

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

**12/29/2021 - 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 57 year old woman with the complaint of neck pain. low back pain. bilateral leg pain. Patient is for follow-up for ongoing neck and back issues. She denies any change in symptoms or she is having a lot of throat discomfort and not able to even talk in the office today. I recommend patient to see her primary and possibly pulmonologist. She told me she is been seeing her primary doctor getting treatment. In the meantime plan is to continue present management. Plan 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.

**Past Surgical History:**

Statys 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.

**Vital Signs:**

Patient Profile: 57 Years Old Female

Height: 64 inches

Weight: 189 pounds

BMI: 32.44

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

O2 Sat: 100 %  
Temp: 97.2 degrees F  
Pulse rate: 55 / minute  
BP Sitting: 120 / 72 (left arm)

Cuff size: regular  
Patient in pain? Yes  
Location: 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:** CHRONIC PAIN SYNDROME (ICD-338.4) (ICD10-G89.4)

**Assessment:** Unchanged

Orders:

99214-FU, DETAILED (CPT-99214)

**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)

**Patient Instructions:**

1) Please schedule a follow-up appointment in 6-8 weeks.

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

- 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.
- 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.

**Active Medications:**

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

**Electronically signed by Mukesh Misra MD on 12/29/2021 at 10:22 AM**

---