

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

12/21/2016 - 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 10 days since her ACDF. Patient doing better. Has some swallow issues and postop neck pain. Op site dry and clean. No other new neck issues.

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:

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.

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

Vital Signs:

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

Patient Profile: 52 Years Old Female
Height: 64 inches
Weight: 198 pounds
BMI: 34.11
Temp: 98.1 degrees F
Pulse rate: 88 / minute
Resp: 20 per minute
BP sitting: 120 / 78

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

Medications Added to Medication List This Visit:

1) Medrol (pak) 4 Mg Tabs (Methylprednisolone) Take as directed by physician

Other Orders:

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

Patient Instructions:

- 1) Please schedule a follow-up appointment in 8-10 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.

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

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.

Current Allergies:

No known allergies

Electronically signed by Mukesh Misra MD on 12/21/2016 at 1:38 PM
