

DARLEAN SCOTT

Female DOB: 06/12/1964

144349

Ins: Medicare Southern Region

10/15/2020 - 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 56 year old woman with the complaint of neck pain. low back pain. bilateral buttock pain. bilateral leg pain. Patient follow-up for her ongoing neck and back issues. Patient is mostly stable on medication for pain and periodic steroid injection. She does have chronic pain issues. She has had few back surgeries. She wanted a spinal cord tumor later trial done some time ago but avoided doing that due to Covid. She is wanting to do this at this time. I will schedule her for a spinal cord tumor later trial and then follow-up. In the meantime. We did get schedule for the repeat lumbar steroid injection. Plan and risk and benefit 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:

Reviewed history from 09/08/2020 and no changes required:
No hypertension, diabetes, MI, or cancer.

Past Surgical History:

Reviewed history from 09/08/2020 and no changes required:
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.

Family History Summary:

Reviewed history Last on 09/08/2020 and no changes required:10/15/2020

General Comments - FH:

Family History of Tuberculosis

Family History of Bleeding Disorders

Family History of High Blood Pressure

Family History of Diabetes

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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

Vital Signs:

Patient Profile: 56 Years Old Female

Height: 64 inches

Weight: 191 pounds

BMI: 32.78

Temp: 96.2 degrees F

BP Sitting: 146 / 88 (right arm)

Cuff size: large

Patient 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:

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Problem # 1: CHRONIC PAIN SYNDROME (ICD-338.4) (ICD10-G89.4)

Assessment: Unchanged

Orders:

99214-FU, DETAILED (CPT-99214)

Patient Instructions:

- 1) Please schedule a follow-up appointment in 6 weeks.
- 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. Patient getting schedule for lumbar steroid block and also will be working on getting her appointment for spinal cord stimulator trial in the coming weeks. Plan and risk and benefits discussed with patient.

Active Medications:

PERCOCET 10-325 MG ORAL TABLET (OXYCODONE-ACETAMINOPHEN) T PO Q 4-6 hrs prn pain
SOMA 350 MG ORAL TABLET (CARISOPRODOL) T PO Q 8 HRS PRN
MEDROL 4 MG ORAL TABLET THERAPY PACK (METHYLPREDNISOLONE) take as directed by physician

Current Allergies:

No known allergies

Electronically signed by Mukesh Misra MD on 10/15/2020 at 9:46 AM
