

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

10/02/2019 - 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 55 year old woman with the complaint of low back pain. bilateral buttock pain. bilateral leg pain. Patient for fu following her steroid block. And the patient feels a little better since the block. Treatment plan for chronic pain and discussed again with the patient. Patient called and decide regarding spinal cord stimulator trial in the coming weeks. Plan discussed with patient.

Review of Records

Past Medical History:

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

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

Risk Factors:

Tobacco use: current every day smoker
Counseled to quit/cut down tobacco use: yes
Drug use: no
HIV high-risk behavior: no
Alcohol use: yes
Exercise: no

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Vital Signs:

Patient Profile: 55 Years Old Female
Height: 64 inches
Weight: 179.2 pounds
Temp: 97.8 degrees F Temporal
Pulse rate: 80 / minute
Resp: 16 per minute
BP sitting: 132 / 70

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: Unchanged

Orders:

99214-FU, DETAILED (CPT-99214)

Patient Instructions:

- 1) Please schedule a follow-up appointment in 3 months.
- 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 directed. Patient will decide regarding SCS and get back.

Active Medications:

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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 10/02/2019 at 9:54 AM
