

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

01/25/2024 - 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 59 year old woman with the complaint of neck pain. bilateral arm pain. thoracic back pain. low back pain. bilateral buttock pain. bilateral leg pain. I saw Darlene in the office today. I saw along with her family. She is a 59-year-old patient known to me some time. Patient chronic neck and back issues. More recently she aggravated her back following recent trauma while she was taken in a wheelchair in an airport. According to her she was put in a wheelchair and was taken through a lot of bumps and with severe acute maneuvering she aggravated her back pain and severe leg and thoracic pain. Pain was so bad that she had to go to urgent emergency room and was given a pain shot. She is at the office still and writhing in pain and a lot of discomfort in her back and leg. She denies much of change in bowel or bladder symptoms. No recent imaging. She was scheduled for cervical block however due to severe pain she is scheduled for later time. I told her to discontinue anti-inflammatory medication and pain pills if not better we will probably repeat MRI and identify because of her recent worsening pain.

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 01/10/2024 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 01/10/2024 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.

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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

Vital Signs:

Patient Profile: 59 Years Old Female

Height: 64 inches

Weight: 165 pounds

BMI: 28.32

O2 Sat: 95 %

Temp: 97.3 degrees F temporal

Pulse rate: 73 / minute

BP Sitting: 130 / 86 (right arm)

Cuff size: regular

Patient in pain? Yes

Location: back

Intensity: 2

Allergies: Allergies were reviewed with the patient during this visit.
No Known Allergy.

Physical Exam

General:

A lot of discomfort and pain. Patient has lost weight since her surgery

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

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No cerebellar
gait cannot do tandem
positive SLR

Impression & Recommendations:

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

Assessment: Deteriorated

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

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:

99215-FU, COMPREHENSIVE (CPT-99215)

Problem # 2: Lumbar radiculopathy (ICD-724.4) (ICD10-M54.16)

Assessment: Deteriorated

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

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:

99215-FU, COMPREHENSIVE (CPT-99215)

Medications Added to Medication List This Visit:

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

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

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

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Patient Instructions:

- 1) Please schedule a follow-up appointment in 6 weeks.
- 2) Discussed importance of regular exercise and recommended starting or continuing a regular exercise program for good health.
- 3) 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.
- 4) 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 of any medication and treatment was not better we will repeat MRI. Plan discussed with patient she and her family understand will follow accordingly case of acute event she has been instructed to go to urgent care and/or emergency room.

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
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 (reviewed this update):

No known allergies

Electronically signed by Mukesh Misra MD on 01/25/2024 at 2:29 PM
