

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

01/10/2024 - 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 shoulder pain. bilateral arm pain. low back pain. bilateral buttock pain. bilateral leg pain. I saw Darlene in the office today I saw along with the family. Patient is a follow-up for ongoing neck and back issues. She tells me her neck has been bothering a lot more in the recent days. She had lumbar block a few weeks ago with much relief. Her examination remains unchanged. Patient follow-up for cervical block in the coming days following authorization clearance and then recommend a follow-up. Meantime she will continue medication therapy as before. Plan and risks were discussed with patient and family they understand and will follow the 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:

Reviewed history from 11/08/2023 and no changes required:

No hypertension, diabetes, MI, or cancer.

PHARMACY:

Next Rx

38900 Trade center Dr

Palmdale, CA

93551

Past Surgical History:

Reviewed history from 11/08/2023 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.

Status post L3-S1 ALIF by Dr. Misra on 05/08/17.

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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

Risk Factors:

Counseled to Quit/Cut Down: yes

Vital Signs:

Patient Profile: 59 Years Old Female

Height: 64 inches

Weight: 162 pounds

BMI: 27.80

O2 Sat: 100 %

Temp: 97.0 degrees F temporal

Pulse rate: 75 / minute

BP Sitting: 118 / 70 (left arm)

Cuff size: regular

Patient in pain? No

No Known Allergy.

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

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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

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

Orders:

99214-FU, DETAILED (CPT-99214)

FACET BLOCK CERVICAL (FB CX)

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

Assessment: Deteriorated

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

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

Orders:

99214-FU, DETAILED (CPT-99214)

FACET BLOCK CERVICAL (FB CX)

Patient Instructions:

- 1) Please schedule a follow-up appointment in 6 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

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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. Plan cervical block following authorization clearance and then follow-up. Plan and risks 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

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 01/10/2024 at 10:40 AM
