

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

**05/05/2021 - 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 56 year old woman with the complaint of neck pain. left buttock pain. bilateral buttock pain. bilateral leg pain. Patient is for follow-up for ongoing back and leg pain from multiple level lumbosacral disc disease and stenosis. She also got chronic pain issues. Patient was waiting to get spinal cord stimulator trial however not well and could not get that done. At this time she want to try steroid block and then follow-up in the decide on the spinal cord stimulator trial in the coming weeks. Plan and risk and benefits discussed with patient. 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.

**Review of Records**

**Past Medical History:**

No hypertension, diabetes, MI, or cancer.

**Past Surgical History:**

Statys 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.

**Risk Factors:**

Counseled to Quit/Cut Down: yes

**Vital Signs:**

Patient Profile: 56 Years Old Female

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Height: 68 inches  
Weight: 180 pounds  
BMI: 27.37  
O2 Sat: 97 %  
Temp: 97.3 degrees F  
Pulse rate: 95 / minute  
BP Sitting: 162 / 84 (left arm)

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

**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:** CHRONIC PAIN SYNDROME (ICD-338.4) (ICD10-G89.4)

**Assessment:** Deteriorated

Orders:

99214-FU, DETAILED (CPT-99214)  
FACET BLOCK LUMBAR (FB LU)

**Problem # 2:** Cervical Degenerative Disc Disease (ICD-722.4) (ICD10-M50.30)

**Assessment:** Unchanged

Orders:

99214-FU, DETAILED (CPT-99214)  
FACET BLOCK LUMBAR (FB LU)

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**Patient Instructions:**

- 1) Please schedule a follow-up appointment in 6-8 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) The patient was encouraged to lose weight for better health.
- 5) 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.
- 6) 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 lumbar steroid block fine authorization and clearance and then follow-up plan and risk and benefits discussed with patient.

**Active Medications:**

PERCOCET 10-325 MG ORAL TABLET (OXYCODONE-ACETAMINOPHEN) T PO Q6 hrs prn pain  
SOMA 350 MG ORAL TABLET (CARISOPRODOL) T PO Q 8 HRS PRN  
MEDROL 4 MG ORAL TABLET THERAPY PACK (METHYLPREDNISOLONE) take as directed by physician

**Current Allergies:**

No known allergies

**Electronically signed by Mukesh Misra MD on 05/05/2021 at 12:15 PM**

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