

Discharged home on 27 June, six days after a fall

Marion Whitcombe, born 3 March 1948, MRN 0000-4417. **Left wrist fractured, treated in a cast; one blood-pressure medicine stopped.** Walking unaided at discharge, no package of care arranged.

ADMITTED	DISCHARGED	DISCHARGED TO	METHOD
21 June 2026, 19:40	27 June 2026, 11:15	Own home, lives alone	Planned, walking out
RESPONSIBLE FOR CARE	SPECIALITY	WARD AT DISCHARGE	REGISTERED PRACTICE
Dr A. Ferreira	Care of the elderly	Rehabilitation, Ward 7	Harborview Family Practice

WHERE THE SIX DAYS WERE SPENTONE DAY IN EACH CELL

1	2	3	4	5	6
Emergency	Acute medical, Ward 3	Rehabilitation, Ward 7			
One day, 21 to 22 June	Two days, 22 to 24 June	Three days, 24 to 27 June			

WHAT HAPPENED	DIAGNOSES
She tripped on a step at home in the evening and put out her left hand. She did not hit her head, did not lose consciousness, and was able to get herself up and telephone a neighbour. Ambulance crew found her alert, in pain at the wrist, and with a lying blood pressure of 138 over 82.	Closed fracture, left distal radius Reduced and cast in Emergency, no operation
The wrist was reduced under local anaesthetic and held in a below-elbow cast. Films after the cast were satisfactory and no operation was needed. Standing blood pressure was 96 over 58 on the ward, with a symptomatic drop on the second morning , and amlodipine was stopped on that basis. Standing readings were back above 110 by the fifth day, and she was independent with washing and dressing before she left.	Postural hypotension Symptomatic, medicine-related, resolved
	Urinary tract infection Treated on the ward, course completed

MEDICINES AT DISCHARGE			
MEDICINE	DOSE AND HOW TO TAKE IT	CHANGE	FOR HOW LONG
Paracetamol 500mg tablets	Two tablets, up to four times a day, at least four hours apart	NEW	While the cast is on
Amlodipine 5mg tablets	Was one every morning. Stopped on 23 June	STOPPED	Practice to review at four weeks
Atorvastatin 20mg tablets	One at night, as before admission	UNCHANGED	Continuing
Colecalciferol 800 unit capsules	One a day with food	NEW	Three months, then review
Nitrofurantoin 50mg capsules	Course of five days, finished on the ward on 26 June	COMPLETED	None to take home

WHAT HAS BEEN ARRANGED	ASK FOR HELP IF
4 July 2026	Fracture clinic, plaster check and repeat films. Letter sent to the patient.
Within one week	Practice nurse, lying and standing blood pressure. Not yet booked.
Referred	Falls service, for a home visit. They will make contact directly.
At four weeks	Practice to decide whether amlodipine is restarted or left off.
	The fingers of the left hand become cold, blue, numb or very swollen.
	The cast gets wet, cracks, or feels loose enough to move on the arm.
	She feels faint or dizzy when she stands, or has another fall.

Prepared by Dr S. Iyer, foundation year 2, on 27 June 2026, and checked the same day by Dr A. Ferreira. Specimen layout, not for clinical use.