or vomiting
- Fever, chills, and/or increased pain that is not relieved by pain medication
- You should also call anytime you feel that your condition is an emergency.

Financial Assistance Info

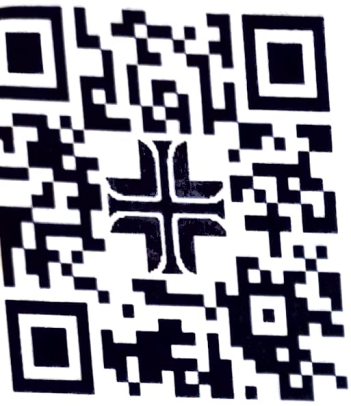
We can help with your medical bills.
You may qualify for financial assistance

We offer:

- Free or low-cost care for those who are eligible
- Interest-free, long-term payment plans
- Assistance in securing health coverage

Learn more and apply today.
www.providence.org/FinancialHelp?

Or scan the QR code:



Contact a Financial Counselor

Find out what financial assistance options are available to you and get help from our team.

855-229-6466

Monday - Friday, 7 a.m. to 5:30 p.m. PT

Your Child's Medication List

Your child has not been prescribed any medications.

MyChart® MyChart is an online portal that lets you communicate with your care team and access your electronic medical record. At your next visit, ask how you can sign up. It's free!

Neck Sprain or Strain

A sudden force that causes turning or bending of the neck can cause a sprain or strain. An example would be the force from a car accident. This can stretch or tear muscles called a strain. It can also stretch or tear ligaments called a sprain. Either of these can cause neck pain. Sometimes neck pain occurs after a simple awkward movement. In either case, muscle spasm is commonly present and contributes to the pain.

Unless you had a forceful physical injury (for instance, a car accident or fall), X-rays are often not ordered for the initial evaluation of neck pain. If pain continues and doesn't respond to medical treatment, X-rays and other tests may be done later.

Home care

- You may feel more soreness and spasm the first few days after the injury. Rest until symptoms start to improve.
- When lying down, use a comfortable pillow or a rolled towel that supports the head and keeps the spine in a neutral position. The position of the head should not be tilted forward or backward.
- Apply an ice pack over the injured area for 15 to 20 minutes every 3 to 6 hours. Do this for the first 24 to 48 hours. To make an ice pack, put ice cubes in a plastic bag that seals at the top. Wrap the bag in a thin towel or cloth before using it. Don't put ice or an ice pack directly on the skin. After 48 hours, apply heat (warm shower or warm bath) for 15 to 20 minutes several times a day. Or alternate ice and heat.
- You may use over-the-counter pain medicine to control pain, unless another pain medicine was prescribed. Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen or naproxen may work better than acetaminophen. If you have chronic liver or kidney disease, ever had a stomach ulcer or gastrointestinal bleeding, or take blood thinners, talk with your healthcare provider before using these medicines.
- If a soft cervical collar was prescribed, only wear it for periods of increased pain. It should not be worn for more than 3 hours a day, or for longer than 1 to 2 weeks.

Follow-up care

Follow up with your healthcare provider, or as directed. Physical therapy may be needed.

Sometimes fractures don't show up on the first X-ray. Bruises and sprains can sometimes hurt as much as a fracture. These injuries can take time to heal completely. If your symptoms don't improve or they get worse, talk with your provider. You may need a repeat X-ray or other tests. If X-rays were taken, you will be told of any new findings that may affect your care.

Call 911

Call 911 if you have:

- Neck swelling, difficulty or painful swallowing
- Trouble breathing
- Chest pain

When to get medical advice

Call your healthcare provider right away if any of these occur:

- Pain gets worse or spreads into your arms or legs
- Weakness or numbness in 1 or both arms or legs

StayWell last reviewed this educational content on 2/1/2022

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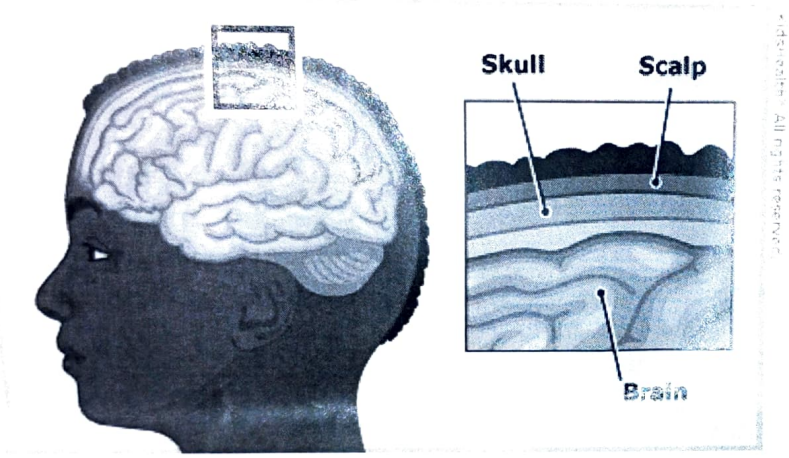
Minor Head Injury: How to Care for Your Child

Most childhood falls or blows to the head cause only minor bruises or cuts to the scalp. If the skin is cut, you'll see bleeding. If the skin isn't cut, the blood will cause a swelling or bruise, sometimes called a "goose egg," which may take days or weeks to disappear. Lasting problems from minor head injuries in children are very rare. After a head injury, kids and teens may vomit (throw up), feel sick to the stomach, or have dizziness during the first few hours. This usually lasts a short time and kids return to normal quickly.



✓ Care Instructions

- Apply an ice pack or instant cold pack (wrapped in a washcloth or sock) to the injured area for up to 20 minutes every 3–4 hours for the first 1–2 days, or as directed by the health care professional.
- Offer clear liquids, ice pops, or gelatin if your child feels sick to the stomach or has vomited.
- If your child has a headache, pain medicine may help:
  - You can give acetaminophen (such as Tylenol® or a store brand) for pain if your health care provider says it's OK. **Do not give ibuprofen (such as Advil® or Motrin®) unless the health care professional tells you it's OK.**
- Let your child sleep. There's no need to keep a child awake after a minor head injury. After some types of head injuries, health care providers will advise checking children during sleep. If so, check to see that your child's breathing and skin color look normal. Touch your child to see that he or she responds like usual.
- If your child has a head wound, follow the instructions for washing your child's hair and/or changing the bandages.

Call Your Health Care Provider if...

Your child:

- is very cranky
- becomes very sleepy
- complains of dizziness
- becomes restless or confused
- complains of head or neck pain and stiffness
- vomits more than once

Go to the ER if...

Your child:

- develops a severe or worsening headache
- isn't speaking clearly
- is stumbling or not walking normally

If your child is hard to wake up, passes out, or has a seizure, call 911.

More to Know

Do children with a minor head injury need X-rays or a CT scan? No, most children with a minor head injury don't need X-rays or CT scans. The health care provider examined your child carefully and didn't find any cause for concern.

Does swelling of the scalp mean that there is swelling of the brain? No, swelling of the scalp does not mean there is any swelling of the brain. The skull bone separates the scalp from the brain and protects it from injury.

KidsHealth
Educational Partner

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