

GP follow-up note

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Author	Gp	Recipient	-

Date: 7 September 2026

Patient: Evelyn Hart (67 years, female)

GP: Dr Tom Riley

Shailer Park Medical Centre

Reason for contact

Review knee pain and function.

History

- Known knee osteoarthritis, obesity and hypertension. No known drug allergies.
- Right knee X-ray final: moderate osteoarthritis.
- Community physiotherapy: initial assessment 10 August 2026 - quadriceps weakness; home exercise program started. Progress review 24 August 2026 - improved stair tolerance; pain reduced but persists; continue exercise program.
- Today: modest improvement. No medication adverse effects reported.
- Current medications: amlodipine 10 mg once daily; paracetamol 1 g up to three times daily as required.

Assessment

Knee osteoarthritis with modest improvement on conservative management and physiotherapy. No reported medication adverse effects. Continue current plan and proceed with non-urgent orthopaedic review.

Medication changes

- Paracetamol 1 g up to three times daily as required - continued, same regimen. Reason: modest benefit without reported adverse effect. Status after: active.
- Amlodipine 10 mg once daily - unchanged.

Plan

- Continue paracetamol 1 g up to three times daily as required.
- Continue amlodipine 10 mg once daily.
- Continue physiotherapy program; outstanding, due 21 September 2026.
- Proceed with non-urgent orthopaedic review; outstanding, due 28 September 2026.