

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

03/28/2024 - 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 she is a 59 with patient for follow-up following neck and back issues. A few months ago she aggravated her neck and back both after she was taken her wheelchair while she was in the airport. Since then her pain had been significantly severe. She does take medications prescribed. She had x-ray recent cervical spine showing postop changes and mild listhesis a C7-T1 level and will order MRI of her cervical spine. Meantime continue medication prescribed would add Neurontin to her pain management along with what she is getting at this time. Also schedule for cervical block and then follow-up. Plan and risks benefit discussed with patient and family than understand and will follow recommendations. She is also been losing weight and since her procedure for that a few months ago.

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:

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

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

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

Current Allergies (reviewed this update):

No known allergies

Radiology Impression

Review of Records

Past Medical History:

Reviewed history from 02/07/2024 and no changes required:

No hypertension, diabetes, MI, or cancer.

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

PHARMACY:

Next Rx
38900 Trade center Dr
Palmdale, CA
93551

Past Surgical History:

Reviewed history from 02/07/2024 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: 152 pounds

BMI: 26.09

O2 Sat: 95 %

Temp: 97.3 degrees F temporal

Pulse rate: 80 / minute

BP Sitting: 112 / 60 (left arm)

Cuff size: large

Patient in pain? Yes

Location: back, neck, left shoulder

Intensity: 7

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

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

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:

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

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

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

Orders:

99215-FU, COMPREHENSIVE (CPT-99215)

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:

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

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

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

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

Orders:

99215-FU, COMPREHENSIVE (CPT-99215)
FACET BLOCK CERVICAL (FB CX)

Medications Added to Medication List This Visit:

- 1) Gabapentin 100 Mg Capsule (Gabapentin) Take 1 capsule by mouth three times a day as directed
- 2) Carisoprodol 350 Mg Tablet (Carisoprodol) Take 1 tablet by mouth three times a day as needed as directed for spasms

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) 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.
- 4) 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 any medication as before and add Neurontin and also schedule for cervical block and then follow-up. Plan and risks and benefit discussed with patient and family they understand will follow recommendations.

Electronically signed by Mukesh Misra MD on 03/28/2024 at 9:20 AM
