



MEDICINE
HEALTH
TREATMENT
DOCTOR
SURVEY
RECIPE

Medical Documentation 101

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Presenters



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Clinical Pharmacist Liaison

Discussion topics

ANATOMY AND TERMINOLOGY

- General terminology
- Spine, upper extremity, lower extremity
- Structure and common pathology

DECIPHERING MEDICAL RECORDS

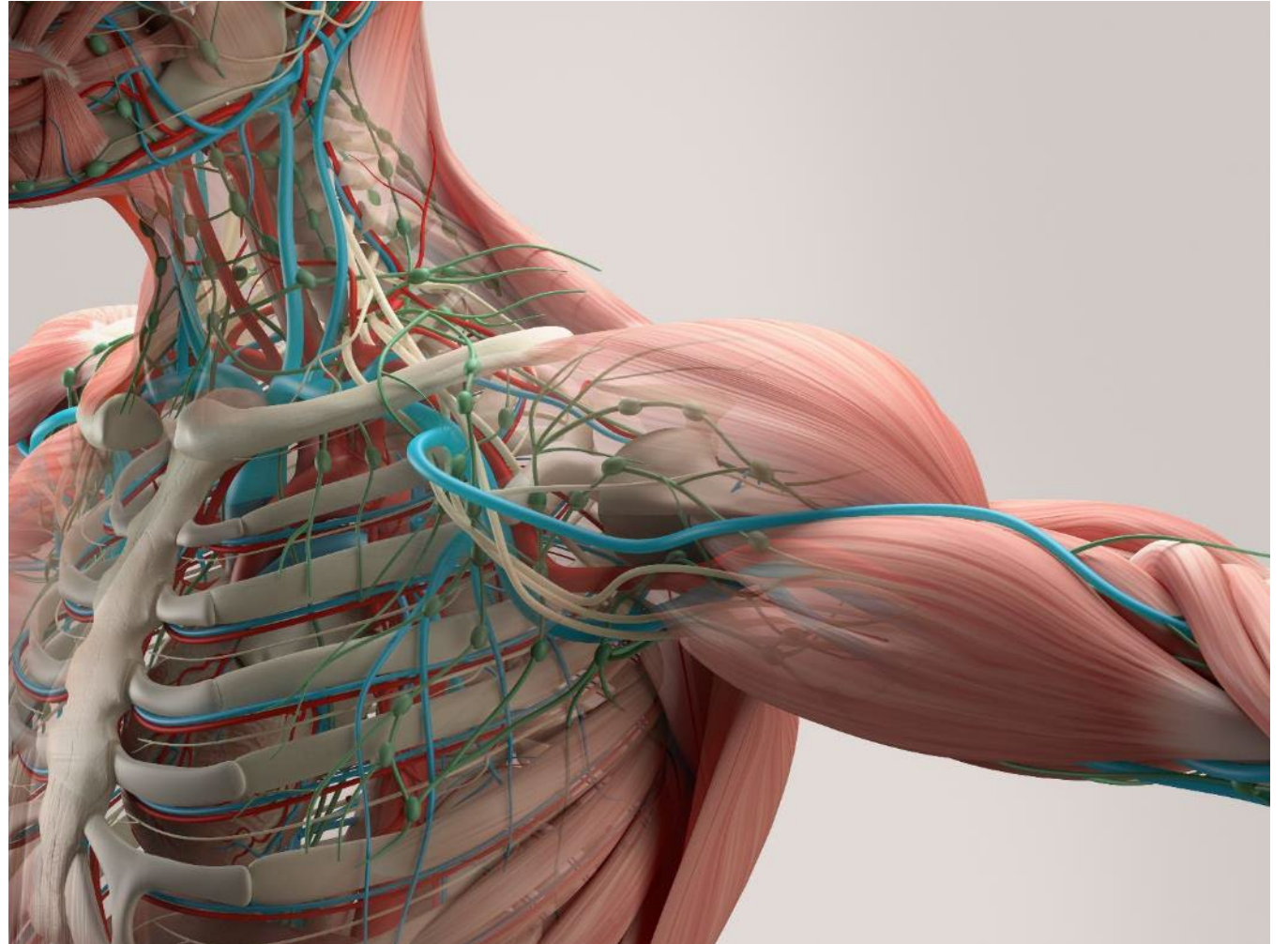
- Abbreviations
- History
- Physical Exam



Anatomy

Anatomy

- Anatomic position
- Bones
- Joints
- Cartilage
- Ligaments
- Tendons
- Muscle
- Nerves



General terminology and their meanings

-itis

Inflammation
of

-opathy

Disease
of

-algia

Pain
of

-ectomy

Surgical
removal of

-lysis

Breaking
down of

-Lithesis

To slip
or slide

Spondylo-

Pertaining
to the spine

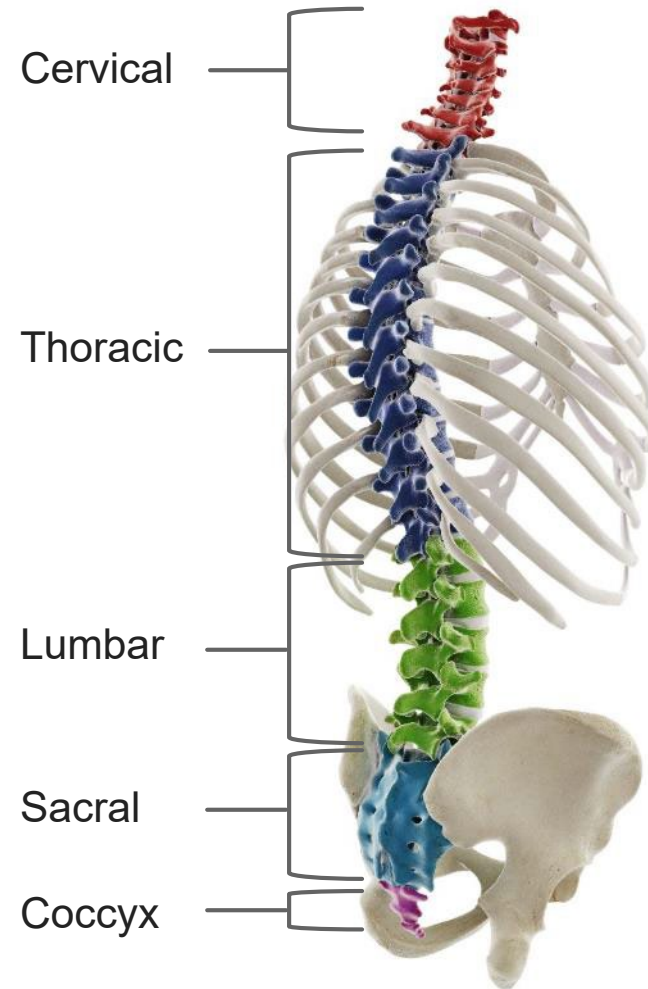
Radic-

Latin work
for root

Anatomy of the Spine



Occiput



Cervical

Thoracic

Lumbar

Sacral

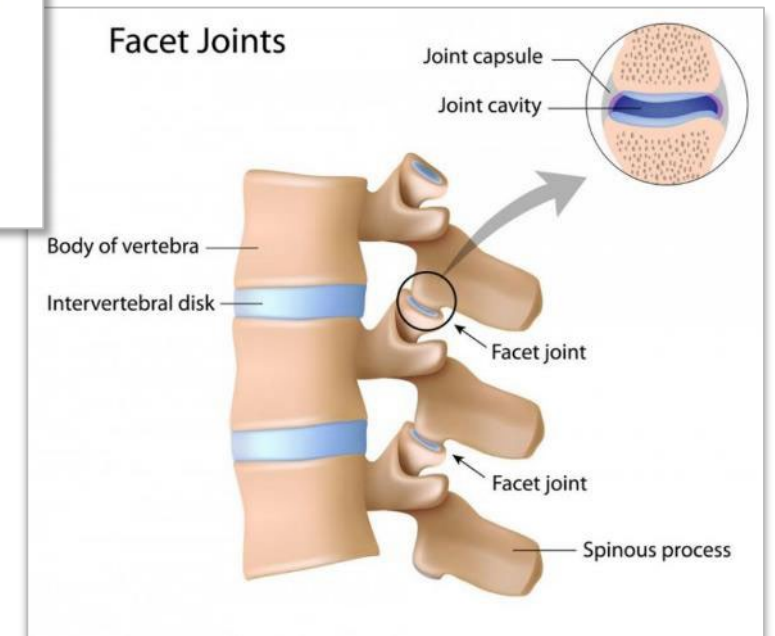
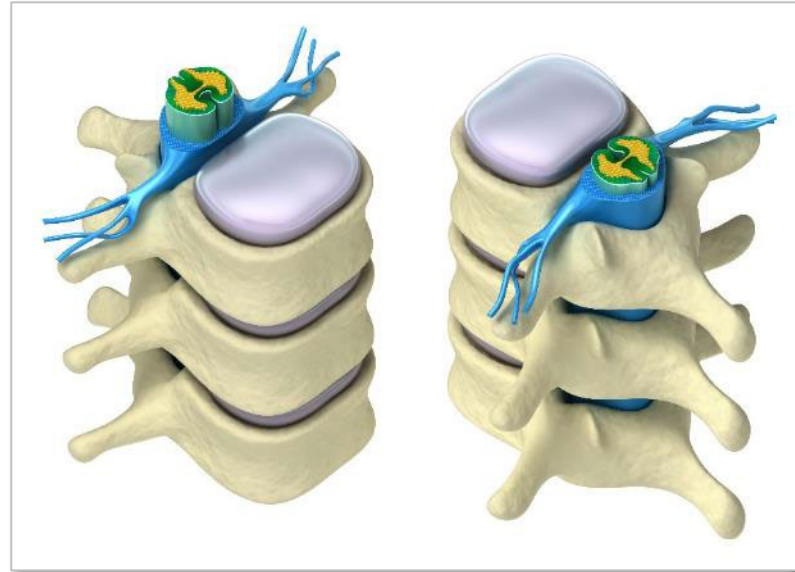
Coccyx



Sacroiliac

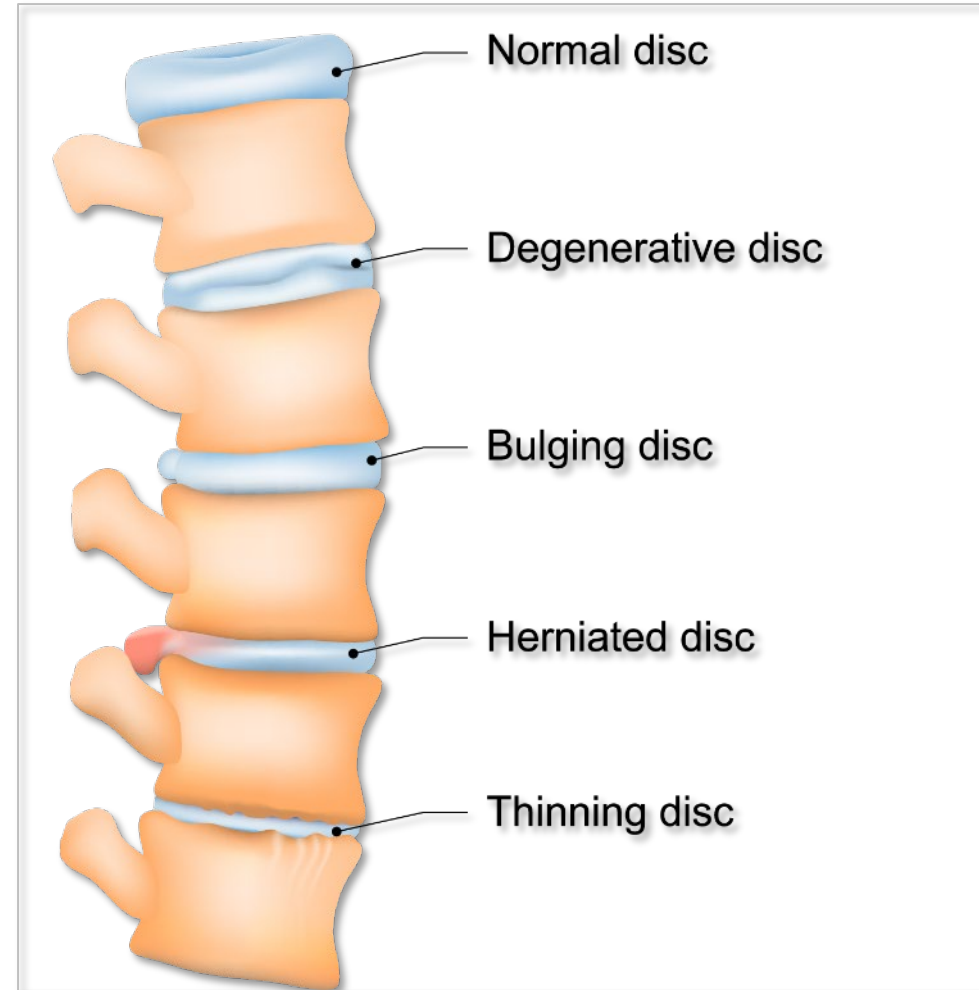
Functional anatomy

- Ligaments
- Columns
- Annulus
- Nucleus pulposus
- Facets
 - Tripod structure
 - Movement on flex/ext



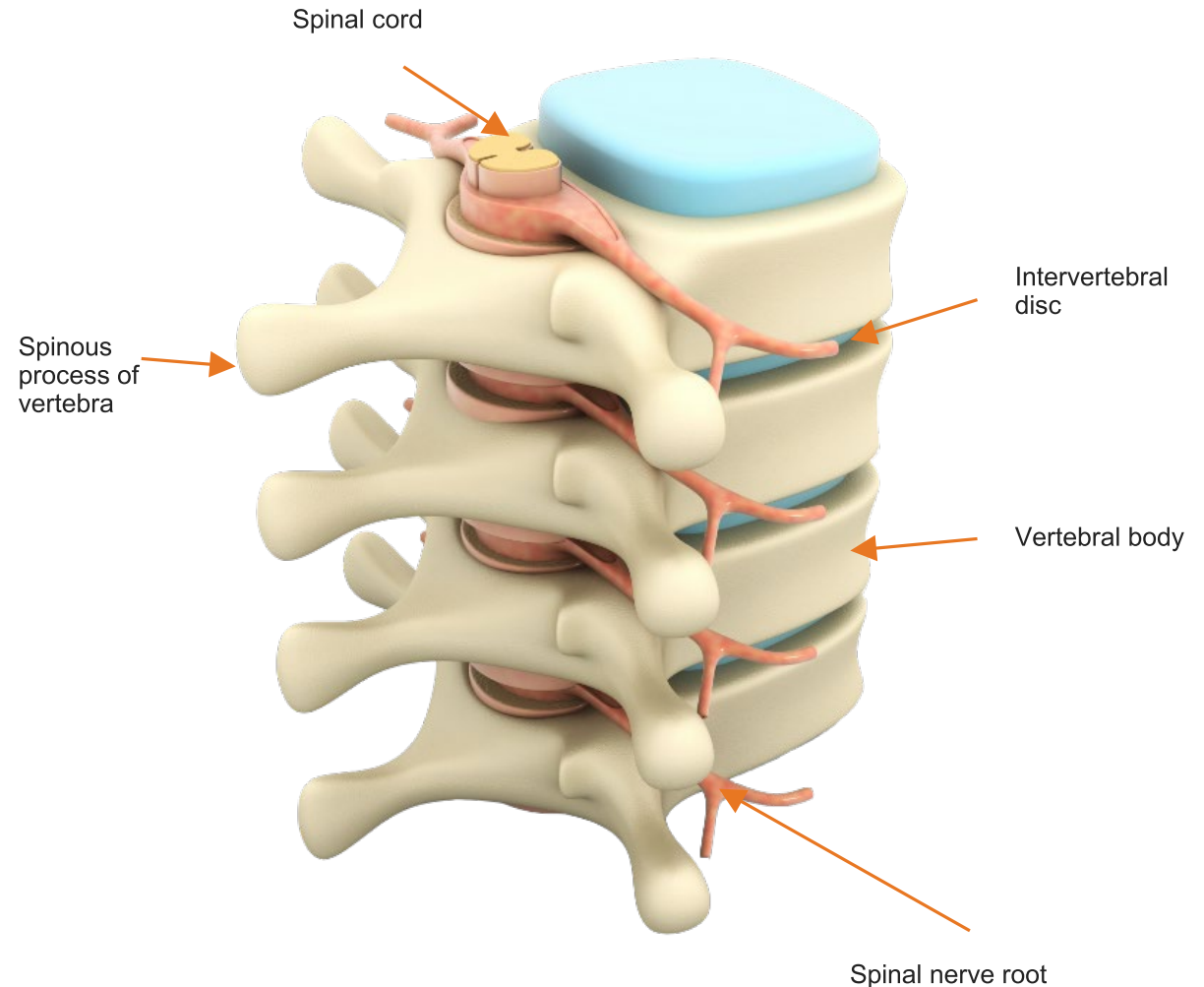
Disc Pathology

- Annular Tear
- Bulge
- Protrusion
- Extrusion
- Radiculopathy



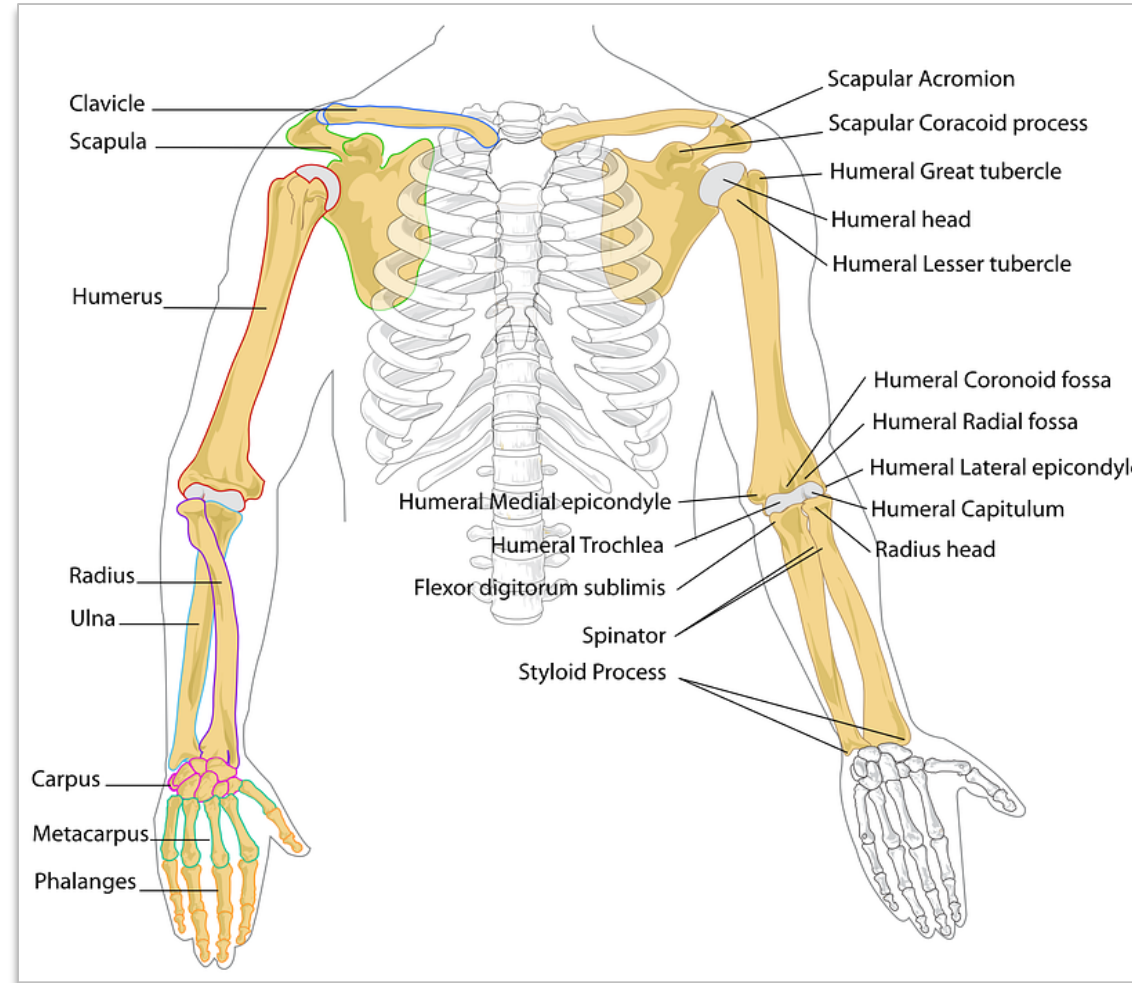
Other Spinal Pathology

- Facet arthropathy
- Stenosis
- Compression
 - Fracture
 - Nerve/cord



Upper Extremity

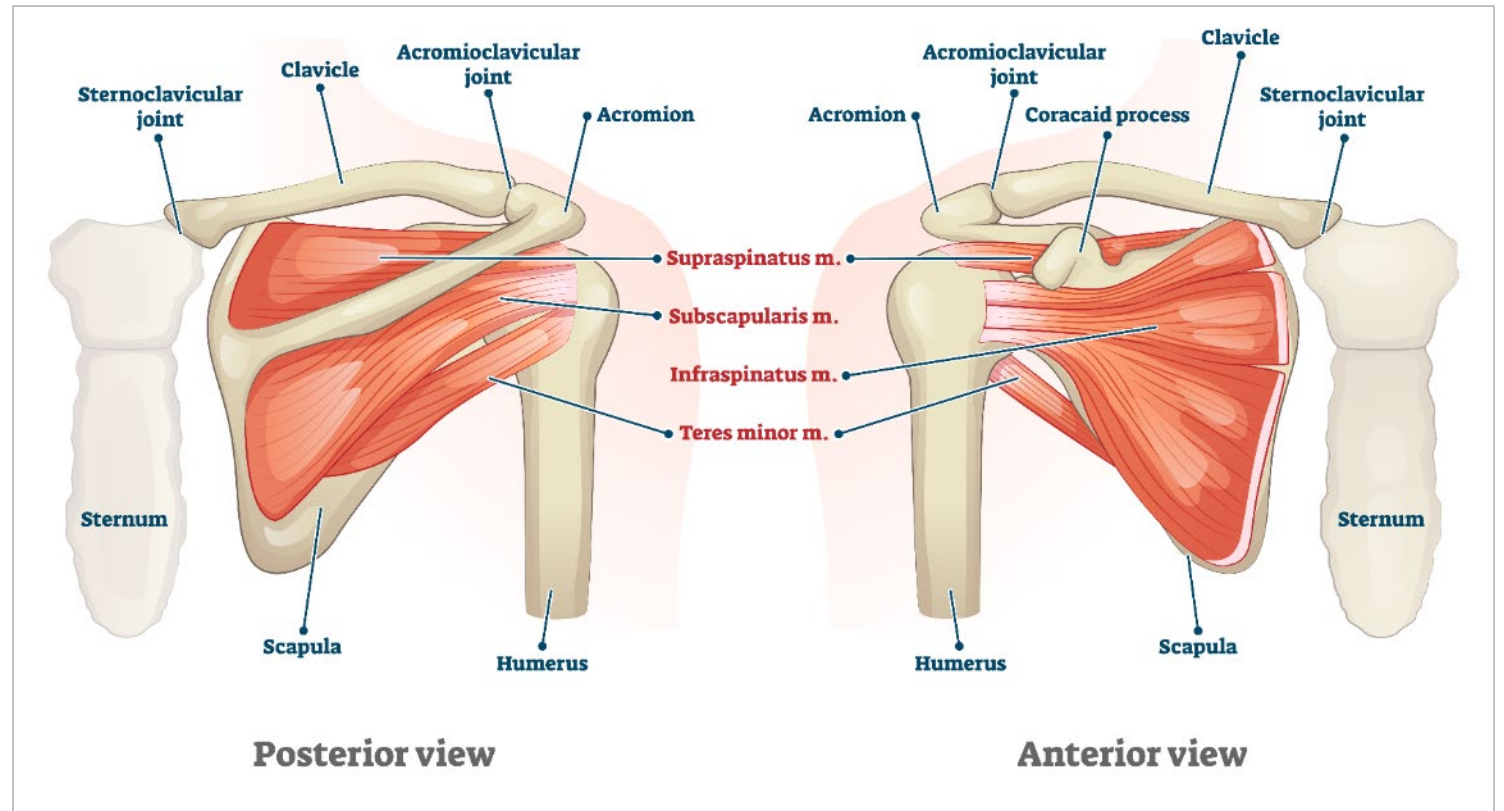
- Clavicle
- Scapula
- Humerus
- Radius
- Ulna
- Carpal Bones
- Hand



Shoulder

STRUCTURE

- Joint and Range
- Neural Plexus
- Scapula and Acromion
- Importance of the “Cuff”



COMMON PATHOLOGY

- Ligament tears and instability
- Bursitis
- Impingement
- Rotator cuff tears (partial and full)
- Arthritis
- Thoracic Outlet

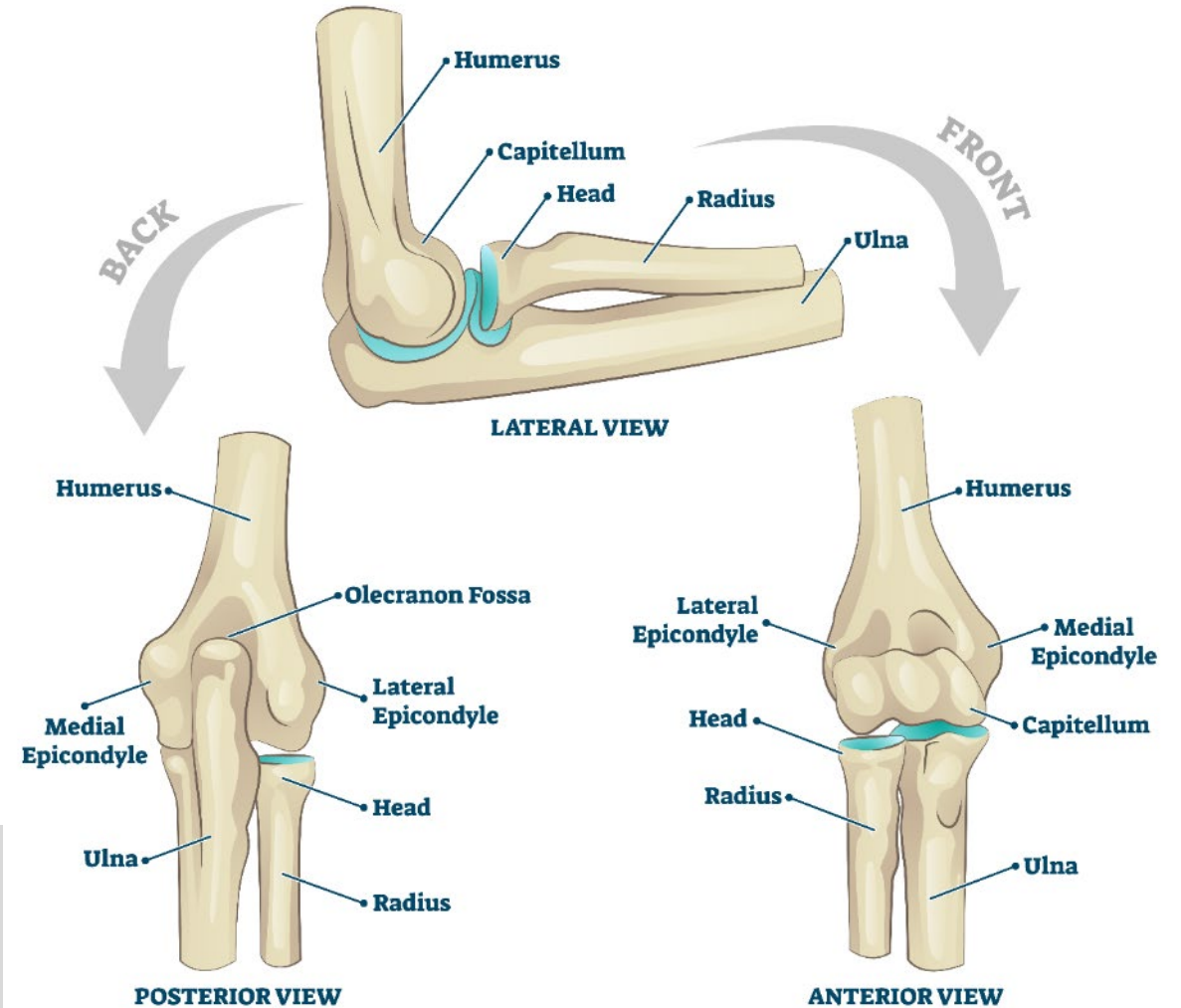
Elbow

STRUCTURE

- Humerus
- Olecranon
- Radius
- Ulna
- Joint and Range
Supination/Pronation

COMMON PATHOLOGY

- | | |
|---|---|
| <ul style="list-style-type: none">• Bursitis• Epicondylitis• Ulnar neuropathy/
Cubital tunnel | <ul style="list-style-type: none">• Other Neuropathies<ul style="list-style-type: none">– Radial nerve– Supinator syndrome– Pronator syndrome |
|---|---|



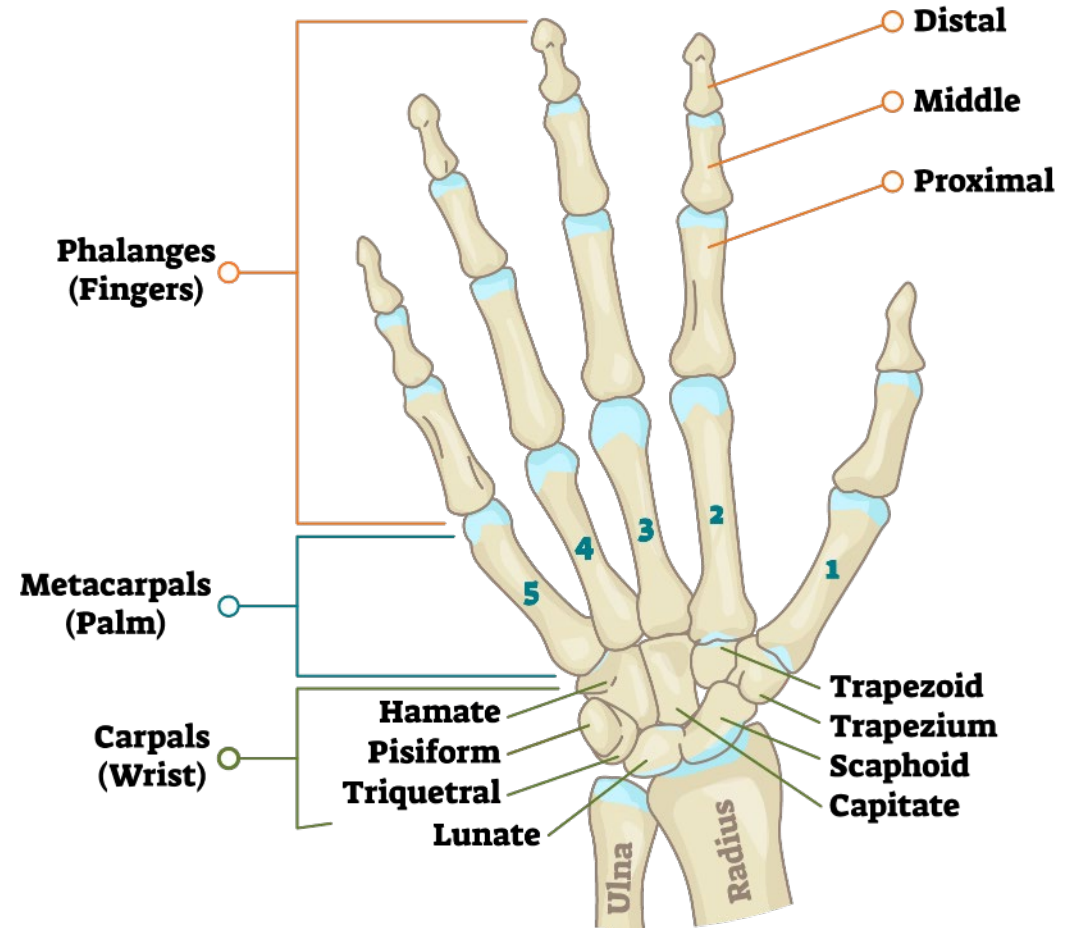
Wrist/Hand

STRUCTURE

- Carpal bones
- Joints and Range
- Function
 - Supination/Pronation
 - Flexion/Extension
- Metacarpal/Phalanges
- Nerves

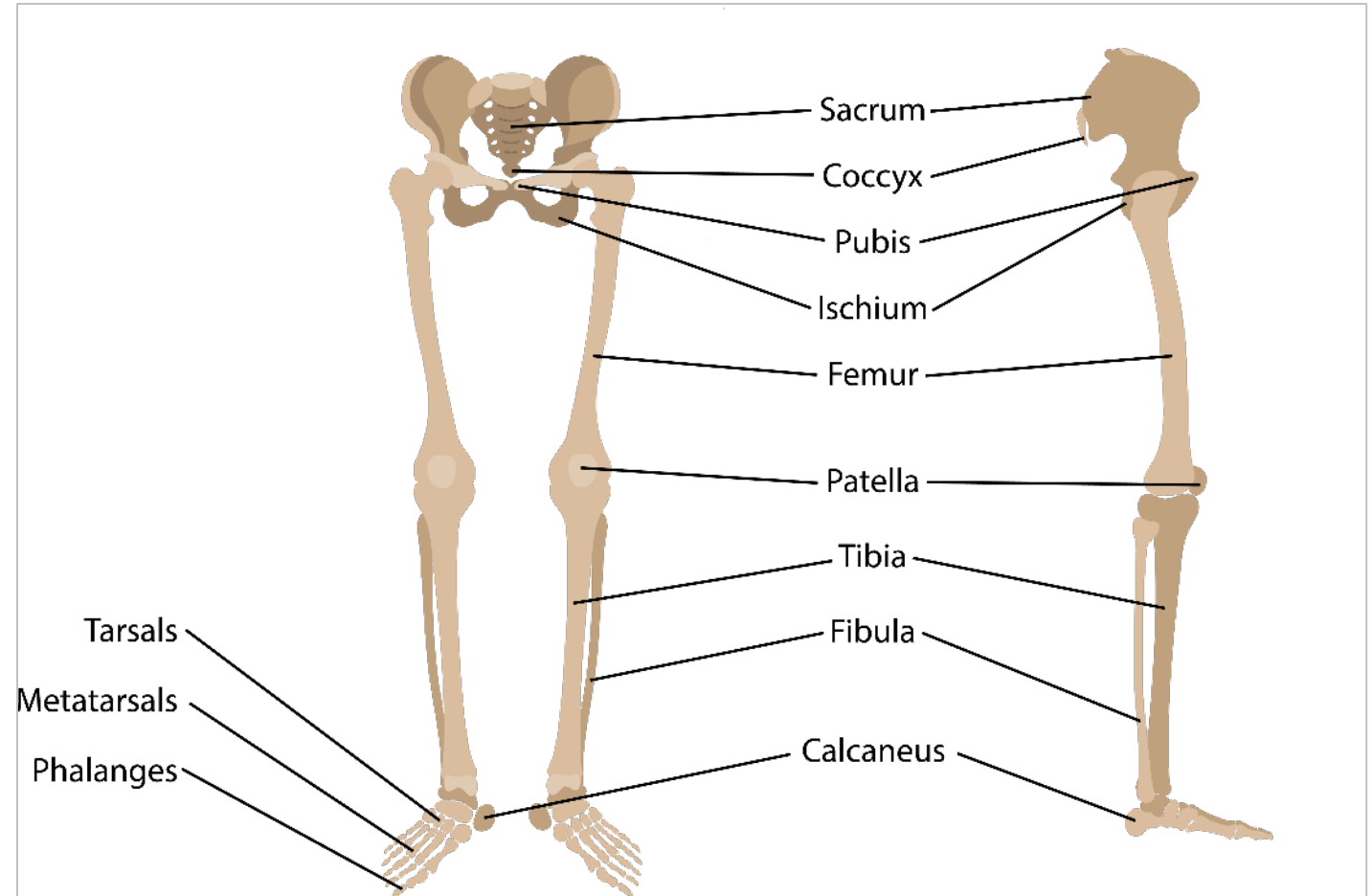
COMMON PATHOLOGY

- Ligament injuries
- TFC cartilage
- Arthritis
- Tenosynovitis
 - DeQuervains
 - Trigger finger
- Carpal Tunnel
- Ulnar Nerve



Lower Extremity

- Pelvis
- Hip
- Femur
- Tibia
- Fibula
- Ankle
- Foot



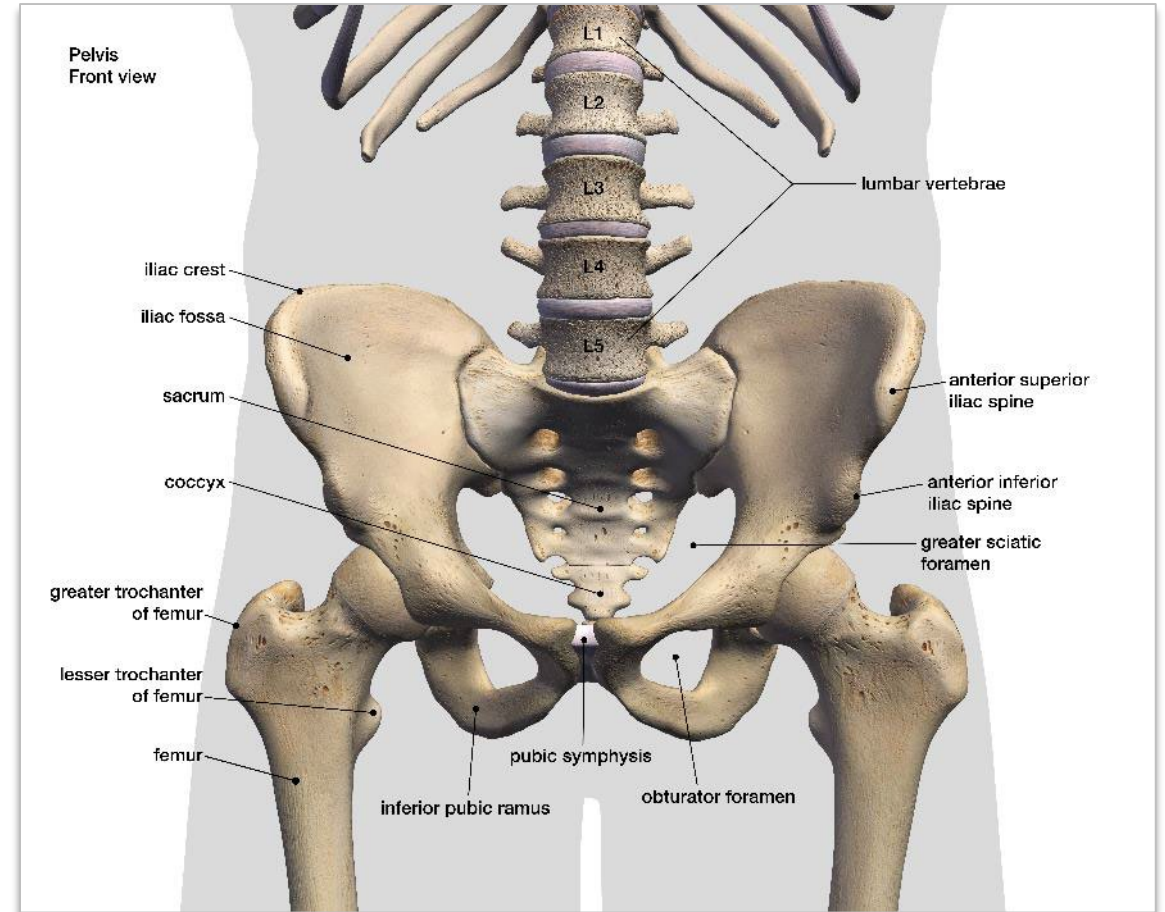
Pelvis/Hip

STRUCTURE

- Sacroiliac
- Piriformis
- Acetabulum
- Labrum
- Femur
Head/Neck/Trochanter

COMMON PATHOLOGY

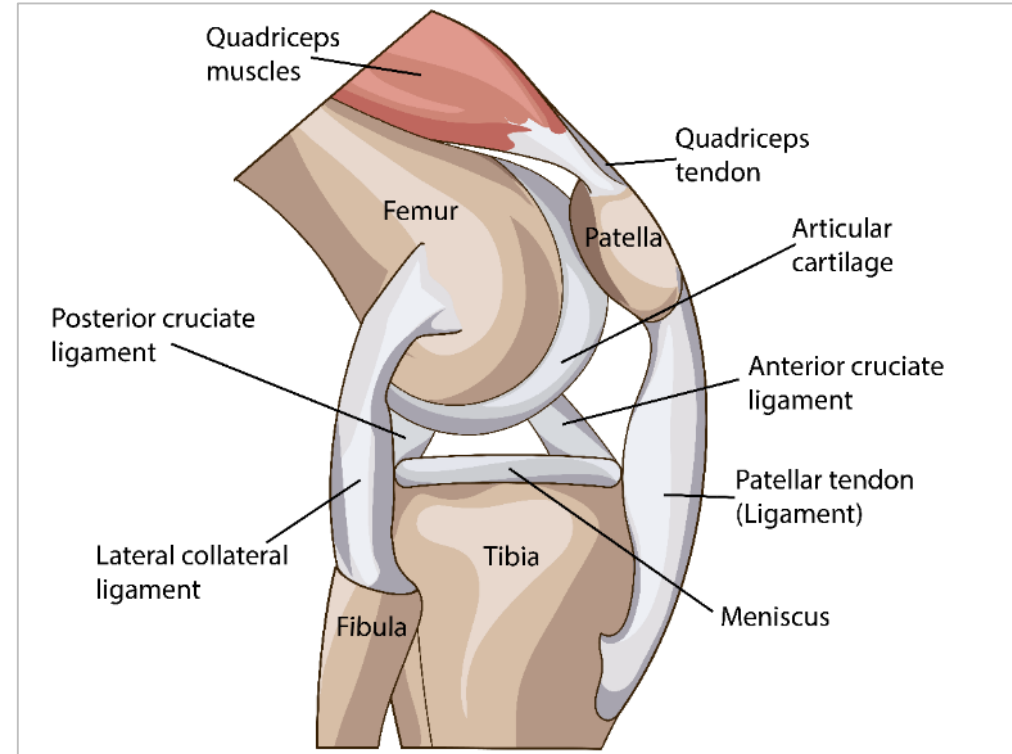
- Sacroilitis
- Bursitis
Ischium, trochanteric
- Muscle sprain/strains
HF, add, HS, ITB
- Piriformis Syndrome
- Labral tears/FAI
- Fractures



Knee

STRUCTURE

- Femoral Condyles
- Patella
- Tibial plateau
- Joint
Three compartments
- Fibular head
- Ligaments
- Meniscus



COMMON PATHOLOGY

- | | | |
|---|---|---|
| <ul style="list-style-type: none">• Bursitis• Bakers cyst• DVT• Patello femoral syndrome | <ul style="list-style-type: none">• Patello femoral syndrome• Patella tendonitis• Tibial plateau fracture | <ul style="list-style-type: none">• Ligament strains/tears• Meniscal Tears• Arthritis• Peroneal nerve injury |
|---|---|---|

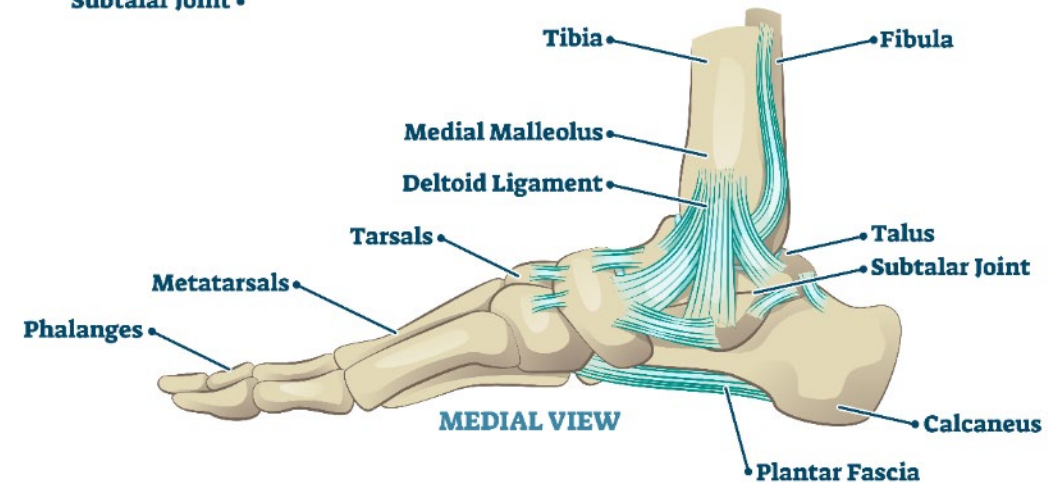
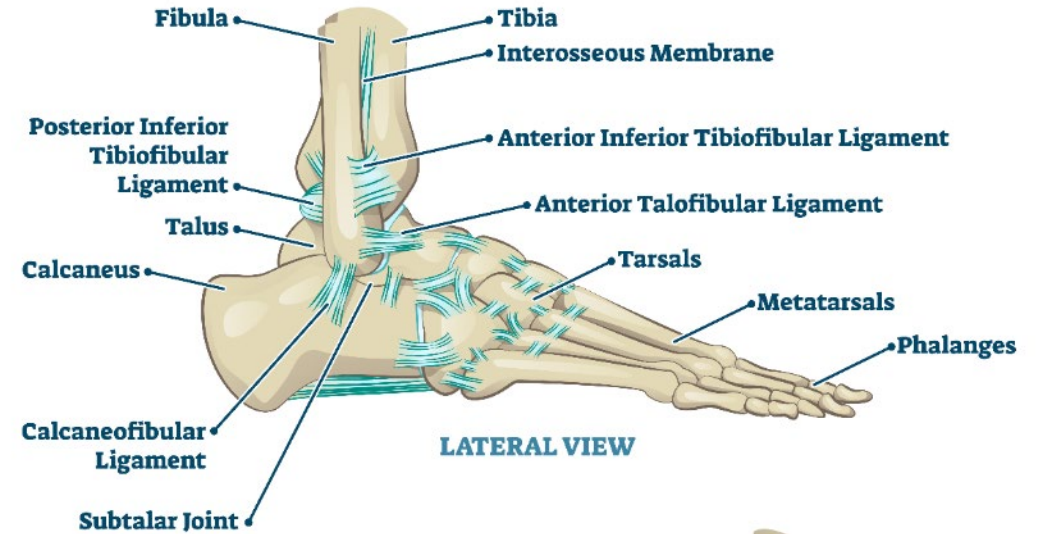
Ankle/Foot

STRUCTURE

- Talar dome
- Navicular
- Calcaneus
- Plantar fascia
- Metatarsals
- Post tibial nerve

COMMON PATHOLOGY

- | | |
|---------------------|--------------------|
| • Sinus tarsi | • Metatarsalgia |
| • Dropped navicular | • Tarsal tunnel |
| • Plantar fasciitis | • Stress fractures |





Tips and tricks to understanding medications in medical records

Medications

DOSING FREQUENCIES

QD

Every
day

QOD

Every other
day

BID

2X
per day

TID

3X
per day

QID

4X
per day

PRN

As
needed

MED

Morphine
Equivalent Dose

MME

Morphine Milligram
Equivalents

PDMP

Prescription Drug
Monitoring Program
(state-drug data base)

Medications in medical records

Medications	
Reviewed Medications	
Adderall 30 mg tablet Internal Note: Recorded Status: Recorded on: 10/08/2018 3:20PM User: [REDACTED] Clinical Medication Id: [REDACTED] Unique Medication Id: [REDACTED] Prescribed: Outside Prescribed Medication , start 10/08/2018	10/08/18 started
ALPRAZolam 1 mg tablet	09/11/20 filled
fluticasone propionate 50 mcg/actuation nasal spray,suspension	11/18/20 filled
irbesartan 75 mg tablet	11/22/20 filled
oseltamivir 75 mg capsule	01/13/20 filled
oxyCODONE 15 mg tablet take 1 tablet by oral route 4 times a day as needed for 30 days Internal Note: Prescribe Status: Prescribed on: 07/30/2020 4:51PM User: [REDACTED] Est. Completion: 09/05/2020 Pharmacy Verified: 07/30/2020 4:51PM Prescription Date: 07/30/2020 16:50:43 Clinical Medication Id: [REDACTED] Unique Medication Id: [REDACTED] Prescribed: Practice Prescribed Medication	11/23/20 prescribed
Xanax Internal Note: Recorded Status: Recorded on: 10/28/2019 1:01PM User: [REDACTED] Clinical Medication Id: [REDACTED] Unique Medication Id: 0 Prescribed: Outside Prescribed Medication , start 10/28/2019	10/28/19 started

- Medications are often listed at end of medical record under “Medications”, “Plan” section, or history sections.
- Duplicate entries possible in electronic records (brand entries and generic entries common)
- Medications may also be referenced in notes from the prescriber visit
- Group health medications may also be listed with workers’ compensation or Auto injury prescriptions
- Medications from other providers may be listed

Prescription detail may differ from provider to provider

Current medications ibuprofen, Amrix, Horizant

Treatment Plan: 1 The patient will continue on with physical therapy. He does report that he has had his initial evaluation with this physical therapist and is scheduled to start physical therapy next week.
2 I will refill the patient's medication as listed above.

Medications Reviewed

Home Medications

- multivitamin (Multiple Vitamins oral capsule) 1 cap(s) - Oral - Daily

Prescriptions

- busPIRone (BuSpar 5 mg oral tablet) 1 tab(s) - Oral - BID - 90 day(s)

- clomPRAMINE (Anafranil 75 mg oral capsule) 150 mg = 2 cap(s) - Oral - Nightly (bedtime) - 90 day(s)

- eletriptan (Relpax 40 mg oral tablet) 40 mg = 1 tab(s) - Oral - Daily (std) PRN (I for migraine headache) - 90 day(s)

may repeat dose once in 2 hours

- escitalopram (Lexapro 20 mg oral tablet) 20 mg = 1 tab(s) - Oral - Daily (std) - 90 day(s)

- lamoTRigine (LaMICtal 25 mg oral tablet) 12.5 mg = 0.5 tab(s) - Oral - Daily - 90 day(s)

take 100mg tablet + 1/2 of the 25 mg tablet every day

- lamoTRigine (LaMICtal 100 mg oral tablet) 100 mg = 1 tab(s) - Oral - Daily - 90 day(s)

- topiramate (topiramate 50 mg oral tablet) 50 mg = 1 tab(s) - Oral - BID - 90 day(s)

Dates/days listed may reference:

- Duration of therapy
- Quantity written on Rx
- Date range until next follow-up visit

Notes can provide clues to how medications should be used

rfa:
will refill meds today:

hydrocodone 10/325, i tab tid, prn for breakthrough pain, no. 60
follow up in 4 weeks.

ankle in an industrial accident five days later. He has undergone surgical intervention previously in his cervical spine many years ago but has had no intervention at all for the lower back. There is no recent imaging that is earlier than 4 years.

PLAN

-oxycontin 60mg, i tab bid, no. 60
-hydrocodone 10/325, i tab bid, prn for pain, no. 60

Medications	
Reviewed Medications	
amLODIPine 10 mg tablet 10 mg., start 12/17/2020	12/17/20 started
amLODIPine 10 mg-benazepril 40 mg capsule	01/04/21 entered
ascorbic acid (vitamin C) 500 mg tablet 500 mg., start 12/17/2020	12/17/20 started
celecoxib 200 mg capsule 200 mg., start 12/23/2020	12/23/20 started
Colace 100 mg capsule 100 mg., start 12/23/2020	12/23/20 started
diclofenac 1.5 % topical drops APPLY 40 DROPS TO THE AFFECTED KNEE(S) BY TOPICAL ROUTE 4 TIMES PER DAY	01/04/21 prescribed
fenofibrate 160 mg tablet	01/04/21 entered
fenofibrate micronized 160 mg tablet 1 1., start 08/30/2010	08/30/10 started
gabapentin 300 mg capsule Take 1 capsule(s) 3 times a day by oral route for 90 days.	01/04/21 prescribed
Keflex 500 mg capsule Take 1 capsule(s) every 6 hours by oral route for 10 days.	01/04/21 prescribed
levothyroxine 25 mcg tablet TAKE 1 TABLET BY MOUTH EVERY MORNING EN AYUNA	01/20/21 filled
olmesartan 40 mg tablet 40 mg., start 12/17/2020	12/17/20 started
omega-3 acid ethyl esters 1 gram capsule	01/04/21 entered
omeprazole 20 mg capsule, delayed release Take 1 capsule(s) every day by oral route as needed for 90 days.	01/04/21 prescribed

Reconcile medications with Rx fill histories or invoices

Medications: (Selected)

Prescriptions

Prescribed

Lyrica 200 mg oral capsule: = 1 cap(s) (200 mg), po, bid, # 60 cap(s), 0 Refill(s), Type: Maintenance, Pharmacy: [REDACTED] Pharmacy, 1 cap(s) Oral bid

Percocet 10/325 oral tablet: 1 tab(s), po, qid, # 120 tab(s), 0 Refill(s), Type: Maintenance, Pharmacy: [REDACTED] Pharmacy, 1 tab(s) Oral qid

Valium 10 mg oral tablet: = 1 tab(s) (10 mg), Oral, tid, PRN: for anxiety, # 90 tab(s), 0 Refill(s), Type: Maintenance, Pharmacy: [REDACTED] Pharmacy, 1 tab(s) Oral tid, PRN: for anxiety

Documented Medications

Documented

Lyrica: po, 0 Refill(s), Type: Maintenance

Percocet 10/325 oral tablet: 1 tab(s), po, q4-6 hrs, # 20, 0 Refill(s), Type: Maintenance,

Medications denotes recorded medication

*Percocet 10/325 oral tablet: 1 tab(s), po, q4-6 hrs, 20, 0 Refill(s).

Percocet 10/325 oral tablet: 1 tab(s), po, qid, 120 tab(s), 0 Refill(s).

Valium 10 mg oral tablet: 10 mg, 1 tab(s), Oral, tid, PRN: for anxiety, 90 tab(s), 0 Refill(s).

*Lyrica: po, 0 Refill(s).

Lyrica 200 mg oral capsule: 200 mg, 1 cap(s), po, bid, 60 cap(s), 0 Refill(s).

- eRx Change oxyCODONE-Acetaminophen 5/325 mg Tab 1 tablet orally twice daily, as needed #60 tablet RFX0 Instr: Worker's Compensation Fill Date:12/12/2019 (to start on: 12/12/2019)
- eRx Change oxyCODONE-Acetaminophen 5/325 mg Tab 1 tablet orally once daily, as needed #30 tablet RFX0 Instr: Worker's Compensation Fill Date:01/11/2020 (to start on: 01/11/2020)
- Medications: Continue gabapentin, tizanidine, duloxetine, Voltaren gel, and lidocaine ointment. These continue to be helpful. May consider Lyrica and topical lidocaine as these have been helpful in the past. Continue a slow controlled opioid tapering program. This month decrease to Percocet 5mg twice daily and the following month Percocet 5mg once daily, and the following month stop. He is in agreement with the plan.

- Not every Rx may be filled by injured person (adherence)
- Discontinued medications may be listed
- Short duration of use (i.e., antibiotics, corticosteroids) may not be removed
- References to Rx's that are prescribed by a different provider/physician in medication history not updated
- Medication listed may have directions that differ from visit notes

Reviewing Rx history may clarify therapy / raise questions / identify potential problems

1. Low back pain

- no surgeries
- Pain is in lower back on right side radiating into right lower extremity down to last 3 toes on his right foot.
- Stabbing pain, constant, interfering with sleep
- Pain is worse with prolonged sitting, standing, bending over, activity
- + numbness/tingling into calf muscle and into toes, No weakness or falls
- has done about nine sessions of PT with no relief so he asked to go to another facility and is pending further treatment
- He is s/p SI Joint injection on 8/27/19 and a MBB 10/14/19 with no relief (both done at outside facility)
- MRI shows 1 mm broad disk bulge at L4-5 not contacting neural structures and mild Bilateral facet arthropathy. Mild canal narrowing of 9.4 mm with epidural fat post fairly and no nerve root compression. moderate Bilateral facet arthropathy at L3-4 and mild ligamentum flavum redundancy. Central canal is borderline at 10.3 mm with epidural fat posteriorly and no nerve root compression.
- Has failed NSAIDS, PT, conservative therapy

2. Meds

Currently taking tramadol with minimal relief
The norcos are temporary until patient can get injection.
MC

- Refill: Norco 10 mg/325 mg, take 1 tab by mouth tid as needed for severe pain #60 EFD: 02/14/20 NRD: 03/16/20
- Refill: Naproxen 500 mg, take 1 tab by mouth bid for inflammation #60 EFD: 02/14/20
- Refill: Gabapentin 600 mg take 1 tab by mouth bid for nerve pain #60 EFD: 02/14/20

- Notes mention failing NSAIDs, however, naproxen was refilled?
- Meds listed tramadol current but only Norco was prescribed
- What if injured party has recently filled both tramadol (refill) and Norco (new)?



Medical Abbreviations and Exams

Breaking the Code

Exams

ROM: RANGE OF MOTION

PROM

Passive Range Motion

A part of your body can move when someone or something is creating the movement, such as a massage or physical therapist.

AROM

Active Range of Motion

You move a part of your body by using your muscles without outside help

AAROM

Active Assisted Range of Motion

You need to build up flexibility or strength in a particular body part – often in physical therapy

Exams

WFL

Within functional limits

A person's ability is outside of the normal range, but is sufficient for daily activities.

WNL

Within normal limits

A person's ability as compared to peers' ability is the normal ability of that skill.

MMT

Manual muscle testing

Ability to move through any range of motion only with gravity eliminated.

DTR

Deep Tendon Reflex

The quick stretch of the muscle-tendon unit stimulates the muscle spindle receptors.

TTP

Tenderness to Palpatation

A physical examination finding development of pain with the application of light touch

Exams



AMPUTATION LEVELS

AE	Above elbow
-----------	-------------

BE	Below elbow
-----------	-------------

AMPUTATION LEVELS

AKA	Above the knee
------------	----------------

BKA	Below the knee
------------	----------------

Trans	Transformational
--------------	------------------



Diagnostics/Therapeutics

US

Ultrasound



MFR

Myofascial release



TPI

Trigger point injection



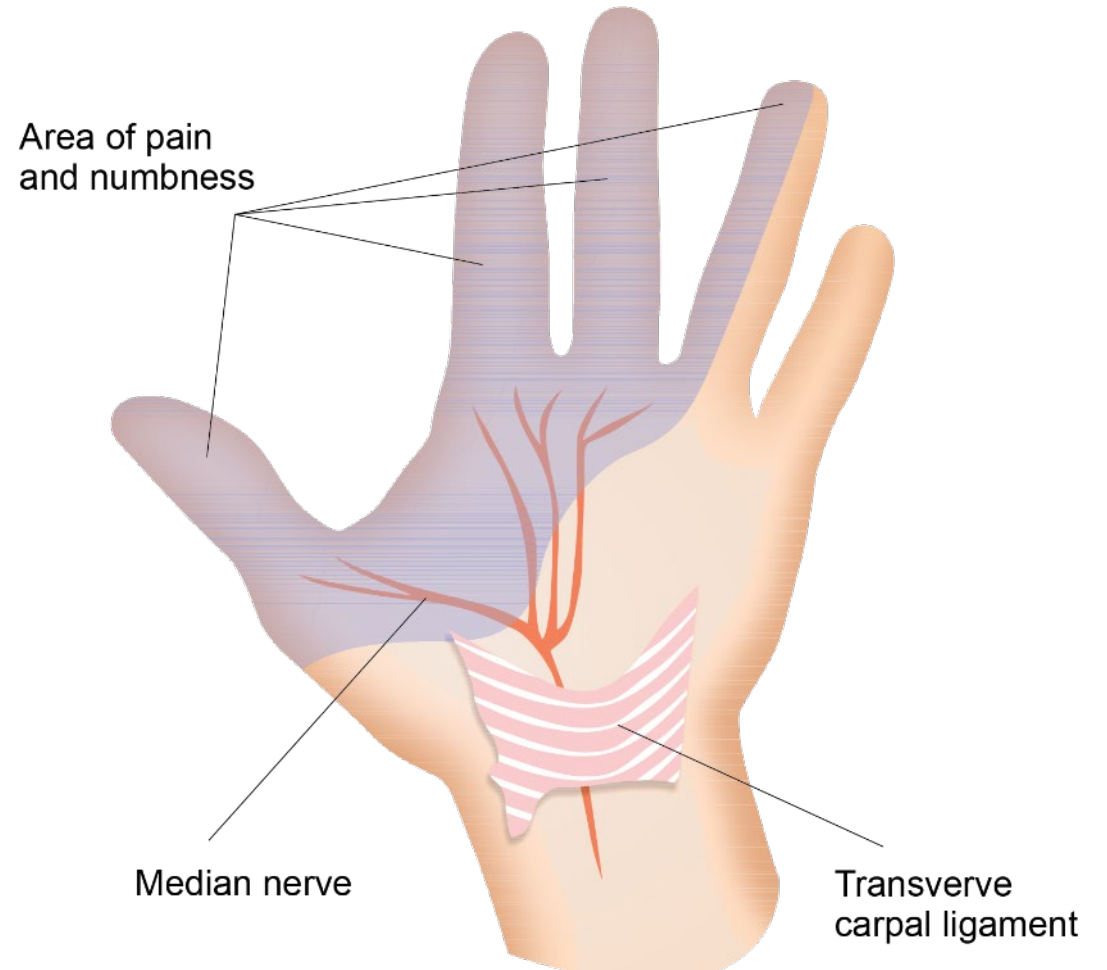
Diagnostics/Therapeutics

CTS

Carpal Tunnel Syndrome

CTR

Carpal Tunnel Release



Durable Medical Equipment (DME)

TENS

Transcutaneous Electrical
Neural Stimulation



AFO

Ankle Foot Orthosis



KAFO

Knee Ankle Foot Orthosis



Durable Medical Equipment (DME)

LSO

Lumbosacral Orthosis



TLSO

Thoracolumbosacral Orthosis



CTLSO

Scoliosis Orthosis



Ottobock CTO Cervical Thoracic Orthosis | Cervical Collars
(healthproductsforyou.com)

History



MECHANISM
OF INJURY



TIMING
OF SYMPTOMS



CHARACTERISTICS
OF PAIN



AGGRAVATING OR
RELIEVING FACTORS



ASSOCIATED
SYMPTOMS



PREVIOUS
TREATMENTS



DIAGNOSTIC
TESTS

Physical examination

- Location, Location, Location
- ROM
- MMT
- DTR
- Neurovascular evaluation
- Maneuvers
 - Provocative
 - Pain relieving



Common Maneuvers – Spine

- Spurling's
- Lhermitte's
- Straight leg raise
- Slump sit
- Femoral stretch
- Ext/Rot
- Prone press
- SIJ - to be covered with LE



Common Maneuvers – Upper Extremity

- Hawkins
- Neer
- Speeds
- Scarf
- Apprehension, Relocation
- Winging
- Tinels, Phalens
- Finkelsteins



Common Maneuvers – Lower Extremity

- SIJ/Hip/Pelvis
 - Fortins
 - Compression
 - Thrust
 - Gaenslens
 - FABER, FADIR
- McMurrays
- Lachmans
- Gait
 - Trendelenberg or Lurch
 - Steppage



Summary

Medical Terminology: Break it down to the prefix, anatomical structure and suffix

Anatomy: Think location, what structures are painful and common problems we see in each body area

Medications: Remember the helpful tips and tricks

Abbreviations: Can be confusing, use this as a reference

Exam maneuvers: Help with clinical diagnoses

If you don't know ask!

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