

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

10/03/2024 - Office Visit

Provider: Mukesh Misra MD

Location of Care: Antelope Valley Neuroscience Medical Group

History of Present Illness:

I saw DARLEAN SCOTT in the office today for a followup consultation. She is a 60 year old woman with the complaint of neck pain. bilateral shoulder pain. bilateral arm pain. low back pain. bilateral buttock pain. bilateral leg pain. I saw Darlene in the office today she is a 60-year-old patient who is for follow-up ongoing back issues. She has lost her weeks following her surgery. She on 4 she took another fall recently when she was in Cruz. She aggravated her back pain a lot. She got mildly tender low back region other than that her neurological examination remains unchanged. He has not had any steroid injection for quite some time we reviewed and treatment plan with the patient family plan this time schedule patient for lumbar steroid block repeat and then follow-up in the office a few weeks the meantime continue medications prescribed plan recommend for discussed with patient she does and follow accordingly case of acute events she has been instructed to go to urgent care and or emergency room.

Patient complies with the 4 A's of opioid treatment.

ADL's: Patient is able to perform activities of daily living with the aid of the medications.

Adverse side effects: No side effects noted including cognitive/somnolence/respiratory depression and constipation.

Abuse: No signs of abuse, misuse or diversion

Associations: No worsening depression or anxiety.

A CURES report from the Department of Justice - Bureau of Narcotic Enforcement was reviewed and is consistent with the medications we are prescribing. Patient would recommend to continue decreasing medication for his pain. Adverse of medication discussed with patient as well.

Certain portion of the progress note may have findings and information retrieved from the previous office visit note. This is a part of this progress note

Active Medications:

IBU 800 mg tablet (ibuprofen) Take 1 tablet by mouth twice a day as needed for pain

carisoprodol 350 mg tablet (carisoprodol) Take 1 tablet by mouth three times a day as needed as directed for spasms

gabapentin 100 mg capsule (gabapentin) Take 1 capsule by mouth three times a day as directed

Percocet 10-325 mg tablet (oxycodone-acetaminophen) Take 1 tablet by mouth every six hours as needed for pain

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Current Allergies (reviewed this update):

No known allergies

Radiology Impression

Review of Records

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Past Medical History:

Reviewed history from 08/08/2024 and no changes required:
No hypertension, diabetes, MI, or cancer.

PHARMACY:

Next Rx
38900 Trade center Dr
Palmdale, CA
93551

Past Surgical History:

Reviewed history from 08/08/2024 and no changes required:
Status post L3-L5 Lumbar Laminectomy/Laminotomy.
Status post Left CTR.
Status post Right CTR.
Status post C4-C7 ACDF by Dr Misra on 12/12/16.
Status post L3-S1 ALIF by Dr. Misra on 05/08/17.

Social History:

Reviewed history from 06/01/2017 and no changes required:
Patient currently smokes every day. She smokes 6 cigarettes a day
Alcohol Use - yes Moderate.
Drug Use - no
HIV/High Risk - no
Regular Exercise - no

Risk Factors:

Counseled to Quit/Cut Down: yes

Vital Signs:

Patient Profile: 60 Years Old Female
Height: 64 inches
Weight: 145 pounds
BMI: 24.89
Temp: 97.1 degrees F temporal
BP Sitting: 120 / 60 (left arm)

Cuff size: large
Patient in pain? Yes
Location: lower back
Intensity: 10

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Allergies: Allergies were reviewed with the patient during this visit.

Physical Exam

Msk:

cervical and lumbar tenderness

Neurologic:

Awake and alert

II-XII normal

grip better 5/5

rt PF 4/5

decreased rt L5 sensations

absent rt AJ and rt BJ rest DTRs normal

No cerebellar

gait cannot do tandem

positive SLR

Impression & Recommendations:

Problem # 1: Spinal stenosis, lumbar region with neurogenic claudication (ICD10-M48.062)

Assessment: Deteriorated

Orders:

99214-FU, DETAILED (CPT-99214)

FACET BLOCK LUMBAR (FB LU)

Problem # 2: Spondylosis, lumbar, with radiculopathy (ICD-756.11) (ICD10-M47.26)

Assessment: Deteriorated

Orders:

99214-FU, DETAILED (CPT-99214)

FACET BLOCK LUMBAR (FB LU)

Patient Instructions:

- 1) Please schedule a follow-up appointment in 6 weeks.
- 2) Discussed the hazards of tobacco smoking (use). Smoking cessation recommended and techniques and options to help patient quit were discussed.
- 3) Discussed importance of regular exercise and recommended starting or continuing a regular exercise program for good health.
- 4) Most patients (90%) of patients with low back pain will improve with time (2-6 weeks). Limit activity to comfort and avoid activities that increase discomfort. Apply moist heat and/or ice to lower back and take medication as instructed for pain relief. Please read the Back Pain Handout and start Physical Therapy as directed.

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5) Limit activity to comfort and avoid activities that increase discomfort. Apply moist heat and/or ice to neck and take medication as instructed for pain relief. Please read the Neck Pain Handout and start Physical Therapy as directed. Plan to schedule patient for lumbar block in the coming days following authorization clearance get medication prescribed and then follow-up plan and risks benefit discussed with patient and family than sent follow accordingly.

Electronically signed by Mukesh Misra MD on 10/03/2024 at 9:49 AM
