

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

09/20/2017 - 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 53 year old woman with the complaint of low back pain. bilateral leg pain. Patient is s/p ALIF and is better but still has hip pain. Her leg pain and weakness is getting better as well. Plan PT and then fu

Review of Records

Past Medical History:

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

Past Surgical History:

Reviewed history from 06/01/2017 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.

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:

Counseled to quit/cut down tobacco use: yes

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Vital Signs:

Patient Profile: 53 Years Old Female
Height: 64 inches
Weight: 169.7 pounds
BMI: 29.23
Temp: 97.4 degrees F
Resp: 16 per minute
BP sitting: 140 / 82

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 (ICD-724.2) (ICD10-M54.5)

Assessment: Improved

Her updated medication list for this problem includes:

Percocet 10-325 Mg Tabs (Oxycodone-acetaminophen) T po q 4-6 hrs prn pain
Soma 350 Mg Tabs (Carisoprodol) T po q 8 hrs prn
Norco 10-325 Mg Tabs (Hydrocodone-acetaminophen) T po q 6 hrs prn

Orders:

99214-FU, DETAILED (CPT-99214)

Patient Instructions:

- 1) Please schedule a follow-up appointment in 3-4 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.

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- 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.
- 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.
- 7) fu after PT

Active Medications:

PERCOCET 10-325 MG TABS (OXYCODONE-ACETAMINOPHEN) T PO Q 4-6 hrs prn pain
SOMA 350 MG TABS (CARISOPRODOL) T PO Q 8 HRS PRN
NORCO 10-325 MG TABS (HYDROCODONE-ACETAMINOPHEN) T PO Q 6 HRS PRN
MEDROL (PAK) 4 MG TABS (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 09/20/2017 at 11:16 AM
