

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

01/04/2023 - 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 Ms. Scott in the office today. She for follow-up for ongoing neck and back issues. She is been having issues with rides and could not get a steroid block schedule. She tells me she has no issues with the rides and wants to schedule block meantime she also change her pharmacy for pain medication muscle relaxant. Plan to schedule for lumbar block in the coming days following authorization and clearance continue medication prescribed and follow-up in the office in a few weeks with prior appointment. Plan discussed with patient she was 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.

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Vital Signs:

Patient Profile: 58 Years Old Female
Height: 64 inches
Weight: 200 pounds
BMI: 34.33
O2 Sat: 98 %
Temp: 97.0 degrees F
Pulse rate: 96 / minute
BP Sitting: 140 / 60 (left arm)

Cuff size: regular
Patient in pain? Yes
Location: lower back, feet
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:

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

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

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

Carisoprodol 350 Mg Tablet (Carisoprodol) Take 1 tablet by mouth three times a day as needed for

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spasms

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

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 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 lumbar block and clearance and then follow-up. Plan discussed with patient chest and will follow accordingly.

Active Medications:

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

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

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

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

Current Allergies:

No known allergies

Electronically signed by Mukesh Misra MD on 01/04/2023 at 9:26 AM
