

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

11/08/2023 - 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 59 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 Ms. Scott in the office today. She is a 59

Patient is seen for ongoing neck and back issues. She recently had surgery for laparoscopic lap banding. She is doing better she is losing weight pain is adequately managed he tells me she has not had an injection for a while and she like to try his lumbar injection scheduled for follow-up. Meantime quit medication prescribed her examination remains unchanged. Plan this can prevent 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:

Reviewed history from 09/06/2023 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 09/06/2023 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:

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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: 59 Years Old Female

Height: 64 inches

Weight: 180 pounds

BMI: 30.89

O2 Sat: 94 %

Temp: 95.6 degrees F temporal

Pulse rate: 85 / minute

BP Sitting: 118 / 82 (left arm)

Cuff size: regular

Patient in pain? Yes

Location: LOWER BACK, R LEG

Intensity: 8

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

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Impression & Recommendations:

Problem # 1: Low back pain, chronic (ICD-724.2) (ICD10-M54.59)

Her updated medication list for this problem includes:

Percocet 10-325 Mg Tablet (Oxycodone-acetaminophen) Take 1 tablet by mouth every six hours as needed for pain

Carisoprodol 350 Mg Tablet (Carisoprodol) Take 1 tablet by mouth three times a day as needed for spasms

Ibu 800 Mg Tablet (Ibuprofen) Take 1 tablet by mouth twice a day as needed for pain

Orders:

99214-FU, DETAILED (CPT-99214)

FACET BLOCK LUMBAR (FB LU)

Problem # 2: Central cord syndrome at C6 level of cervical spinal cord, initial encounter (ICD-952.08) (ICD10-S14.126A)

Assessment: Unchanged

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) 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 on any medication and treatment as before and schedule her block indications and follow. Plan is Discussed with patient.

Active Medications:

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

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

Medrol (Pak) 4 mg tablets, dose pack (methylprednisolone) Take 1 tablet by mouth as directed TAKE A DIRECTED ON PACKAGE

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

Current Allergies:

Antelope Valley Neuroscience Medical Group
42135 10th Street West Ste 301 LANCASTER, CA 93534-6093
(661) 945-6931 Fax: (661) 945-4592

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No known allergies

Electronically signed by Mukesh Misra MD on 11/08/2023 at 9:51 AM
