

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

06/24/2022 - 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. low back pain. bilateral buttock pain. bilateral leg pain. I saw Darlene in the office today. She is for follow-up for her ongoing neck and back issues. Main problem remains back and more recently hip pain. She has had lumbar surgery done in the past and fusion. Pain is getting worse. Pain is not resolved with over-the-counter medication. She takes medication as prescribed discussed the finding of previous imaging and recommend try left L4-5 L5 radiofrequency ablation since most of symptoms on the left side if not better we will plan MRI and x-rays. Plan and risk and benefit discussed with patient. Patient will call and schedule coming days.

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:

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Counseled to Quit/Cut Down: yes

Vital Signs:

Patient Profile: 58 Years Old Female

Height: 64189 inches

O2 Sat: 97 %

Temp: 97.4 degrees F

Pulse rate: 73 / minute

BP Sitting: 130 / 70 (left arm)

Cuff size: regular

Patient in pain? Yes

Location: lower back

Intensity: 10

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

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

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

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Carisoprodol 350 Mg Tablet (Carisoprodol) Take 1 tablet by mouth three times a day as needed
Percocet 10-325 Mg Tablet (Oxycodone-acetaminophen) Take 1 tablet by mouth every four to six
hours as needed for pain

Orders:

99214-FU, DETAILED (CPT-99214)
RHIZOTOMY, LUMBAR (RHIZOTOMY)

Problem # 2: CHRONIC PAIN SYNDROME (ICD-338.4) (ICD10-G89.4)

Assessment: Unchanged

Orders:

99214-FU, DETAILED (CPT-99214)
RHIZOTOMY, LUMBAR (RHIZOTOMY)

Medications Added to Medication List This Visit:

- 1) Percocet 10-325 Mg Tablet (Oxycodone-acetaminophen) Take 1 tablet by mouth every four to six hours as needed for pain
- 2) Carisoprodol 350 Mg Tablet (Carisoprodol) Take 1 tablet by mouth three times a day as needed for spasms
- 3) Ibu 800 Mg Tablet (Ibuprofen) Take 1 tablet by mouth twice a day as needed for pain

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. Plan radiofrequency of lesion L4-5 and L5-S1 following authorization and clearance and then follow-up. 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
carisoprodol 350 mg tablet (carisoprodol) Take 1 tablet by mouth three times a day as needed for spasms
carisoprodol 350 mg tablet (carisoprodol) Take 1 tablet by mouth three times a day as needed
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

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Electronically signed by Mukesh Misra MD on 06/24/2022 at 9:09 AM
