

NORTHWEST PAIN MANAGEMENT CENTER

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PATIENT INFORMATION

Patient Name: Richardson, Margaret Ann
Date of Birth: 03/15/1968 (Age: 56)
Medical Record #: NW-2024-7834
Date of Service: September 18, 2024
Insurance: Medicare Part B

CHIEF COMPLAINT

Severe chronic bilateral occipital headaches, refractory to conservative management. Patient presents for consideration of peripheral nerve stimulation trial.

HISTORY OF PRESENT ILLNESS

Ms. Richardson is a 56-year-old female with a 7-year history of chronic headaches localized to the bilateral occipital regions. Pain began following a motor vehicle accident in March 2017. She describes the pain as constant, throbbing, and radiating from the base of her skull to the vertex, rated 8-9/10 on most days. Pain is exacerbated by neck movement, stress, and weather changes. She experiences approximately 20-25 severe headache days per month.

Previous diagnoses include occipital neuralgia and transformed migraine. Initial treatment with NSAIDs provided minimal relief. Over the past 7 years, she has undergone extensive conservative management including:

- Multiple medication trials: sumatriptan, topiramate, propranolol, amitriptyline, gabapentin (300mg TID), duloxetine
- Physical therapy (12 weeks, completed June 2022)
- Occipital nerve blocks (5 series, last performed January 2024 - temporary relief only)
- Trigger point injections (minimal benefit)
- Botox injections for migraine prevention (3 treatment cycles, insufficient response)

Despite aggressive multimodal treatment, pain remains severe and significantly impacts her quality of life. She has been unable to return to her previous employment as an accountant.

PAST MEDICAL HISTORY

- Hypertension (well-controlled on lisinopril)
- Hypothyroidism (stable on levothyroxine)
- Anxiety disorder (managed with counseling)
- Status post MVA 2017 with whiplash injury

MEDICATIONS

- Gabapentin 300mg three times daily
- Lisinopril 10mg daily
- Levothyroxine 75mcg daily
- Sumatriptan 100mg PRN (uses 15-20 tablets/month)

SOCIAL HISTORY

Non-smoker. Denies alcohol or recreational drug use. Married, lives with supportive husband.

Previously worked as an accountant but has been on disability since 2021 due to chronic pain. High school graduate with some college education.

REVIEW OF SYSTEMS

Constitutional: Denies fever, chills, night sweats. Reports fatigue related to chronic pain.

Neurological: Positive for chronic headaches as described above. Denies seizures, syncope, weakness, or numbness in extremities.

Psychiatric: History of anxiety, currently well-managed. Denies current depression or suicidal ideation.

All other systems reviewed and negative.

PHYSICAL EXAMINATION

Vital Signs: BP 128/78, HR 72, RR 16, Temp 98.4°F, Weight 165 lbs

General: Alert and oriented x3, appears stated age, in no acute distress

Head/Neck: Normocephalic. Significant tenderness to palpation over bilateral occipital nerves, greater on left. No lymphadenopathy. Full range of motion with pain at extremes of rotation and extension.

Neurological: Cranial nerves II-XII intact. Motor strength 5/5 all extremities. Sensation intact to light touch. Reflexes 2+ and symmetric. Negative Tinel's sign at occipital nerves bilaterally.

DIAGNOSTIC STUDIES

MRI Brain and Cervical Spine (08/12/2024): No acute intracranial abnormality. Mild degenerative changes at C5-C6 and C6-C7 without significant stenosis or nerve root compression.

EMG/NCS Upper Extremities (07/20/2024): No evidence of cervical radiculopathy or peripheral neuropathy.

PSYCHOLOGICAL EVALUATION

Date: August 28, 2024

Evaluator: Dr. Sarah Chen, Licensed Clinical Psychologist

Summary: Ms. Richardson underwent comprehensive psychological evaluation including clinical interview and standardized assessment tools (BDI-II, BAI, Pain Catastrophizing Scale). She demonstrates appropriate coping mechanisms and realistic expectations regarding neuromodulation therapy. No significant depression currently present (BDI-II score: 12). Anxiety symptoms are mild and well-managed (BAI score: 14). No evidence of substance abuse or misuse of prescribed medications. She has strong social support and motivation for treatment. Cleared for peripheral nerve stimulation trial from psychological perspective.

ASSESSMENT AND PLAN

Primary Diagnosis: G52.8 - Chronic bilateral occipital neuralgia

Secondary Diagnoses: G43.919 - Migraine, unspecified, intractable, without status migrainosus

Ms. Richardson is a 56-year-old female with chronic, severe, intractable bilateral occipital neuralgia and refractory migraines of 7 years duration. She has failed extensive conservative therapies including multiple medication trials, physical therapy, nerve blocks, and Botox injections. Pain significantly impairs her functional capacity and quality of life.

After thorough discussion of risks, benefits, and alternatives, she has been deemed an appropriate candidate for a trial of occipital nerve stimulation. She has undergone psychological clearance and has no contraindications to the procedure. Patient education has been provided regarding the trial process, expected outcomes, and potential complications. She demonstrates understanding and provides informed consent.

Plan:

- Proceed with percutaneous trial placement of bilateral occipital nerve stimulator leads
- Trial period: 5-7 days
- Patient to maintain detailed pain diary during trial
- If trial demonstrates $\geq 50\%$ pain reduction and functional improvement, proceed with permanent implantation
- Follow-up appointment scheduled 10 days post-trial placement

PHYSICIAN ASSESSMENT AND RECOMMENDATION

Patient presents with chronic occipital neuralgia causing severe functional impairment. Conservative treatments have been exhausted without adequate relief. Occipital nerve stimulation trial is recommended as next appropriate intervention.

Procedure Requested: CPT 64555 - Percutaneous implantation of neurostimulator electrode array; peripheral nerve (bilateral occipital nerves)

Attending Physician: Robert J. Martinez, MD

Board Certification: Pain Medicine, Anesthesiology

NPI: 1234567890

Signature: _____ **Date:** 09/18/2024