# Allen Test

## Client Information:

**Name:** Robert Kingston

**Date of Birth:** 11-02-1974

**Gender:** Male

**Address:** 946 Davis Court, Collinsville, Illinois, 62234

**Phone Number:** 773-943-0897

**Email Address:** RobertK@carepatron.com

**Date of Consultation:** 04-27-2023

**Description of the patient's condition:**

The patient underwent an Allen Test to assess the patency and adequacy of the ulnar and radial arteries in the hand. The test revealed that the ulnar artery was occluded, resulting in compromised blood flow to the hand. The patient reported experiencing pain and discomfort primarily in the fingers supplied by the ulnar artery, namely the ring finger and little finger. A sensation of coldness and numbness in the affected digits also accompanied the pain.

**Severity of Pain:**

The patient described the pain as moderate, with occasional sharp, shooting pain episodes. The pain was present at rest but worsened with activities that required gripping or repetitive hand movements. The patient also reported decreased grip strength and skill in the affected hand.

## Recommendation:

Based on the observation and assessment, the following recommendations are provided:

1. Referral to a Vascular Specialist: Given the findings of the Allen Test, the patient should consult with a vascular specialist or a vascular surgeon for further evaluation and management of the occluded ulnar artery.
2. Treatment of Underlying Cause: Identifying and addressing the underlying cause of the occlusion is essential. This may involve diagnostic imaging studies, such as Doppler ultrasound or angiography, to determine the exact location and nature of the arterial obstruction.
3. Medication: Depending on the underlying cause, the patient may require a prescription to address any contributing factors, such as antiplatelet agents or anticoagulants, to prevent further clot formation or manage any systemic conditions that may be contributing to the arterial occlusion.
4. Hand Therapy: Referral to a hand therapist may be beneficial to improve hand function, enhance grip strength, and provide strategies to manage pain and discomfort.
5. Lifestyle Modifications: Encouraging the patient to make certain lifestyle modifications, such as avoiding activities that aggravate the pain, maintaining proper hand positioning and ergonomics, and adopting measures to improve overall vascular health (e.g., smoking cessation, regular exercise, healthy diet) can contribute to the general management of the condition.

## Notes:

It is crucial for the patient to promptly follow up with the recommended specialist to address the occluded ulnar artery and restore adequate blood flow to the hand. Failure to seek appropriate medical attention may lead to further complications, such as tissue damage or ischemic changes in the affected hand. Compliance with the prescribed treatment plan, regular monitoring, and close communication with healthcare professionals is essential for optimal outcomes.