

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

01/26/2017 - Office Visit: POST OP

Provider: Mukesh Misra MD

Location of Care: Antelope Valley Neuroscience Medical Group

History of Present Illness:

I saw DARLEAN SCOTT back in the office today. She is now a few weeks out since her ACDF. Patient getting better. Her main issues is her back now. Plan to continue present management. Will plan back surgery in 2-3 months.

Review of Records

Past Medical History:

Reviewed history from 11/22/2016 and no changes required:
No hypertension, diabetes, MI or cancer.

Past Surgical History:

Reviewed history from 12/21/2016 and no changes required:
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.

Family History:

Reviewed history from 11/22/2016 and no changes required:
Family History of Tuberculosis
Family History of Bleeding Disorders
Family History of High Blood Pressure
Family History of Diabetes
Family History of Heart Disease

Social History:

Reviewed history from 11/09/2016 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 tobacco use: yes

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

Vital Signs:

Patient Profile: 52 Years Old Female
Height: 64 inches
Weight: 194.0 pounds
BMI: 33.42
Temp: 97.9 degrees F
Pulse rate: 84 / minute
Resp: 20 per minute
BP sitting: 146 / 88

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: Neck Pain (ICD-723.1) (ICD10-M54.2)

Assessment: Improved

Her updated medication list for this problem includes:

Norco 10-325 Mg Tabs (Hydrocodone-acetaminophen) T po q 6 hrs prn

Medications Added to Medication List This Visit:

1) Norco 10-325 Mg Tabs (Hydrocodone-acetaminophen) T po q 6 hrs prn

Other Orders:

99024-NO CHARGE/POST OP (CPT-99024)

Patient Instructions:

- 1) Please schedule a follow-up appointment in 2-3 months.
- 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

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

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.

7) Plan back surgery in 2-3 months

Current Allergies:

No known allergies

Electronically signed by Mukesh Misra MD on 01/26/2017 at 4:11 PM
