

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

**07/20/2023 - 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 59 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 will follow-up for ongoing neck and back issues. She patient is for cataract surgery sometime next month and also bariatric surgery later this year. He is for follow-up for her ongoing back and neck issues in pain. She want to schedule lumbar block however with other upcoming surgeries have told her to check with her primary and her other surgeons for clearance and okay for steroid block at this time meantime continue medication as prescribed. Plan and risk and recommendations.

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: 59 Years Old Female  
Height: 64 inches  
Weight: 210 pounds  
BMI: 36.04  
O2 Sat: 97 %  
Temp: 97.5 degrees F  
Pulse rate: 85 / minute  
BP Sitting: 140 / 80 (left arm)

Cuff size: regular  
Patient in pain? Yes  
Location: lower back  
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 six hours as needed for pain

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

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)

**Problem # 2:** CHRONIC PAIN SYNDROME (ICD-338.4) (ICD10-G89.4)

**Assessment:** Unchanged

Orders:

99214-FU, DETAILED (CPT-99214)

**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 agree medication as prescribed and patient to call and schedule block in the going weeks and then follow-up. Plan and risk and benefit discussed with patient and family.

**Active Medications:**

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

carisoprodol 350 mg tablet (carisoprodol) Take 1 tablet by mouth three times a day as needed for spasms

Medrol (Pak) 4 mg tablets,dose pack (methylprednisolone) Take 1 tablet by mouth as directed TAKE A DIRECTED ON PACKAGE

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 07/20/2023 at 10:46 AM**

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