

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

**05/30/2024 - 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 she is a 59 patient follow-up ongoing neck and back issues. She tells me pain is getting worse she has cervical block a few weeks ago with some relief. She is going for physical therapy most of symptoms gotten worse with time following the trauma she sustained a few months ago. MRI cervical spine shows postoperative changes and pain is so some carotid aneurysm and he had recommended MRI brain and which I have ordered along with MR angiogram. We will schedule for the block continue medication prescribed and then follow-up. Plan and risks and benefit discussed with patient and family than sent follow recommendation.

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.

**Active Medications:**

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 as directed for spasms

gabapentin 100 mg capsule (gabapentin) Take 1 capsule by mouth three times a day as directed

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

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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

**Current Allergies (reviewed this update):**

No known allergies

Radiology Impression

**Review of Records**

**Past Medical History:**

Reviewed history from 03/28/2024 and no changes required:

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No hypertension, diabetes, MI, or cancer.

**PHARMACY:**

Next Rx  
38900 Trade center Dr  
Palmdale, CA  
93551

**Past Surgical History:**

Reviewed history from 03/28/2024 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.

**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

**Vital Signs:**

Patient Profile: 59 Years Old Female

Height: 64 inches

Weight: 146 pounds

BMI: 25.06

O2 Sat: 98 %

Temp: 97.3 degrees F temporal

Pulse rate: 64 / minute

BP Sitting: 124 / 70 (left arm)

Cuff size: regular

Patient in pain? Yes

Location: LOWER BACK, UPPER BACK, LEFT KNEE

Intensity: 10

Allergies: Allergies were reviewed with the patient during this visit.

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**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:

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 as directed for spasms

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

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

Orders:

99215-FU, COMPREHENSIVE (CPT-99215)

FACET BLOCK LUMBAR (FB LU)

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

**Assessment:** Unchanged

Her updated medication list for this problem includes:

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 as directed for spasms

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

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

**Orders:**

99215-FU, COMPREHENSIVE (CPT-99215)  
FACET BLOCK LUMBAR (FB LU)

**Other Orders:**

MRI BRAIN W/O CONTRAST (MRI BRAIN W/O)  
MR ANGIOGRAM BRAIN (MR ANGIO BRAIN)

**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 to schedule patient for lumbar block 20 medication prescribed and then follow-up. Plan and risks and benefit discussed with patient family than his and and will follow the above recommendations. I have also added order for MRI brain and MR angiogram.

**Electronically signed by Mukesh Misra MD on 05/30/2024 at 11:42 AM**

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