

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

**02/12/2020 - 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 leg pain. Patient is to follow for ongoing back and leg pain. Recently, she had right foot surgery. She still recovering from the foot surgery. Chronic pain management for back discussed with the patient. Patient will check with doctor is she is okay to get lumbar steroid block. Spinal cord stimulator trial also 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.

**Past Surgical History:**

Reviewed history from 06/01/2017 and no changes required:  
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.

**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

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**Vital Signs:**

Patient Profile: 55 Years Old Female  
Height: 64 inches  
Weight: 175 pounds  
BMI: 30.15  
Temp: 97.9 degrees F  
BP sitting: 110 / 74

Pt. in pain? yes  
Location: 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:** CHRONIC PAIN SYNDROME (ICD-338.4) (ICD10-G89.4)

**Assessment:** Unchanged

**Orders:**

99214-FU, DETAILED (CPT-99214)  
FACET BLOCK LUMBAR (FB LU)

**Patient Instructions:**

- 1) Please schedule a follow-up appointment in 3 months.
- 2) Discussed importance of regular exercise and recommended starting or continuing a regular exercise program for good health.
- 3) The patient was encouraged to lose weight for better health.
- 4) 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.

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5) 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 accomplished with a lumbar block after she gets authorized by her primary doctor.

**Current Allergies:**

No known allergies

**Electronically signed by Mukesh Misra MD on 02/12/2020 at 2:59 PM**

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