

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

**11/09/2016 - Office Visit: INITIAL CONSULT**

**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 an initial consultation. She is a 52 year old woman with the complaint of neck pain. bilateral shoulder pain. right arm pain. low back pain. bilateral buttock pain. right leg pain. Patient has on going and worsening neck and back issues. Patient is s/p lumbar surgery/fusion a few months with not much relief Pain is getting worse and per pain meds requirement getting worse. No recent trauma. Plan MR cervical and LS spine and then fu

**Review of Records**

**Past Medical History:**

No hypertension, diabetes, MI, or cancer.

**Past Surgical History:**

Status post L3-L5 Lumbar Laminectomy/Laminotomy.

Status post Left CTR.

Status post Right CTR.

**Family History:**

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:**

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

**Risk Factors:**

Tobacco use: current every day smoker

Counseled to quit/cut down tobacco use: yes

Drug use: no

HIV high-risk behavior: no

Alcohol use: yes

Exercise: no

**DARLEAN SCOTT**

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

99204-COMPREHENSIVE (CPT-99204)  
MRI LUMBAR SPINE W/O CONTRAST (MRI LUM W/O)  
MRI CERVICAL SPINE W/O CONTRAST (MRI CX W/O)  
XRAY LUMBAR AP/LAT (XRAY LUM AP/LAT)

**Patient Instructions:**

- 1) Please schedule a follow-up appointment in 4-6 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.
- 7) Plan MR and then fu

**Current Allergies:**

No known allergies

**Electronically signed by Mukesh Misra MD on 11/09/2016 at 7:17 PM**

---