

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

11/02/2022 - 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 buttock pain. bilateral leg pain. I saw Ms. Scott in the office today. Is for follow-up for ongoing neck and back issues. More recently her back has been bothering much. She stopped smoking in the recent days. Pain is worse with activities. She has had lumbar surgery done in the past with fusion. Plan lumbar steroid block following authorization and clearance and continue medication for pain as prescribed. Plan and risk and benefit discussed with patient she understands and will follow the recommendations.

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

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

Vital Signs:

Patient Profile: 58 Years Old Female
Height: 64 inches
Weight: 197 pounds
BMI: 33.81
Temp: 97.2 degrees F
BP Sitting: 120 / 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: Deteriorated

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

Percocet 10-325 Mg Tablet (Oxycodone-acetaminophen) Take 1 tablet by mouth every four to six

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

hours as needed for pain

Orders:

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

Problem # 2: 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 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 lumbar steroid block 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

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 11/02/2022 at 10:09 AM
