

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

05/11/2023 - 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 buttock pain. bilateral leg pain. I saw Darlene in the office today. Saw her along with her family. She is a patient known to me for some time. Patient chronic back and neck issues. More recently she took a fall and aggravated her pain. She denies otherwise any new issues. Her examination remains unchanged symptoms are currently in mobilization due to the recent fall and pain. Plan to continue present management patient schedule block and then follow-up meantime continue medication prescribed. Plan and risk and benefit discussed with patient and family.

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.

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Vital Signs:

Patient Profile: 58 Years Old Female
Height: 64 inches
Weight: 210 pounds
BMI: 36.04
O2 Sat: 98 %
Temp: 97.2 degrees F
Pulse rate: 83 / minute
BP Sitting: 144 / 80 (left arm)

Cuff size: regular
Patient in pain? Yes
Location: back, hips
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: Deteriorated

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 hours as needed for pain

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

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Orders:

99214-FU, DETAILED (CPT-99214)
RHIZOTOMY, LUMBAR (RHIZOTOMY)

Problem # 2: Cervical Spondylosis (ICD-721.0) (ICD10-M47.812)

Assessment: Unchanged

Orders:

99214-FU, DETAILED (CPT-99214)
RHIZOTOMY, LUMBAR (RHIZOTOMY)

Medications Added to Medication List This Visit:

1) Medrol (pak) 4 Mg Tablets,dose Pack (Methylprednisolone) Take 1 tablet by mouth as directed take a directed on package

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) The patient was encouraged to lose weight for better 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.
- 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 present management repeat block/RFA follow plan and risk and benefit discussed with patient and family.

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

Current Allergies:

No known allergies

Electronically signed by Mukesh Misra MD on 05/11/2023 at 11:23 AM
