

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

04/10/2019 - 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 54 year old woman with the complaint of low back pain. bilateral buttock pain. bilateral leg pain. Patient is followed for ongoing back issues and back issues. Patricia is doing very well in her neck however she contused a lot of low back pain and leg pain. Patient is stable on pain medication and missed. Articular cortisone shot when now it is better. Plan to continue present management. Information regarding spinal cord stimulator has also been sent to the patient. Plan discussed with patient and family

Review of Records

Past Medical History:

Reviewed history from 06/01/2017 and no changes required:
No hypertension, diabetes, MI, or cancer.

Past Surgical History:

Reviewed history from 06/01/2017 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.

Family History:

Reviewed history from 06/01/2017 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 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

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Vital Signs:

Patient Profile: 54 Years Old Female
Height: 64 inches
Weight: 178.2 pounds
BMI: 30.70
Temp: 97.3 degrees F
Resp: 16 per minute
BP sitting: 136 / 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: CHRONIC PAIN SYNDROME (ICD-338.4) (ICD10-G89.4)

Assessment: Improved

Orders:

99214-FU, DETAILED (CPT-99214)

Patient Instructions:

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

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Active Medications:

PERCOCET 10-325 MG ORAL TABLET (OXYCODONE-ACETAMINOPHEN) T PO Q 4-6 hrs prn pain
SOMA 350 MG ORAL TABLET (CARISOPRODOL) T PO Q 8 HRS PRN
MEDROL 4 MG ORAL TABLET THERAPY PACK (METHYLPREDNISOLONE) take as directed by
physician
FLEXIRIL 10 MG () TAKE 1 EVERY 8HRS PRN

Current Allergies:

No known allergies

Electronically signed by Mukesh Misra MD on 04/10/2019 at 8:38 AM
