

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

09/01/2022 - 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 58 year old woman with the complaint of neck pain. bilateral arm pain. low back pain. bilateral leg pain. I saw Ms. Scott in the office today. She for follow-up for her ongoing neck and back issues. She also some family issues and slowly recovering from that. She denies any new issues other than some and swelling issues and neck pain. Would order cervical spine x-rays and anagram patient follow-up after that. She will call and schedule for another block in the coming weeks and meantime plan is to continue present management. Plan and risk and benefit discussed with patient

.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:

No hypertension, diabetes, MI, or cancer.

PHARMACY:

Next Rx
38900 Trade center Dr
Palmdale, CA
93551

Past Surgical History:

Status 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.

Risk Factors:

Counseled to Quit/Cut Down: yes

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Vital Signs:

Patient Profile: 58 Years Old Female

Height: 64 inches

Weight: 186 pounds

BMI: 31.92

O2 Sat: 97 %

Temp: 96.6 degrees F

Pulse rate: 60 / minute

BP Sitting: 130 / 70 (left arm)

Cuff size: regular

Patient in pain? Yes

Location: lower back

Intensity: 8

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:

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

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 for spasms

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

Problem # 2: Central cord syndrome at C6 level of cervical spinal cord, initial encounter (ICD-952.08) (ICD10-S14.126A)

Assessment: Unchanged

Other Orders:

99214-FU, DETAILED (CPT-99214)

XRAY CERVICAL AP/LAT (XRAY CX AP/LAT)

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 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. Patient can schedule block and also follow-up after the excess of the spine. Plan and risk and benefit discussed with patient.

Active Medications:

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

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 for spasms

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

Current Allergies:

No known allergies

Electronically signed by Mukesh Misra MD on 09/01/2022 at 12:40 PM
