

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

Impression & Recommendations:

Problem # 1: Low back pain, chronic (ICD-724.2) (ICD10-M54.59)

Her updated medication list for this problem includes:

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

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

Orders:

99214-FU, DETAILED (CPT-99214)

FACET BLOCK LUMBAR (FB LU)

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

Assessment: Unchanged

Orders:

99214-FU, DETAILED (CPT-99214)

FACET BLOCK LUMBAR (FB LU)

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 on any medication and treatment as before and schedule her block indications and follow. Plan is Discussed with patient.

Active Medications:

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

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

Current Allergies: