

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

**03/01/2023 - 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 58 year old woman with the complaint of neck pain. bilateral arm pain. low back pain. bilateral leg pain. I saw Darlene in the office today. She for follow-up for ongoing back and neck issues. She had a lumbar steroid block over a month ago and has significant improvement following the block. She denies any new issues. Her pain is adequately managed with medication for pain as prescribed and periodic block if and when the symptoms get worse. Plan and risk and benefit discussed with patient plan to continue present management and follow-up in the office in a few days with prior appointment. Plan discussed with patient she understands and will follow accordingly.

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.

**PHARMACY:**

Next Rx

38900 Trade center Dr

Palmdale, CA

93551

**Past Surgical History:**

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.

**Risk Factors:**

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Counseled to Quit/Cut Down: yes

**Vital Signs:**

Patient Profile: 58 Years Old Female

Height: 64 inches

Weight: 210 pounds

BMI: 36.04

O2 Sat: 98 %

Temp: 97.3 degrees F

Pulse rate: 81 / minute

BP Sitting: 140 / 70 (left arm)

Cuff size: regular

Patient in pain? Yes

Location: back, R leg

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:** Low back pain, chronic (ICD-724.2) (ICD10-M54.59)

**Assessment:** Unchanged

Her updated medication list for this problem includes:

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 four to six

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hours as needed for pain

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

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

**Orders:**

99214-FU, DETAILED (CPT-99214)

FACET BLOCK LUMBAR (FB LU)

**Problem # 2:** Lumbar disc disorder (ICD-722.93) (ICD10-M51.86)

**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 is to continue present management. Patient currently kerplunk the coming weeks with prior. Plan and risk and benefit discussed with patient.

**Active Medications:**

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 four to six hours as needed for pain

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

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

**Current Allergies:**

No known allergies

**Electronically signed by Mukesh Misra MD on 03/01/2023 at 10:08 AM**

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**Antelope Valley Neuroscience Medical Group**  
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*July 1, 2025*  
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