

06/22/2016 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Visit Information (continued)****Messages****NORMAL RESULTS**

From	To	Sent and Delivered
Carol Joy (M.D.) Williams Cotton, M.D.	Pepper Smith	6/22/2016 9:26 AM
Last Read in kp.org		
6/25/2016 9:34 AM by Pepper Smith		

Hello Pepper,

The endometrial biopsy we did has returned NORMAL. Hopefully with the correct use of the pills the bleeding will regulate

Electronically signed by:

JOY WILLIAMS COTTON MD

6/22/2016 9:26 AM

END OF ENCOUNTER**07/01/2016 - Patient Message in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Williams Cotton, Carol Joy (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Clinical Notes**Telephone Encounter****Johnson, Myko L. (R.N.), R.N. at 7/2/2016 0813**

Author: Johnson, Myko L. (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 7/2/2016 8:13 AM	Encounter Date: 7/1/2016	Creation Time: 7/2/2016 8:13 AM
Status: Signed	Editor: Johnson, Myko L. (R.N.), R.N. (REGISTERED NURSE)	

Emailed patient.

Electronically signed by:

MYKO L. JOHNSON RN

7/2/2016

8:13 AM

Electronically signed by Johnson, Myko L. (R.N.), R.N. at 7/2/2016 8:13 AM

07/01/2016 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Clinical Notes (continued)****Messages****RE: Heavy bleeding and clotting**

From	To	Sent and Delivered
Myko L. (R.N.) Lanier, R.N.	Pepper Smith	7/2/2016 8:12 AM
Last Read in kp.org		
7/2/2016 1:02 PM by Pepper Smith		

Good morning Pepper. My name is Myko an RN here at the ob gyn-clinic. I'm responding to you on behalf of Dr. Williams Cotton. I apologize for what you are feeling and experiencing. I have forwarded your e-mail to Dr. Williams Cotton in so that she is aware and can be of further assistance to you. Dr. Williams Cotton will be in clinic on 7/6 and will contact you for follow up on receipt of your email. Try to hang in there okay..., please, take note as to the amount, duration and color of the bleeding and remember, If you are having severe pain or heavy bleeding and or experiencing dizziness, weakness, fatigue, shortness of breat and or chest palpitations, then you need to be evaluated as soon as possible. Heavy bleeding includes passing large clots and/or soaking through a tampon or maxi-pad every 1-2 hours. Please go the Emergency Department closest to you if you are having severe pain or heavy bleeding. Have a great day and wonderful safe weekend and holiday. Myko RN

Heavy bleeding and clotting

From	To	Sent
Pepper Smith	Carol Joy (M.D.) Williams Cotton, M.D.	7/1/2016 2:48 PM

Hi Dr. Cotton,
I hope all is well. Today I had the worst bleeding and clotting experience. It was the worst I've experience since this all began. Usually I can feel it coming on but today I felt nothing yet it filled the pad with a tampon on and I bleed through. While cleaning up three more clots came creating a huge mess.

I've decided I can't fight this anymore. I need to move forward with the hysterectomy. Please let me know what my options are and when we can get together to discuss the procedure thoroughly.

Thank you,

Pepper Smith
(323)377-1787 Cell
(333)436-7900 work

07/01/2016 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)

END OF ENCOUNTER

08/03/2016 - Telephone in OBSTETRICS & GYNECOLOGY

Visit Information

Contacts

	Type	Contact	Phone/Fax	User
08/03/2016 10:18 AM PDT	Phone (Outgoing)	Smith, Pepper (Self)	323-377-1787 (H)	Grande-Garay, Elsa L (M.A.), M.A.

Nursing Assessment

No Nursing Assessment available for this encounter.

Reason for Visit

Chief Complaint

- APPOINTMENT, onset date 8/3/2016

Clinical Notes

Telephone Encounter**Grande-Garay, Elsa L (M.A.), M.A. at 8/3/2016 1016**

Author: Grande-Garay, Elsa L (M.A.), M.A.	Service: —	Author Type: MEDICAL ASSISTANT
Filed: 8/3/2016 10:18 AM	Encounter Date: 8/3/2016	Creation Time: 8/3/2016 10:16 AM
Status: Signed	Editor: Grande-Garay, Elsa L (M.A.), M.A. (MEDICAL ASSISTANT)	

appointment: spoke with patient she declined appointment for today. She was scheduled

Future Appointments

Date	Time	Provider	Department	Center
8/25/2016	11:20 AM	Williams Cotton, Carol Joy (M.D.), M.D.	WLOBG	WLAU

Electronically signed by Grande-Garay, Elsa L (M.A.), M.A. at 8/3/2016 10:18 AM

END OF ENCOUNTER

08/22/2016 - Office Visit in URGENT CARE CLINIC

Visit Information

Provider Information

Encounter Provider	Authorizing Provider
Vargas, Daniel (P.A.), P.A.	Vargas, Daniel (P.A.), P.A.

Department

Name	Address	Phone
URGENT CARE CLINIC	1526 N EDGEMONT ST	323-783-5067

08/22/2016 - Office Visit in URGENT CARE CLINIC (continued)**Visit Information (continued)**

Los Angeles CA 90027-5260

Level of Service

Level of Service

OUTPT EST LEVEL 3

Reason for Visit**Chief Complaint**

- LACERATION OF FINGER (Right Index, small laceration with No bleeding during screening.)

Visit Diagnoses

- CAUSE OF INJURY, DOG BITE, INIT (primary) [W54.0XXA]
- OPEN WOUND OF RIGHT INDEX FINGER, INIT [S61.200A]

Vitals**Vital Signs**

Most recent update: 8/22/2016 3:46 PM

BP 120/74	Pulse 100	Temp 97.5 °F (36.4 °C) (Tympanic)	Resp 20	Ht 5' 3" (1.6 m)
Wt 231 lb (104.8 kg)	SpO2 99%	BMI 40.92 kg/m ²		

Pain Information (Last Filed)

Score	Location	Comments	Edu?
6 (scale 0-10)	None	Right Index finger	None

Clinical Notes**Nursing Note****MacLang, Glenn Aguilera (R.N.), R.N. at 8/22/2016 1542**

Author: MacLang, Glenn Aguilera (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 8/22/2016 3:42 PM	Encounter Date: 8/22/2016	Creation Time: 8/22/2016 3:42 PM
Status: Signed	Editor: MacLang, Glenn Aguilera (R.N.), R.N. (REGISTERED NURSE)	

Checked with 2 Patient Identifiers : Patient's Name and Date of Birth.

Electronically signed by MacLang, Glenn Aguilera (R.N.), R.N. at 8/22/2016 3:42 PM

MacLang, Glenn Aguilera (R.N.), R.N. at 8/22/2016 1544

Author: MacLang, Glenn Aguilera (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 8/22/2016 3:45 PM	Encounter Date: 8/22/2016	Creation Time: 8/22/2016 3:44 PM
Status: Addendum	Editor: MacLang, Glenn Aguilera (R.N.), R.N. (REGISTERED NURSE)	

PROACTIVE CARE :

- Missing Current Exercise Vitals - DONE
- Update BMI - Take Height AND Weight - Estimated body mass index is 40.93 kg/(m²) as calculated from the following:

08/22/2016 - Office Visit in URGENT CARE CLINIC (continued)

Clinical Notes (continued)

- Height as of this encounter: 5' 3" (1.6 m).
- Weight as of this encounter: 231 lb (104.781 kg).

Electronically signed by MacLang, Glenn Aguilera (R.N.), R.N. at 8/22/2016 3:45 PM

Recinos, Adriana Yanet (M.A.), M.A. at 8/22/2016 1629

Author: Recinos, Adriana Yanet (M.A.), M.A.	Service: —	Author Type: MEDICAL ASSISTANT
Filed: 8/22/2016 4:29 PM	Encounter Date: 8/22/2016	Creation Time: 8/22/2016 4:29 PM
Status: Signed	Editor: Recinos, Adriana Yanet (M.A.), M.A. (MEDICAL ASSISTANT)	

An After Visit Summary was printed and given to the patient.

Electronically signed by Recinos, Adriana Yanet (M.A.), M.A. at 8/22/2016 4:29 PM

Progress Notes

Vargas, Daniel (P.A.), P.A. at 8/22/2016 1754

Author: Vargas, Daniel (P.A.), P.A.	Service: —	Author Type: PHYSICIAN ASSISTANT (P.A.)
Filed: 8/22/2016 6:01 PM	Encounter Date: 8/22/2016	Creation Time: 8/22/2016 5:54 PM
Status: Signed	Editor: Vargas, Daniel (P.A.), P.A. (PHYSICIAN ASSISTANT (P.A.))	

URGENT CARE NOTE

Pepper Smith is a 45 year old female who presents for:

Patient presents with:

LACERATION OF FINGER: Right Index, small laceration with No bleeding during screening.

Service: Urgent Care

Date: 8/22/2016

Subjective: Pepper Smith is a 45 year old female presenting with superficial open wound to Right index finger since this afternoon. Patient states at work in the DMV, as passing paper to customer, service dog bit her. Patient cleaned wound right away.

Allergies:

Allergies

Allergen

Reactions

- No Known Drug Aller*

=====
Vitals:

BP 120/74 mmHg | Pulse 100 | Temp(Src) 97.5 °F (36.4 °C) (Tympanic) | Resp 20 | Ht 5' 3" (1.6 m) | Wt 231 lb (104.781 kg) | BMI 40.93 kg/m2 | SpO2 99% | LMP 08/01/2016 (Exact Date)

BP Readings from Last 3 Encounters:

08/22/16 : 120/74

08/22/2016 - Office Visit in URGENT CARE CLINIC (continued)Clinical Notes (continued)

06/06/16 : 126/73

04/06/16 : 124/71

Estimated body mass index is 40.93 kg/(m²) as calculated from the following:

Height as of this encounter: 5' 3" (1.6 m).

Weight as of this encounter: 231 lb (104.781 kg).

Review of Systems

Skin:

Open wound: Right index finger

Musculoskeletal: Positive for joint pain.

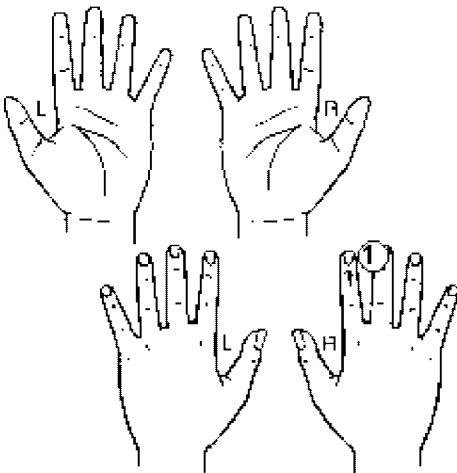
All other systems reviewed and are negative.

Physical Exam

Constitutional: She is well-developed, well-nourished, and in no distress.

Musculoskeletal:

Right hand: She exhibits tenderness and laceration. She exhibits normal range of motion, no deformity and no swelling. Normal strength noted.

1: 0.75cm vertical open wound, no erythema,
no Tenderness to Palpation.

Hands: Radial Pulse 2+

ASSESSMENT:

W54.0XXA CAUSE OF INJURY, DOG BITE, INIT (primary encounter diagnosis)

S61.200A OPEN WOUND OF RIGHT INDEX FINGER, INIT

Comments: none

PLAN:

08/22/2016 - Office Visit in URGENT CARE CLINIC (continued)**Clinical Notes (continued)****Orders Placed This Encounter**

- NURSING COMMUNICATION ORDER
- Amoxicillin-Pot Clavulanate (AUGMENTIN) 875-125 mg Oral Tab

1. Physical Exam findings discussed with patient- dog bite with open wound.
2. Area cleaned with Betadine and Normal Saline, band aide applied. Patient to start antibiotic as instructed.
3. Follow up with OHS.
4. The diagnosis, treatment plan, and treatment options and possible risks have been discussed with the patient. The patient has been advised to follow up with the PCP, PRIMARY CARE PHYSICIAN, or to return to the URGENT CARE Clinic or EMERGENCY DEPARTMENT, as necessary, AT ANY TIME, if there is no improvement OR WORSENING OF SYMPTOMS.

The patient indicates understanding of the explanations and agrees with the plan.

Electronically signed by:
DANIEL VARGAS PA
8/22/2016
5:59 PM

Electronically signed by Vargas, Daniel (P.A.), P.A. at 8/22/2016 6:01 PM

Other Orders**Medications****Amoxicillin-Pot Clavulanate (AUGMENTIN) 875-125 mg Oral Tab [1554006707] (Expired)**

Electronically signed by: **Vargas, Daniel (P.A.), P.A. on 08/22/16 1618**

Status: **Expired**

Ordering user: Vargas, Daniel (P.A.), P.A. 08/22/16 1618

Ordering provider: Vargas, Daniel (P.A.), P.A.

Authorized by: Vargas, Daniel (P.A.), P.A.

Ordering mode: Standard

Frequency: Routine 08/22/16 - 09/21/16 2359

Class: Fill Now

Diagnoses

CAUSE OF INJURY, DOG BITE, INIT [W54.0XXA]

OPEN WOUND OF RIGHT INDEX FINGER, INIT [S61.200A]

Provider Details**Provider**

Vargas, Daniel (P.A.), P.A.

NPI

1083876544

Questionnaire**Question**

Is this medication for a workers' compensation condition?

Answer

No

Indications

CAUSE OF INJURY, DOG BITE, INIT [W54.0XXA (ICD-10-CM)]

OPEN WOUND OF RIGHT INDEX FINGER, INIT [S61.200A (ICD-10-CM)]

Nursing**NURSING COMMUNICATION ORDER [1554006709] (Active)**

Electronically signed by: **Vargas, Daniel (P.A.), P.A. on 08/22/16 1618**

Status: **Active**

08/22/2016 - Office Visit in URGENT CARE CLINIC (continued)**Other Orders (continued)**

Ordering user: Vargas, Daniel (P.A.), P.A. 08/22/16 1618	Authorized by: Vargas, Daniel (P.A.), P.A.
Ordering mode: Standard	
Frequency: Routine 08/22/16 -	Class: Normal
Quantity: 1	
Diagnoses	
CAUSE OF INJURY, DOG BITE, INIT [W54.0XXA]	
OPEN WOUND OF RIGHT INDEX FINGER, INIT [S61.200A]	

Provider Details

Provider	NPI
Vargas, Daniel (P.A.), P.A.	1083876544

Order comments: Please soak Right index finger in Betadine with Normal Saline for 5 minutes, then dry off and apply band aide.
Thank you

Indications

CAUSE OF INJURY, DOG BITE, INIT [W54.0XXA (ICD-10-CM)]
OPEN WOUND OF RIGHT INDEX FINGER, INIT [S61.200A (ICD-10-CM)]

END OF ENCOUNTER**08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information**

Encounter Provider	Authorizing Provider
Williams Cotton, Carol Joy (M.D.), M.D.	Williams Cotton, Carol Joy (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Level of Service

Level of Service
OUTPT EST LEVEL 3

Reason for Visit**Chief Complaint**

- PHYSICAL EXAM, GYNECOLOGIC

Visit Diagnoses

Name	Code	Chronic?
WEIGHT LOSS COUNSELING	Z71.89	No
IUD INSERTION (primary)	Z30.430	No
PRESENCE OF IUD	Z97.5	No
UTERINE FIBROIDS	D25.9	Yes
MENORRHAGIA	N92.0	Yes
SCREENING FOR BREAST CANCER	Z12.39	No
ENCNTR SCREEN MAMMOGRAM FOR MALIGNANT NEOPLASM OF BREAST	Z12.31	—

Vitals

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Vitals (continued)**

Vital Signs					Most recent update: 8/25/2016 11:34 AM
BP	Pulse	Ht	Wt	BMI	
109/68	92	5' 3" (1.6 m)	229 lb 4.5 oz (104 kg)	40.61 kg/m ²	

Clinical Notes (group 1 of 2)**Nursing Note****Grande-Garay, Elsa L (M.A.), M.A. at 8/25/2016 1125**

Author: Grande-Garay, Elsa L (M.A.), M.A.	Service: —	Author Type: MEDICAL ASSISTANT
Filed: 8/25/2016 3:10 PM	Encounter Date: 8/25/2016	Creation Time: 8/25/2016 11:25 AM
Status: Addendum	Editor: Grande-Garay, Elsa L (M.A.), M.A. (MEDICAL ASSISTANT)	

Patient is here for Intrauterine device insertion. Has read booklet and signed consent. MIRENA IUD placed by Dr. CAROL WILLIAMS-COTTON. Lot #- TU0174T, Expiration date - 10/2018.

GYN Visit

OB History

Gravida	Para	Term	Preterm	AB	TAB	SAB	Ectopic	Multiple	Living
8				2			2		4

Last Pap Smear : 6/6/16 Negative.

Last Pap Smear : 10/5/12

Last Pap Smear : 9/4/09

Last Pap Smear : 12/4/07:

HPV DNA, CVX, PROBE Negative 06/06/2016

Last Mammogram Test: 5/21/15

Proactive Care Actions

Proactive Office Encounter Actions:

- Updated BMI - Take Height AND Weight
- Weight Mgmt Referral Recommended

ELSA L GRANDE-GARAY MA

8/25/2016 11:25 AM

Electronically signed by Grande-Garay, Elsa L (M.A.), M.A. at 8/25/2016 3:10 PM

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Clinical Notes (group 1 of 2) (continued)

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Clinical Notes (group 2 of 2)

Procedures

Filed on 10/5/2016 1543

Procedure Orders

1. MAMMO BILAT SCREENING 2 VIEWS EA BREAST [1554006723] ordered by Interface, Scal_Radiology at 10/04/16 1150

- MAMMOGRAM, SCREENING BILATERAL
BILATERAL DIGITAL SCREENING MAMMOGRAM: 10/4/2016
CLINICAL: 40-49 no personal or family history of breast cancer.

Comparison is made to exam dated: 5/21/2015 West Los Angeles Medical Center.

There are scattered fibroglandular elements in both breasts that could

obscure a lesion on mammography.

No significant masses, calcifications, or other findings are seen in either breast.

There has been no significant interval change.

IMPRESSION: NEGATIVE

There is no mammographic evidence of malignancy. A routine screening mammogram is recommended within 2 years.

Kaiser Permanente regional guidelines recommend annual screening mammography for high risk patients and screening mammography within 2 years for normal low risk patients. Determination of risk assessment by radiology is limited and ultimately should be determined by the patient's primary care provider in collaboration with the patient.

Mammograms do not detect all breast cancer. Up to 15 percent of breast

cancer can't be detected by mammography. Patients with palpable abnormalities may require further investigation.

Disposition and Responsibility

A letter with these results will be sent to the patient by the Mammography Department.

Mojgan Khalpari
mk/penrad:10/5/2016 10:27:45

Imaging Technologist: Yang X. Liu RT(R) (M), West Los Angeles Medical Center

letter sent: Low Risk Follow Up Letter

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Clinical Notes (group 2 of 2) (continued)**

Mammogram BI-RADS: 1 Negative

Electronically signed by Khalpari, Mojgan (D.O.), D.O. at 10/5/2016 3:43 PM

Progress Notes**Williams Cotton, Carol Joy (M.D.), M.D. at 8/25/2016 1359**Author: Williams Cotton, Carol Joy (M.D.), Service: —
M.D.

Author Type: Physician

Filed: 8/25/2016 2:02 PM

Encounter Date: 8/25/2016

Creation Time: 8/25/2016 1:59 PM

Status: Signed

Editor: Williams Cotton, Carol Joy (M.D.), M.D. (Physician)

History:

Patient presents with:

PHYSICAL EXAM, GYNECOLOGIC

Pepper Smith is a 45 year old female

Still having episodes of heavy bleeding despite the oral contraceptive use continuous

Patient not yet completely ready for surgery would like to try mirena iud

Has a friend who likes it

OBJECTIVE:BP 109/68 mmHg | Pulse 92 | Ht 1.6 m (5' 3") | Wt 104 kg (229 lb 4.5 oz) | BMI 40.63 kg/m2 | LMP
08/01/2016

Bimanual exam performed uterus is mid

Cervix cleaned with betadine X 3

Anterior lip of the cervix grasped with allis clamp

Uterus sounded to 10

mirena IUD inserted without difficulty

Strings cut 2-3 cm from the os

TVS confirms intrauterine placement

ASSESSMENT:

Z71.89 WEIGHT LOSS COUNSELING

Z30.430 IUD INSERTION

Z97.5 PRESENCE OF IUD

D25.9 UTERINE FIBROIDS

N92.0 MENORRHAGIA

PLAN:

Orders Placed This Encounter

MRI PELVIS WO/W CONTRAST

MAMMO BILAT SCREENING SEQUENTIAL

REFERRAL HEALTH EDUCATION (WEIGHT MANAGEMENT - ADULT)

Levonorgestrel (MIRENA) 20 mcg/24 hr (5 years) UTRN IUD

Naproxen (NAPROSYN) 500 mg Oral Tab

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Clinical Notes (group 2 of 2) (continued)

Electronically signed by:
JOY WILLIAMS COTTON MD
8/25/2016 2:01 PM

Electronically signed by Williams Cotton, Carol Joy (M.D.), M.D. at 8/25/2016 2:02 PM

Imaging

Imaging

MAMMO BILAT SCREENING SEQUENTIAL [1554006713] (Discontinued)

Electronically signed by: **Williams Cotton, Carol Joy (M.D.), M.D. on 08/25/16 1254** Status: **Discontinued**
 Ordering user: Williams Cotton, Carol Joy (M.D.), M.D. 08/25/16 1254 Authorized by: Williams Cotton, Carol Joy (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 08/25/16 - Class: Normal
 Quantity: 1
 Diagnoses
 SCREENING FOR BREAST CANCER [Z12.39]

Provider Details

Provider	NPI
Williams Cotton, Carol Joy (M.D.), M.D.	1205984283

Questionnaire

Question	Answer
Is the Patient Pregnant?	No

Order comments: Reason: Screening
 Radiologist: Follow Sequential Breast Imaging Orders Policy and Procedures.

Indications

SCREENING FOR BREAST CANCER [Z12.39 (ICD-10-CM)]

MRI PELVIS WO/W CONTRAST [1554006711] (Discontinued)

Electronically signed by: **Williams Cotton, Carol Joy (M.D.), M.D. on 08/25/16 1254** Status: **Discontinued**
 Ordering user: Williams Cotton, Carol Joy (M.D.), M.D. 08/25/16 1254 Authorized by: Williams Cotton, Carol Joy (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 08/25/16 - Class: Normal
 Quantity: 1
 Diagnoses
 UTERINE FIBROIDS [D25.9]
 HEAVY MENSTRUAL BLEEDING (MENORRHAGIA) W REGULAR CYCLES [N92.0]

Provider Details

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Imaging (continued)

Provider	NPI
Williams Cotton, Carol Joy (M.D.), M.D.	1205984283

Questionnaire

Question	Answer
DOES PT HAVE?	NONE
Is the Patient Pregnant?	No
Has the patient ever had an allergic reaction to GADOLINIUM associated with an MRI?	No
Has the patient received an IRON INFUSION through a vein [e.g., ferumoxytol (FERAHEME) during dialysis] within the past 3 months?	No
Has the patient worked as a METAL WORKER or WELDER?	No
Is the patient CLAUSTROPHOBIC (fear of enclosed places)?	No
Is the patient wearing a TRANSDERMAL PATCH?	No

Scheduling instructions

Notify staff if patient is over 300 lbs.

Patient must be able to lie flat and be cooperative.

NPO for 4 hours.

Order comments: Reason: fibroid uterus planning possible surgery or uae CREAT 0.61 04/06/2016 GFR >89 04/06/2016

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]
MENORRHAGIA [N92.0 (ICD-10-CM)]

MAMMO BILAT SCREENING 2 VIEWS EA BREAST [1554006723] (Final result)

Electronically signed by: **Interface, Scal_Radiology on 10/04/16 1150** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Interface, Scal_Radiology 10/04/16 1150

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/04/16 1150 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

ENCNTR SCREEN MAMMOGRAM FOR MALIGNANT NEOPLASM OF BREAST [Z12.31]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Order comments: self referral bilateral mammo screening ordered in ris per pt req by d.bell appt clerk on 9/26/2016 @ 10:52am

MAMMO BILAT SCREENING 2 VIEWS EA BREAST [1554006723] Resulted: 10/04/16 1200, Result status: Final result

Order status: Completed

Resulted by: Khalpari, Mojgan (D.O.), D.O.

Filed on: 09/29/22 1038

Accession number: 70900888

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

self referral bilateral mammo screening ordered in ris per pt req by d.bell appt clerk on 9/26/2016 @ 10:52am

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 10/05/16 1949

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	70900888	10/5/2016 3:42 PM	Khalpari, Mojgan (D.O.), D.O.
Signed by Khalpari, Mojgan (D.O.), OSTEOPATHIC DOCTOR on 10/05/16 at 1543			

- MAMMOGRAM, SCREENING BILATERAL

BILATERAL DIGITAL SCREENING MAMMOGRAM: 10/4/2016

CLINICAL: 40-49 no personal or family history of breast cancer.

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Imaging (continued)**

Comparison is made to exam dated: 5/21/2015 West Los Angeles Medical Center.

There are scattered fibroglandular elements in both breasts that could

obscure a lesion on mammography.

No significant masses, calcifications, or other findings are seen in either breast.

There has been no significant interval change.

IMPRESSION: NEGATIVE

There is no mammographic evidence of malignancy. A routine screening mammogram is recommended within 2 years.

Kaiser Permanente regional guidelines recommend annual screening mammography for high risk patients and screening mammography within 2 years for normal low risk patients. Determination of risk assessment by

radiology is limited and ultimately should be determined by the patient's primary care provider in collaboration with the patient.

Mammograms do not detect all breast cancer. Up to 15 percent of breast

cancer can't be detected by mammography. Patients with palpable abnormalities may require further investigation.

Disposition and Responsibility

A letter with these results will be sent to the patient by the Mammography Department.

Mojgan Khalpari

mk/penrad:10/5/2016 10:27:45

Imaging Technologist: Yang X. Liu RT(R) (M), West Los Angeles Medical Center

letter sent: Low Risk Follow Up Letter

Mammogram BI-RADS: 1 Negative

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

MAMMO BILAT SCREENING 2 VIEWS EA BREAST [1554006723]

Resulted: 10/04/16 1200, Result status: In process

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Imaging (continued)**

Order status: Completed
 Filed on: 09/29/22 1038
 Resulting lab: SCAL RADIOLOGY INTERFACE
 Narrative:
 self referral bilateral mammo screening ordered in ris per pt req by d.bell
 appt clerk on 9/26/2016 @ 10:52am

Resulted by: Khalpari, Mojgan (D.O.), D.O.
 Accession number: 70900888

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	70900888	10/5/2016 3:42 PM	Khalpari, Mojgan (D.O.), D.O.
Signed by Khalpari, Mojgan (D.O.), OSTEOPATHIC DOCTOR on 10/05/16 at 1543			

- MAMMOGRAM, SCREENING BILATERAL
 BILATERAL DIGITAL SCREENING MAMMOGRAM: 10/4/2016
 CLINICAL: 40-49 no personal or family history of breast cancer.

Comparison is made to exam dated: 5/21/2015 West Los Angeles Medical Center.

There are scattered fibroglandular elements in both breasts that could obscure a lesion on mammography.

No significant masses, calcifications, or other findings are seen in either breast.

There has been no significant interval change.

IMPRESSION: NEGATIVE

There is no mammographic evidence of malignancy. A routine screening mammogram is recommended within 2 years.

Kaiser Permanente regional guidelines recommend annual screening mammography for high risk patients and screening mammography within 2 years for normal low risk patients. Determination of risk assessment by

radiology is limited and ultimately should be determined by the patient's primary care provider in collaboration with the patient.

Mammograms do not detect all breast cancer. Up to 15 percent of breast

cancer can't be detected by mammography. Patients with palpable abnormalities may require further investigation.

Disposition and Responsibility

A letter with these results will be sent to the patient by the Mammography Department.

Mojgan Khalpari

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Imaging (continued)**

mk/penrad:10/5/2016 10:27:45

Imaging Technologist: Yang X. Liu RT(R) (M), West Los Angeles Medical Center

letter sent: Low Risk Follow Up Letter

Mammogram BI-RADS: 1 Negative

Reviewed byStahl, Jerusha Emily (M.D.), M.D. on 10/05/16 19:49
Stahl, Jerusha Emily (M.D.), M.D. on 10/05/16 19:49**Testing Performed By**

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

Indications

Encntr Screen Mammogram For Malignant Neoplasm Of Breast [Z12.31 (ICD-10-CM)]

All Reviewers ListStahl, Jerusha Emily (M.D.), M.D. on 10/5/2016 19:49
Stahl, Jerusha Emily (M.D.), M.D. on 10/5/2016 19:49**Other Orders****Medications****Levonorgestrel (MIRENA) 20 mcg/24 hr (5 years) UTRN IUD [1554006717] (Expired)**Electronically signed by: **Williams Cotton, Carol Joy (M.D.), M.D. on 08/25/16 1254** Status: **Expired**
Ordering user: Williams Cotton, Carol Joy (M.D.), M.D. 08/25/16 1254 Authorized by: Williams Cotton, Carol Joy (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/25/16 - 08/26/16 2359

Class: Back Office

Diagnoses

IUD INSERTION [Z30.430]

PRESENCE OF IUD [Z97.5]

UTERINE FIBROIDS [D25.9]

HEAVY MENSTRUAL BLEEDING (MENORRHAGIA) W REGULAR CYCLES [N92.0]

Provider Details

Provider	NPI
Williams Cotton, Carol Joy (M.D.), M.D.	1205984283

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

IndicationsIUD INSERTION [Z30.430 (ICD-10-CM)]
PRESENCE OF IUD [Z97.5 (ICD-10-CM)]
UTERINE FIBROIDS [D25.9 (ICD-10-CM)]
MENORRHAGIA [N92.0 (ICD-10-CM)]

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Other Orders (continued)

Naproxen (NAPROSYN) 500 mg Oral Tab [1554006718] (Discontinued)

Electronically signed by: **Williams Cotton, Carol Joy (M.D.), M.D. on 08/25/16 1255** Status: **Discontinued**
 Ordering user: Williams Cotton, Carol Joy (M.D.), M.D. 08/25/16 1255 Ordering provider: Williams Cotton, Carol Joy (M.D.), M.D.
 Authorized by: Williams Cotton, Carol Joy (M.D.), M.D. Ordering mode: Standard
 Frequency: Routine 08/25/16 - 08/02/17 Class: Fill Now
 Discontinued by: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1116
 Diagnoses
 PRESENCE OF IUD [Z97.5]
 UTERINE FIBROIDS [D25.9]
 HEAVY MENSTRUAL BLEEDING (MENORRHAGIA) W REGULAR CYCLES [N92.0]

Provider Details

Provider	NPI
Williams Cotton, Carol Joy (M.D.), M.D.	1205984283

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Admin instructions: Give with food.

Indications

PRESENCE OF IUD [Z97.5 (ICD-10-CM)]
 UTERINE FIBROIDS [D25.9 (ICD-10-CM)]
 MENORRHAGIA [N92.0 (ICD-10-CM)]

Referral

REFERRAL HEALTH EDUCATION [1554006710] (Active)

Electronically signed by: **Williams Cotton, Carol Joy (M.D.), M.D. on 08/25/16 1254** Status: **Active**
 Ordering user: Williams Cotton, Carol Joy (M.D.), M.D. 08/25/16 1254 Authorized by: Williams Cotton, Carol Joy (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 08/25/16 - Quantity: 1 Class: Internal referral
 Released by: Williams Cotton, Carol Joy (M.D.), M.D. 08/25/16 1254

Diagnoses
 WEIGHT LOSS COUNSELING [Z71.89]

Provider Details

Provider	NPI
Williams Cotton, Carol Joy (M.D.), M.D.	1205984283

Questionnaire

Question	Answer
Reason:	Weight Management, Adult (All)

Order comments: Reason: Adult Weight Management Health Education requested.

Referral Details

Referred By	Diagnoses	Referred To	Type	Priority
Williams Cotton, Carol Joy (M.D.), M.D. 6041 CADILLAC AVE LOS ANGELES CA 90034-1702 Phone: 833-574-2273 Fax: 833-574-2273	WEIGHT LOSS COUNSELING Order: Referral Health Education Reason: Specialty Services Required	*WEST LOS ANGELES (WLA) FOR REFERRALS ONLY LOS ANGELES CA 90034-1702 Specialty: Health Education	Outpatient Service	Routine

Comment: Reason: Adult Weight Management Health Education requested.

Question	Answer
----------	--------

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Other Orders (continued)

Reason::

Weight Management, Adult (All)

Indications

WEIGHT LOSS COUNSELING [Z71.89 (ICD-10-CM)]

Patient Instructions

Your Kaiser Permanente Care Instructions

Body Mass Index: Care Instructions

Your Care Instructions

Body mass index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are. A BMI between 18.5 and 24.9 is considered healthy. A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

If your BMI is in the normal range, it means that you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range, you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes.

BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- Get at least 30 minutes of exercise 5 days a week or more. Brisk walking is a good choice. You also may want to do other activities, such as running, swimming, cycling, or playing tennis or team sports.
- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

If you have a BMI higher than 25

- Your doctor may do other tests to check your risk for weight-related health problems. This may include measuring the distance around your waist. A waist measurement of more than 40 inches in men or 35 inches in women can increase the risk of weight-related health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Patient Instructions (continued)

make lifestyle changes to lose weight and stay healthy, such as changing your diet and getting regular exercise.

Where can you learn more?

Go to <http://www.kp.org>

Enter **S176** in the search box to learn more about "**Body Mass Index: Care Instructions.**"

Current as of: February 16, 2016

Content Version: 109

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08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Documents

Consent Form - Electronic signature on 8/25/2016 1:00 PM (effective from 8/25/2016) - E-signed

Kaiser Foundation Hospitals
Southern California Permanente Medical Group

Name: Smith, Pepper
MRN: 000004779300
DOB: 5/22/1971
Hospital: WEST LA MEDICAL CENTER U

**CONSENT TO OPERATION, ADMINISTRATION OF ANESTHETICS,
AND THE RENDERING OF OTHER MEDICAL SERVICES**

1. I authorize CAROL WILLIAMS-COTTON, MD and/or his/her associates, assistants of his/her choice, and personnel assigned by the hospital or medical group to perform the following operation or procedure (medical and common names):

[Empty text box for procedure description]

!!!!EPS0!!!!

!!!!

EPS0!!!!
FOR THE PURPOSE OF (explanation in simple terms):

[Empty text box for purpose of procedure]

!!!!EPS1!!!!

!!!!

EPS1!!!!
upon (name of patient): Pepper Smith, and/or to do any other procedures that in his/her/their judgment may be advisable for the patient's well-being including such procedures as are considered medically advisable to remedy conditions discovered during the procedure or operation. I am satisfied with my understanding of the nature of the operation or procedure, the more common risks associated with it, including the potential for serious harm, including wound infection, anesthesia risks and death, and alternative methods of treatment which have been explained to me. No warranty or guarantee has been made as to the result or cure.

2. Under the Federal Safe Medical Devices Act, Kaiser Permanente must provide manufacturers of certain medical devices with personal information to enable manufacturers to locate patients when a device is removed from the market or when information about significant device problems has to be sent out. If the above procedure involves the implantation of a medical device requiring tracking by the manufacturer and/or the Food and Drug Administration (FDA), my name, birth date, address, phone number and social security number may be forwarded for this purpose. Kaiser Permanente will treat the collected information with the same degree of confidentiality provided to all other medical information. The manufacturers and the FDA are required to treat this information in the same manner. I may refuse to permit the release of this required information (complete form NS-5789, Consent for Safe Medical Device Act, Notice Regarding Medical Device Tracking).

08/25/2016 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Documents (continued)

Kaiser Foundation Hospitals
Southern California Permanente Medical Group

Name: Smith, Pepper

MRN: 000004779300

DOB: 5/22/1971

Hospital: WEST LA MEDICAL CENTER U

3. I hereby authorize and direct the above-named hospital, medical group, surgeon and/or his/her associates and assistants, to provide such additional services for me as he/she or they may deem medically advisable, including, but not limited to, the selection and administration of anesthesia and the performance of pathology and radiology services.

4. I hereby authorize the hospital and medical group to dispose of any severed tissue or member in accordance with accustomed hospital practice.

Date: 8/25/2016 Time: 12:57:26 PM

Signed:

PATIENT, PARENT, OR LEGAL GUARDIAN

Relationship: Self

Witness:

Sight Translated by: (if applicable)

- In person
- Over the phone/video
- Other method:

Enter Interpreter's Name and Identification Number:

12-2163 (2-11) HIPAA COMPLIANT
SPANISH – 12-9666, CHINESE – NS6281

END OF ENCOUNTER

08/26/2016 - Letter (Out) in HOV GENERAL (X-RAY)

Visit Information

Provider Information

Encounter Provider

08/26/2016 - Letter (Out) in HOV GENERAL (X-RAY) (continued)**Visit Information (continued)**

King, Lorenza

Department

Name	Address	Phone
HOV GENERAL (X-RAY)	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-2421

Letters**Letter by King, Lorenza on 8/26/2016**Status: Sent
Letter body:

8/26/2016

Pepper Smith
2053 West 76th Street
Los Angeles CA 90047

Dear Pepper Smith,

Your health is important to us, and our records indicate that your physician has ordered a MRI exam that you have not yet scheduled. We are attempting to contact you to assist you in scheduling your exam. Please respond to this letter within 5 business days so that we may assist you. Otherwise, if we do not hear from you we will notify your physician that we were unable to schedule your exam. Once your physician has been notified you will be required to obtain an updated order to schedule your appointment.

If you want to schedule an appointment with us, please call the Radiology Dept. at your earliest convenience at (323) 857-2421 Mon-Fri between the hours of 8:00am-5:00pm.

**Thank You,
Be Well and Thrive**

*** Please disregard this letter if you have already scheduled your appointment***

END OF ENCOUNTER

08/26/2016 - Letter (Out) in HOV GENERAL (X-RAY) (continued)

08/26/2016 - Office Visit in OCCUPATIONAL HEALTH SERVICE

Visit Information

Provider Information

Encounter Provider

Nguyen, Emily Thuan Anh (M.D.), M.D.

Authorizing Provider

Nguyen, Emily Thuan Anh (M.D.), M.D.

Department

Name	Address	Phone	Fax
OCCUPATIONAL HEALTH SERVICE	1526 N EDGEMONT ST Los Angeles CA 90027-5260	323-783-6621	877-515-8038

Level of Service

Level of Service

OUTPT NEW LEVEL 3

Reason for Visit

Chief Complaint

- FINGER PAIN (DOI 8-22-2016)

Visit Diagnosis

- CAUSE OF INJURY, DOG BITE, INIT [W54.0XXA]

Vitals

Vital Signs

Most recent update: 8/26/2016 10:27 AM

BP	Pulse	Temp
136/77	92	98.7 °F (37.1 °C) (Tympanic)

Clinical Notes

Nursing Note

Guzman, Arlene (M.A.), M.A. at 8/26/2016 1027

Author: Guzman, Arlene (M.A.), M.A.
Filed: 8/26/2016 10:27 AM
Status: Signed

Service: —
Encounter Date: 8/26/2016
Editor: Guzman, Arlene (M.A.), M.A. (MEDICAL ASSISTANT)

Author Type: MEDICAL ASSISTANT
Creation Time: 8/26/2016 10:27 AM

Pt states, " no pain."

Electronically signed by Guzman, Arlene (M.A.), M.A. at 8/26/2016 10:27 AM

Progress Notes

Nguyen, Emily Thuan Anh (M.D.), M.D. at 8/26/2016 1032

Author: Nguyen, Emily Thuan Anh (M.D.),
M.D.
Filed: 8/26/2016 10:52 AM
Status: Signed

Service: —
Encounter Date: 8/26/2016
Editor: Nguyen, Emily Thuan Anh (M.D.), M.D. (PHYSICIAN, RESIDENT)

Author Type: PHYSICIAN, RESIDENT
Creation Time: 8/26/2016 10:32 AM

08/26/2016 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Clinical Notes (continued)

DOCTOR'S FIRST REPORT OF OCCUPATIONAL INJURY OR ILLNESS

--- This document is for State Form (DFR) ---

Pepper Smith is a 45 year old right handed female who has worked as a(n) MANAGER I for the past 17 years.

The patient's job responsibilities include forceful grasping, desk work/sedentary work, light lifting, overhead reaching, prolonged walking, prolonged standing, repetitive bending/twisting at waist level and upper extremity repetitive motion.

MECHANISM OF INJURY:

Puncture/laceration

Regarding Origin of Injury:

Injury Date: 8/22/2016

Pepper Smith is a 45 year old female who works as a manager at the Department of Motor Vehicles office

Mechanism of injury: Patient reports reaching over for a customer's form when a service dog bit her right index finger

Treatment summary:

- seen at KP Urgent Care on DOI
- augmentin two times a day x 7 days
- naproxen prn

End treatment summary -----

Translation required: No

SUBJECTIVE COMPLAINTS:

Treatment History for This Injury:

Pepper Smith states her symptoms started immediately.

The patient was initially seen for the injury at a Kaiser Urgent Care.

X-rays performed relative to this visit: none

08/26/2016 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Clinical Notes (continued)

Chief Complaint:

FINGER PAIN

Nursing notes reviewed by EMILY THUAN ANH NGUYEN MD.

Current Complaints Today:Upper Extremities: Right index fingerRight Index Finger: Quality: dull; Timing: intermittent; Duration: 4 days; Severity: no pain; Associated Symptoms: none; Relieving Factors: NSAIDs.

Regarding Patient Complaints:

RHD

Right index finger with superficial laceration ~1 centimeter long

No pain, drainage, redness, fever, chills, nausea, vomiting, numbness, tingling

REVIEW OF SYSTEMS:

The patient completed the Regional Review of Systems Questionnaire and I reviewed.

General: No fever, chills, or sweatsEyes: No eye pain, blurry vision, double vision, or visual disturbancesEars, Nose, Throat, and Mouth: No pain, hearing loss, or ear ringingCardiovascular: No chest pain or palpitationsRespiratory: No wheezing, cough, or shortness of breathGastrointestinal: No nausea, vomiting, or abdominal painGenitourinary: No painful urinationSkin: No rash, redness, or swellingNeurologic: No numbness or tingling of extremities and No headachePsychiatric: No anxiety or depressionEndocrine: No unexplained weight loss, excessive thirst or excessive urinationHematology: No easy bruising or bleedingAllergy: No known environmental allergies**Past Medical, Family, and Surgical History:**

Reviewed Electronic Medical Records: Yes

Patient did not have a prior work related injury to the same body part(s).

Patient did not have a prior non-work related injury to the same body part(s).

Family History Reviewed: Reviewed but does not apply to this Workers' Compensation injury or illness.

Past Surgical History Reviewed: Reviewed but does not apply to this Workers' Compensation injury or illness.

SOCIAL HISTORY:

Work Status before this visit: Full Duty

OBJECTIVE FINDINGS:Vital Signs:

08/26/2016 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)Clinical Notes (continued)

BP 136/77 mmHg | Pulse 92 | Temp(Src) 98.7 °F (37.1 °C) (Tympanic)

I confirm that I have performed the following examination(s):

Constitutional: Well developed and well nourished and Alert and conversantEars, Nose, Throat, and Mouth: No signs of trauma, or deformityEyes: Conjunctivae and EOMs are normalCardiovascular: Normal pulse and rhythmRespiratory: No respiratory distressNeurological: No muscle wasting, tremor, or coordination deficitsSkin: Clear warm and dryPsychiatric: Pleasant, alert, no distress, mood and affect normal**PHYSICAL EXAMINATION:****RIGHT HAND**

No deformity or swelling

Right index finger medial aspect of distal phalanx with superficial laceration ~1 centimeter in length - no drainage, tenderness, erythema, induration or ecchymosis

Normal ROM at PIP, DIP

Normal extension

Hand grip 5/5

Radial pulse 2+

Normal sensation to light touch in radial, ulnar, and median nerve distribution

X-ray and laboratory ordered today:

no

DIAGNOSIS:

W54.0XXA CAUSE OF INJURY, DOG BITE, INIT

There is no evidence of chemical or toxic compounds being involved.

ARE YOUR FINDINGS AND DIAGNOSIS CONSISTENT WITH PATIENT'S ACCOUNT OF INJURY OR ONSET OF ILLNESS?

Yes

IS THERE ANY OTHER CURRENT CONDITON THAT WILL IMPEDE OR DELAY PATIENT'S RECOVERY?

No

TREATMENT RENDERED:

Pepper Smith has been advised to continue the following previous medication(s):

08/26/2016 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Clinical Notes (continued)

NSAIDS: Ibuprofen

The medication(s)/supplies/radiological studies ordered this visit:
No orders of the defined types were placed in this encounter.

Regarding Treatment and Supplies:

Assessment:

(W54.0XXA) CAUSE OF INJURY, DOG BITE, INIT

Healing appropriately.

Plan:

- complete course of augmentin two times a day x7 days
- ibuprofen and cool compresses prn pain
- no follow up indicated
- discharged to pre-injury work status

IF FURTHER TREATMENT REQUIRED, SPECIFY TREATMENT PLAN/ESTIMATED DURATION: More than likely the patient's condition is expected to improve or reach maximum medical improvement or full recovery in week(s).

IF HOSPITALIZED AS INPATIENT, GIVE HOSPITAL NAME, LOCATION, AND DATE ADMITTED:
no

WORK STATUS:

See Below

This patient is discharged/released and return to regular work with no need for future medical care and no ratable impairment per AMA guides, 5th edition as of today.

---End of FORM---

Work Status:

No Work data filed for this patient encounter.

EMILY THUAN ANH NGUYEN MD

08/26/2016 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Clinical Notes (continued)

8/26/2016, 10:32 AM

Contact Information:

Electronically signed by Nguyen, Emily Thuan Anh (M.D.), M.D. at 8/26/2016 10:52 AM

END OF ENCOUNTER

09/12/2016 - Letter (Out) in HOV GENERAL (X-RAY)

Visit Information

Provider Information

Encounter Provider

Williams Cotton, Carol Joy (M.D.), M.D.

Department

Name	Address	Phone
HOV GENERAL (X-RAY)	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-2421

Letters

Letter by Williams Cotton, Carol Joy (M.D.), M.D. on 9/12/2016

Status: Sent
Letter body:



.Department of Diagnostic Imaging

000004779300

Pepper Smith
2053 West 76th Street
Los Angeles CA 90047

9/12/2016

Dear Member: Pepper Smith

Your health is important to us, and our records indicate that your physician has ordered a Mammogram exam that you have not yet scheduled. We are attempting to contact you to assist

09/12/2016 - Letter (Out) in HOV GENERAL (X-RAY) (continued)**Letters (continued)**

you in scheduling your exam. Please respond to this letter within 5 business days so that we may assist you. Otherwise, if we do not hear from you we will notify your physician that we were unable to schedule your exam. Once your physician has been notified you may obtain an updated order to schedule your appointment, or self refer.

If you want to schedule an appointment with us, please call the Radiology Dept. at your earliest convenience at (323) 857-2421 Mon-Fri between the hours of 7:00am-5:30pm. After hours and weekends call (323) 857-2000 ext. 4605 between the hours of 8:00am-10:00pm.

**Thank You,
Be Well and Thrive**

*** Please disregard this letter if you have already scheduled your appointment.***

END OF ENCOUNTER**09/12/2016 - Letter (Out) in MEMBER HEALTH EDUCATION BLANK****Visit Information****Provider Information****Encounter Provider**

Stahl, Jerusha Emily (M.D.), M.D.

Department

Name	Address	Phone
MEMBER HEALTH EDUCATION BLANK	5105 GOLDLEAF CIRCLE Los Angeles CA 90056-1269	323-421-2710

Letters**Letter by Stahl, Jerusha Emily (M.D.), M.D. on 9/12/2016**

Status: Sent

Letter body:



9/12/2016

Pepper Smith
2053 West 76th Street
Los Angeles CA 90047

09/12/2016 - Letter (Out) in MEMBER HEALTH EDUCATION BLANK (continued)

Letters (continued)

Re: Healthy Balance Weight Management Programs

Dear Pepper Smith,

You have been referred to the Health Education Department for The Healthy Balance Weight Management Class/ Programs by your Physician.

Please contact one of our offices at: (310) 419-3479 to register for your class.

Sincerely,
The Health Education Department

9/12/2016
2:23 PM

This information has been disclosed to you from records whose confidentiality is protected by Federal law. Federal regulations prohibit you from making any further disclosure without the specific written consent of the person to whom it pertains, or is otherwise permitted by such regulations.

END OF ENCOUNTER**09/16/2016 - Orders Only in OBSTETRICS & GYNECOLOGY**

Visit Information

Provider Information

Encounter Provider

Williams Cotton, Carol Joy (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Reason for Visit

Visit Diagnosis

Name	Code	Chronic?
UTERINE FIBROIDS (primary)	D25.9	Yes

Labs

CREATININE [1554006720] (Final result)

Electronically signed by: Williams Cotton, Carol Joy (M.D.), M.D. on 09/16/16 0938

Status: Completed

09/16/2016 - Orders Only in OBSTETRICS & GYNECOLOGY (continued)

Labs (continued)

This order may be acted on in another encounter.

Ordering user: Williams Cotton, Carol Joy (M.D.), M.D. 09/16/16
0938

Authorized by: Williams Cotton, Carol Joy (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 09/16/16 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Williams Cotton, Carol Joy (M.D.), M.D.	1205984283

Specimen Information

ID	Type	Source	Collected By
C0000220162770 13850	—	BLOOD	Kiel,Diane 10/03/16 0912

CREATININE [1554006720]

Resulted: 10/03/16 1637, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Kiel,Diane 10/03/16 0912

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 593792285

Acknowledged by: Williams Cotton, Carol Joy (M.D.), M.D. on 10/14/16 1851

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.62	<=1.10 mg/dL	—	956
GLOMERULAR FILTRATION RATE	>89	mL/min/BSA	—	956

Comment:

Estimated GFR (eGFR) is normalized to a standard body surface area (BSA, 1.73m²), by sex, age, and race. The eGFR has been multiplied by 1.21 if "Black" race is reported in Foundations System.

-GFR Ranges-

GFR >89 Normal (or CKD1*)

60-89 Mildly reduced (CKD2*)

30-59 Moderately reduced (CKD3 if >3mos)

15-29 Severely reduced (CKD4 if >3mos)

GFR <15 Kidney failure (CKD5 if >3mos)

* GFR >60 is not diagnostic of CKD1 or 2

unless another marker of kidney damage is

present (e.g. microalbumin or urine protein

>300 mg/day on 2 occasions, or renal

biopsy or imaging abnormality).

RACE	Black	—	—	956
------	-------	---	---	-----

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer- Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

CREATININE [1554006720]

Resulted: 10/03/16 1637, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Kiel,Diane 10/03/16 0912

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

09/16/2016 - Orders Only in OBSTETRICS & GYNECOLOGY (continued)

Labs (continued)

RMS ACCN: 593792285

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.62	<=1.10 mg/dL	—	956
RACE	Black	—	—	956

Reviewed by

Williams Cotton, Carol Joy (M.D.), M.D. on 11/08/16 1433
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/16 1114
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/16 0929
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/16 0929

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer- Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

Resulted: 10/03/16 1637, Result status: Preliminary result

CREATININE [1554006720]

Order status: Completed
 Collected by: Kiel,Diane 10/03/16 0912
 Narrative:
 RMS ACCN: 593792285

Filed on: 09/29/22 1038
 Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.62	<=1.10 mg/dL	—	956

Reviewed by

Williams Cotton, Carol Joy (M.D.), M.D. on 11/08/16 1433
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/16 1114
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/16 0929
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/16 0929

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer- Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

CREATININE [1554006720]

Resulted: 10/03/16 1501, Result status: In process

Order status: Completed
 Collected by: Kiel,Diane 10/03/16 0912
 Narrative:
 RMS ACCN: 593792285

Filed on: 09/29/22 0336

Reviewed by

Williams Cotton, Carol Joy (M.D.), M.D. on 11/08/16 1433
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/16 1114
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/16 0929
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/16 0929

09/16/2016 - Orders Only in OBSTETRICS & GYNECOLOGY (continued)**Labs (continued)****Indications**

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

All Reviewers List

Williams Cotton, Carol Joy (M.D.), M.D. on 11/8/2016 14:33
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/2016 11:14
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/2016 09:29
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/18/2016 09:29

END OF ENCOUNTER**09/21/2016 - Message in IP MEDICAL RECORDS DEFAULT****Visit Information****Provider Information****Encounter Provider**

Williams Cotton, Carol Joy (M.D.), M.D.

Department

Name	Address	Phone
IP MEDICAL RECORDS DEFAULT	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-2695

Reason for Visit**Chief Complaint**

- FMLA REQUEST (Please review, complete and sign FMLA form for your patient.); onset date 9/21/2016

END OF ENCOUNTER**10/04/2016 - Orders Only in HOV WLA INTRVENTIONAL RAD****Visit Information****Provider Information****Encounter Provider**

Ho, Jessica Mayan (M.D.), M.D.

Department

Name	Address	Phone
HOV WLA INTRVENTIONAL RAD	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Reason for Visit**Visit Diagnosis**

Name	Code	Chronic?
UTERINE FIBROIDS	D25.9	Yes

Clinical Notes

10/04/2016 - Orders Only in HOV WLA INTRVENTIONAL RAD (continued)

Clinical Notes (continued)

Procedures

Filed on 10/4/2016 1250

Procedure Orders

1. MRI PELVIS WO/W CONTRAST [1554006726] ordered by Ho, Jessica Mayan (M.D.), M.D. at 10/04/16 0832

CLINICAL INDICATION: Reason: fibroid uterus planning possible surgery or uae. Ordered by Dr. Williams Cotton CREAT 0.62 10/03/2016 GFR >89 10/03/2016

COMPARISON: None.

CONTRAST: 10 milliliter of GADAVIST was given on 10/4/2016 10:26:00 AM by route: INTRAVENOUS

TECHNIQUE: Study performed per protocol.

FINDINGS:

4.5 cm submucosal fibroid is noted. 1.6 cm submucosal fibroid is seen. 1.4 cm intramural fibroid is noted. Contrast enhancement is noted in the fibroids.

Bilateral ovarian cysts are noted. The largest one is measuring 2.7 cm in the right ovary. No other pelvic mass is seen.

IMPRESSION:

Fibroid uterus.

This report electronically signed by Joon Dokko, MD on 10/4/2016 12:44 PM

Electronically signed by Dokko, Joon (M.D.), M.D. at 10/4/2016 12:50 PM

Imaging

Imaging

MRI PELVIS WO/W CONTRAST [1554006726] (Final result)

Electronically signed by: Ho, Jessica Mayan (M.D.), M.D. on 10/04/16 0832 Status: Completed

This order may be acted on in another encounter.

Ordering user: Ho, Jessica Mayan (M.D.), M.D. 10/04/16 0832 Authorized by: Ho, Jessica Mayan (M.D.), M.D.

Ordering mode: Standard

Frequency: Today 10/04/16 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider

NPI

10/04/2016 - Orders Only in HOV WLA INTRVENTIONAL RAD (continued)**Imaging (continued)**

Ho, Jessica Mayan (M.D.), M.D. 1154657278

Questionnaire

Question	Answer
DOES PT HAVE?	NONE

Scheduling instructions

Notify staff if patient is over 300 lbs.

Patient must be able to lie flat and be cooperative.

NPO for 4 hours.

Order comments: Reason: fibroid uterus planning possible surgery or uae. Ordered by Dr. Williams Cotton CREAT 0.62

10/03/2016 GFR >89 10/03/2016

MRI PELVIS WO/W CONTRAST [1554006726]

Resulted: 10/04/16 1040, Result status: Final result

Order status: Completed

Resulted by: Dokko, Joon (M.D.), M.D.

Filed on: 09/29/22 1038

Accession number: 71032213

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

DOES PT HAVE?->NONE

Acknowledged by

Ho, Jessica Mayan (M.D.), M.D. on 10/04/16 1300

Williams Cotton, Carol Joy (M.D.), M.D. on 10/04/16 1428

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	71032213	10/4/2016 12:49 PM	Dokko, Joon (M.D.), M.D.
Signed by Dokko, Joon (M.D.), MEDICAL DOCTOR on 10/04/16 at 1250			

CLINICAL INDICATION: Reason: fibroid uterus planning possible surgery or uae. Ordered by Dr. Williams Cotton CREAT 0.62
10/03/2016 GFR >89 10/03/2016

COMPARISON: None.

CONTRAST: 10 milliliter of GADAVIST was given on 10/4/2016 10:26:00 AM by route: INTRAVENOUS

TECHNIQUE: Study performed per protocol.

FINDINGS:

4.5 cm submucosal fibroid is noted. 1.6 cm submucosal fibroid is seen. 1.4 cm intramural fibroid is noted. Contrast enhancement is noted in the fibroids.

Bilateral ovarian cysts are noted. The largest one is measuring 2.7 cm in the right ovary. No other pelvic mass is seen.

IMPRESSION:

Fibroid uterus.

This report electronically signed by Joon Dokko, MD on 10/4/2016 12:44 PM

10/04/2016 - Orders Only in HOV WLA INTRVENTIONAL RAD (continued)**Imaging (continued)****CC List**

Recipient	Modifier	Fax	Address	Added
Williams Cotton, Carol Joy (M.D.), M.D.	—	—	—	—

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

MRI PELVIS WO/W CONTRAST [1554006726]

Resulted: 10/04/16 1041, Result status: In process

Order status: Completed

Resulted by: Dokko, Joon (M.D.), M.D.

Filed on: 09/29/22 0336

Accession number: 71032213

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

DOES PT HAVE?->NONE

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	71032213	10/4/2016 12:49 PM	Dokko, Joon (M.D.), M.D.
Signed by Dokko, Joon (M.D.), MEDICAL DOCTOR on 10/04/16 at 1250			

CLINICAL INDICATION: Reason: fibroid uterus planning possible
surgery or uae. Ordered by Dr. Williams Cotton CREAT 0.62
10/03/2016 GFR >89 10/03/2016

COMPARISON: None.

CONTRAST: 10 milliliter of GADAVIST was given on 10/4/2016 10:26:00
AM by route: INTRAVENOUS

TECHNIQUE: Study performed per protocol.

FINDINGS:

4.5 cm submucosal fibroid is noted. 1.6 cm submucosal fibroid is
seen. 1.4 cm intramural fibroid is noted. Contrast enhancement is
noted in the fibroids.

Bilateral ovarian cysts are noted. The largest one is measuring 2.7
cm in the right ovary. No other pelvic mass is seen.

IMPRESSION:

Fibroid uterus.

This report electronically signed by Joon Dokko, MD on 10/4/2016
12:44 PM

10/04/2016 - Orders Only in HOV WLA INTRVENTIONAL RAD (continued)**Imaging (continued)****Reviewed by**

Williams Cotton, Carol Joy (M.D.), M.D. on 11/08/16 2028
 Williams Cotton, Carol Joy (M.D.), M.D. on 11/08/16 2028
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/04/16 1428
 Ho, Jessica Mayan (M.D.), M.D. on 10/04/16 1300
 Ho, Jessica Mayan (M.D.), M.D. on 10/04/16 1300

CC List

Recipient	Modifier	Fax	Address	Added
Williams Cotton, Carol Joy (M.D.), M.D.	—	—	—	—

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

All Reviewers List

Williams Cotton, Carol Joy (M.D.), M.D. on 11/8/2016 20:28
 Williams Cotton, Carol Joy (M.D.), M.D. on 11/8/2016 20:28
 Williams Cotton, Carol Joy (M.D.), M.D. on 10/4/2016 14:28
 Ho, Jessica Mayan (M.D.), M.D. on 10/4/2016 13:00
 Ho, Jessica Mayan (M.D.), M.D. on 10/4/2016 13:00

END OF ENCOUNTER**10/06/2016 - Office Visit in INTERNAL MEDICINE AQUA2****Visit Information****Provider Information**

Encounter Provider	Authorizing Provider
Stahl, Jerusha Emily (M.D.), M.D.	Stahl, Jerusha Emily (M.D.), M.D.

Department

Name	Address	Phone
INTERNAL MEDICINE AQUA2	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Questionnaires**FLU VACCINE SCREENING QUESTIONNAIRE AMB SCAL GA**

Are you allergic to eggs, latex, the flu vaccine or thimerosal/preservative (have hives, tongue swelling, difficulty breathing, etc.)? Consult a physician. **No**

Do you have a history of or suffered from seizures or a paralyzing disease called Guillain-Barre Syndrome? Consult a physician **No**

Are you ill today? *** Enter the patient's temperature in **No**

10/06/2016 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Visit Information (continued)**

comments. IF TEMP 101 OR GREATER, DO NOT GIVE FLU
VACCINE TODAY***

Are you pregnant or planning to become pregnant soon? (Use **No**
preservative-free pre-filled syringe only)

Level of Service**Level of Service**

WELL CARE EST 40 TO 64 YRS

Reason for Visit**Chief Complaints**

- PHYSICAL EXAM, ANNUAL
- ARM PAIN (left upper)

Visit Diagnoses

- DECLINES INFLUENZA VACCINATION [Z28.20]
- **ROUTINE ADULT HEALTH CHECK UP EXAM (primary) [Z00.00]**
- VACCINATION FOR INFLUENZA [Z23]
- LEFT ROTATOR CUFF SYNDROME [M75.102]

Vitals**Vital Signs**

Most recent update: 10/6/2016 8:40 AM

BP	Pulse	Temp	Ht	Wt
131/76	87	96.4 °F (35.8 °C) (Tympanic)	5' 3" (1.6 m)	232 lb 5.8 oz (105.4 kg)

BMI
41.16 kg/m²

Clinical Notes**Nursing Note****Elizalde, Brenda E (L.V.N.), L.V.N. at 10/6/2016 0841**

Author: Elizalde, Brenda E (L.V.N.),
L.V.N.

Service: —

Author Type: LICENSED VOCATIONAL
NURSE

Filed: 10/6/2016 8:42 AM

Encounter Date: 10/6/2016

Creation Time: 10/6/2016 8:41 AM

Status: Signed

Editor: Elizalde, Brenda E (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)

Patient was identified using two forms of I.D and hand washing performed.

Proactive Office Encounter Actions:

---LABS, IMMUNIZATIONS, PROCEDURES, MEDICATIONS, OTHER---

Flu immunization declined

--- LIFESTYLE AND HEALTH EDUCATION ---

Member given Patient Instructions on BMI/Weight Management

Electronically signed by Elizalde, Brenda E (L.V.N.), L.V.N. at 10/6/2016 8:42 AM

Elizalde, Brenda E (L.V.N.), L.V.N. at 10/6/2016 0928

Clinical Notes (continued)

Author: Elizalde, Brenda E (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 10/6/2016 9:28 AM	Encounter Date: 10/6/2016	Creation Time: 10/6/2016 9:28 AM
Status: Signed	Editor: Elizalde, Brenda E (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

An After Visit Summary was printed and given to the patient.

INFs 4yrs and over (FLUVIRIN) (Influenza) 0.5 ml IM administered to patient per Dr. Stahl order given by Brenda Elizalde, LVN.

Pt tolerated injected well.

VIS given to patient.

Electronically signed by Elizalde, Brenda E (L.V.N.), L.V.N. at 10/6/2016 9:28 AM

Progress Notes**Stahl, Jerusha Emily (M.D.), M.D. at 10/6/2016 0857**

Author: Stahl, Jerusha Emily (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 10/6/2016 7:37 PM	Encounter Date: 10/6/2016	Creation Time: 10/6/2016 8:57 AM
Status: Signed	Editor: Stahl, Jerusha Emily (M.D.), M.D. (Physician)	

10/6/2016

Patient presents with:
PHYSICAL EXAM, ANNUAL
ARM PAIN: left upper

Pepper Smith is a 45 year old female with cc of PHYSICAL EXAM, ANNUAL and ARM PAIN

Outpatient Prescriptions Marked as Taking for the 10/6/16 encounter (Office Visit) with Stahl, Jerusha Emily (M.D.), M.D.

Medication	Sig
• Ibuprofen (MOTRIN) 800 mg Oral Tab	1 TAB PO Q8H WITH FOOD PRN PAIN

Subjective

Pt here for physical exam

C/o arm pain - left upper arm - bothers her at night, bad during the night and sore when she wakes up - better during the day - some times pain goes up into her neck and other times in her hand - for the past 2 weeks - taking advil for pain and occ T#4 that her daughter had - also feels a heaviness

Last Pap Smear : 6/6/16

Last Pap Smear : 10/5/12

Last Pap Smear : 9/4/09

Last Pap Smear : 12/4/07

Last mammo was 2 days ago

Clinical Notes (continued)

Wt Readings from Last 3 Encounters:

10/06/16 : 105.4 kg (232 lb 5.8 oz)

08/25/16 : 104 kg (229 lb 4.5 oz)

08/22/16 : 104.781 kg (231 lb)

Not taking vitamin D anymore, took rx a year ago

Taking iron sulfate 325mg - once per day - 3-4 x per week

Got an IUD and periods are much better

dtr dx'd in July with Crohn's dz - on remicade

She is living with her now and her 2 yr old

Eating ice chips - not drinking much water

BP 131/76 mmHg | Pulse 87 | Temp(Src) 96.4 °F (35.8 °C) (Tympanic) | Ht 1.6 m (5' 3") | Wt 105.4 kg (232 lb 5.8 oz) | BMI 41.17 kg/m² | LMP 09/21/2016

Gen well appearing in nad

HEENT MMM PERRL EOMI OP clear

Neck supple no lad

Lungs clear b/l

Heart RRR s1,s2 no murmur

Abd soft ntnnd +BS

Ext no c/c/e

Left shoulder + impingement sign

Assessment and Plan:

ROUTINE ADULT HEALTH CHECK UP EXAM (primary encounter diagnosis)

Note: check for anemia

Plan: TSH

LIPID PANEL

VITAMIN D, 25-HYDROXY

CREATININE

ALT

CBC NO DIFFERENTIAL

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING

IRON AND TIBC

VACCINATION FOR INFLUENZA

Note:

Plan: VACC INFLUENZA (INFS) 4 YRS-ADULT, TRIVALENT

LEFT ROTATOR CUFF SYNDROME

Note: exercises given, nsaid

Plan: IBUPROFEN 800 MG ORAL TAB

Orders Placed This Encounter

- [Fluvirin] VACC INFLUENZA, TRIVALENT, SPLIT VIRUS, 4 YRS-ADULT [90658G]
- TSH
- LIPID PANEL

Clinical Notes (continued)

- VITAMIN D, 25-HYDROXY
- CREATININE
- ALT
- CBC NO DIFFERENTIAL
- HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING
- IRON AND TIBC
- Ibuprofen (MOTRIN) 800 mg Oral Tab

Orders Placed This Encounter

- [Fluvirin] VACC INFLUENZA, TRIVALENT, SPLIT VIRUS, 4 YRS-ADULT [90658G]
- TSH
- LIPID PANEL
- VITAMIN D, 25-HYDROXY
- CREATININE
- ALT
- CBC NO DIFFERENTIAL
- HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING
- IRON AND TIBC
- Ibuprofen (MOTRIN) 800 mg Oral Tab

Electronically signed by Stahl, Jerusha Emily (M.D.), M.D. at 10/6/2016 7:37 PM

Labs

TSH [1554006731] (Final result)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 0900** Status: **Completed**
 This order may be acted on in another encounter.
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/06/16 0900 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard Class: Normal
 Frequency: Routine 10/06/16 - Lab status: Final result
 Quantity: 1
 Diagnoses
 ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220162800 19041	—	BLOOD	Kendrick, Ashley R 10/06/16 1000

TSH [1554006731] Resulted: 10/06/16 1810, Result status: Final result
 Order status: Completed Filed on: 09/29/22 1038

Labs (continued)

Collected by: Kendrick,Ashley R 10/06/16 1000

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 594050663

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Components

Component	Value	Reference Range	Flag	Lab
TSH	2.53	0.35 - 4.00 mIU/mL	—	956

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer- Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

TSH [1554006731]

Resulted: 10/06/16 1455, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Kendrick,Ashley R 10/06/16 1000

Narrative:

RMS ACCN: 594050663

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Indications

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 15:05
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 14:58
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/2016 07:44
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:18
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:17

LIPID PANEL [1554006734] (Final result)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 0900**Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/06/16 0900

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/06/16 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220162800 19039	—	BLOOD	Kendrick,Ashley R 10/06/16 1000

Labs (continued)

LIPID PANEL [1554006734] (Abnormal)

Resulted: 10/06/16 1746, Result status: Final result

Order status: Completed
 Collected by: Kendrick,Ashley R 10/06/16 1000
 Narrative:
 RMS ACCN: 594050663
 FASTING? YES
 Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Filed on: 09/29/22 1038
 Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
CHOLESTEROL	170	<=199 mg/dL	—	956
TRIGLYCERIDE	75	<=149 mg/dL	—	956
Comment: Note that if triglycerides (TG) are sufficiently high, then direct LDL (if TG>1300 mg/dL) or HDL (if TG>2000 mg/dL) measurements may not be valid.				
HDL	48	>=40 mg/dL	—	956
LDL CALCULATED	107	<=99 mg/dL	H ^	956
CHOLESTEROL/HIGH DENSITY LIPOPROTEIN	3.5	<=4.2	—	956
Comment: See LabNet for more information.				
CHOLESTEROL, NON-HDL	122	mg/dL	—	956
Comment: NonHDL targets are 30 mg/dL higher than LDL targets.				

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer-Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

LIPID PANEL [1554006734] (Abnormal)

Resulted: 10/06/16 1746, Result status: Preliminary result

Order status: Completed
 Collected by: Kendrick,Ashley R 10/06/16 1000
 Narrative:
 RMS ACCN: 594050663
 FASTING? YES

Filed on: 09/29/22 1038
 Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
TRIGLYCERIDE	75	<=149 mg/dL	—	956
Comment: Note that if triglycerides (TG) are sufficiently high, then direct LDL (if TG>1300 mg/dL) or HDL (if TG>2000 mg/dL) measurements may not be valid.				
HDL	48	>=40 mg/dL	—	956
LDL CALCULATED	107	<=99 mg/dL	H ^	956
CHOLESTEROL/HIGH DENSITY LIPOPROTEIN	3.5	<=4.2	—	956
Comment: See LabNet for more information.				
CHOLESTEROL, NON-HDL	122	mg/dL	—	956
Comment: NonHDL targets are 30 mg/dL higher than LDL targets.				

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918

Labs (continued)

Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer-Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

Resulted: 10/06/16 1746, Result status: Preliminary result

LIPID PANEL [1554006734] (Abnormal)

Order status: Completed
 Collected by: Kendrick,Ashley R 10/06/16 1000
 Narrative:
 RMS ACCN: 594050663
 FASTING? YES

Filed on: 09/29/22 1038
 Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
TRIGLYCERIDE	75	<=149 mg/dL	—	956
Comment: Note that if triglycerides (TG) are sufficiently high, then direct LDL (if TG>1300 mg/dL) or HDL (if TG>2000 mg/dL) measurements may not be valid.				
HDL	48	>=40 mg/dL	—	956
LDL CALCULATED	107	<=99 mg/dL	H ^	956
CHOLESTEROL/HIGH DENSITY LIPOPROTEIN	3.5	<=4.2	—	956
Comment: See LabNet for more information.				
CHOLESTEROL, NON-HDL	122	mg/dL	—	956
Comment: NonHDL targets are 30 mg/dL higher than LDL targets.				

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer-Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

LIPID PANEL [1554006734]

Resulted: 10/06/16 1453, Result status: In process

Order status: Completed
 Collected by: Kendrick,Ashley R 10/06/16 1000
 Narrative:
 RMS ACCN: 594050663
 FASTING? YES

Filed on: 09/29/22 0336

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Labs (continued)

Indications

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 15:05
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 14:58
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/2016 07:44
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:18
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:17

VITAMIN D, 25-HYDROXY [1554006735] (Final result)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 0900** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/06/16 0900

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/06/16 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220162800 19039	—	BLOOD	Kendrick,Ashley R 10/06/16 1000

VITAMIN D, 25-HYDROXY [1554006735] (Abnormal)

Resulted: 10/11/16 1753, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Kendrick,Ashley R 10/06/16 1000

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 594050664

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744

Components

Component	Value	Reference Range	Flag	Lab
VITAMIN D, 25-HYDROXY, D3	15	ng/mL	—	956
VITAMIN D, 25-HYDROXY, D2	6	ng/mL	—	956
25-HYDROXYVITAMIN D	21	30 - 100 ng/mL	L ▼	956

Comment:

There is general consensus (Endocrine Society, Natl Osteoporosis FDN, K_DOQI) that 25-OH Vitamin D measurements > 30 ng/mL are desirable. However, most Americans are deficient by this standard (NHanes III).

Levels <10 ng/mL are consistent with a diagnosis of Rickets/Osteomalacia.

Infants normally produce Vitamin D metabolites that falsely elevate 25-OH Vitamin D measurements. Please order D,25-Hydroxy, Neonatal [82306D] for these patients.

This test was developed and its performance characteristics determined by the SCPMG Regional Reference Laboratories. It has not been cleared or approved by the U.S. Food and Drug Administration. The FDA has determined that such clearance or approval is not necessary. This test is used for clinical purposes. It should not be regarded as investigational or for research. The SCPMG Regional Reference Laboratories are certified under CLIA '88 as qualified to perform high complexity clinical laboratory testing.

Labs (continued)

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer-Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

VITAMIN D, 25-HYDROXY [1554006735]

Resulted: 10/06/16 1456, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Kendrick,Ashley R 10/06/16 1000

Narrative:

RMS ACCN: 594050664

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458

Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744

Indications

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 15:05

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 14:58

Stahl, Jerusha Emily (M.D.), M.D. on 10/12/2016 07:44

CREATININE [1554006736] (Final result)

Electronically signed by: Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 0900

Status: Completed

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/06/16 0900

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/06/16 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220162800 19039	—	BLOOD	Kendrick,Ashley R 10/06/16 1000

CREATININE [1554006736]

Resulted: 10/06/16 1746, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Kendrick,Ashley R 10/06/16 1000

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 594050663

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.63	<=1.10 mg/dL	—	956
GLOMERULAR FILTRATION RATE	>89	mL/min/BSA	—	956
Comment:				

Labs (continued)

Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer- Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

Resulted: 10/06/16 1746, Result status: Preliminary
result

CREATININE [1554006736]

Order status: Completed
Collected by: Kendrick,Ashley R 10/06/16 1000
Narrative:
RMS ACCN: 594050663

Filed on: 09/29/22 1038
Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.63	<=1.10 mg/dL	—	956

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744
Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer- Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

CREATININE [1554006736]

Resulted: 10/06/16 1453, Result status: In process

Order status: Completed
Collected by: Kendrick,Ashley R 10/06/16 1000
Narrative:
RMS ACCN: 594050663

Filed on: 09/29/22 0336

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744
Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Indications

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 15:05
Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 14:58
Stahl, Jerusha Emily (M.D.), M.D. on 10/12/2016 07:44
Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:18
Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:17

Labs (continued)

ALT [1554006737] (Final result)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 0900**Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/06/16 0900

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/06/16 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220162800 19039	—	BLOOD	Kendrick,Ashley R 10/06/16 1000

ALT [1554006737]

Resulted: 10/06/16 1746, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Kendrick,Ashley R 10/06/16 1000

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 594050663

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Components

Component	Value	Reference Range	Flag	Lab
ALT	15	<=54 U/L	—	956

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer- Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

ALT [1554006737]

Resulted: 10/06/16 1453, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Kendrick,Ashley R 10/06/16 1000

Narrative:

RMS ACCN: 594050663

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Indications

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 15:05
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 14:58
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/2016 07:44
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:18
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:17

Labs (continued)

CBC NO DIFFERENTIAL [1554006738] (Final result)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 0900** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/06/16 0900

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/06/16 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220162800 19039	—	BLOOD	Kendrick,Ashley R 10/06/16 1000

CBC NO DIFFERENTIAL [1554006738] (Abnormal)

Resulted: 10/06/16 1141, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Kendrick,Ashley R 10/06/16 1000

Resulting lab: WLA MEDICAL CENTER LABORATORY

Narrative:

RMS ACCN: 594050662

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1143

Components

Component	Value	Reference Range	Flag	Lab
WBC'S AUTO	4.8	4.0 - 11.0 x1000/mcL	—	305
RBC, AUTO	4.42	4.20 - 5.40 Mill/mcL	—	305
HGB	7.7	12.0 - 16.0 g/dL	L v	305
HCT, AUTO	25.2	37.0 - 47.0 %	L v	305
MCV	57.1	81.0 - 99.0 fL	L v	305
MCH	17.3	27.0 - 35.0 pg/cell	L v	305
MCHC	30.4	32.0 - 37.0 g/dL	L v	305
RDW, BLOOD	20.2	11.5 - 14.5 %	H ^	305
PLATELETS, AUTOMATED COUNT	416	130 - 400 x1000/mcL	H ^	305

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	WLA MEDICAL CENTER LABORATORY	S.R. McLaren, D.O.	6041 Cadillac Ave. LOS ANGELES CA 90034	09/01/05 0850 - 05/23/17 0009

CBC NO DIFFERENTIAL [1554006738]

Resulted: 10/06/16 1002, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Kendrick,Ashley R 10/06/16 1000

Narrative:

RMS ACCN: 594050662

Reviewed by

- Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
- Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
- Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744

Labs (continued)

Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1143
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1143

Indications

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 15:05
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 14:58
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/2016 07:44
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:18
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:17
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 11:43
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 11:43

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1554006739] (Final result)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 0900** Status: **Completed**
 This order may be acted on in another encounter.
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/06/16 0900 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard Class: Normal
 Frequency: Routine 10/06/16 - Lab status: Final result
 Quantity: 1
 Diagnoses
 ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220162800 19040	—	BLOOD	Kendrick,Ashley R 10/06/16 1000

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING [1554006739] (Abnormal)

Resulted: 10/06/16 1639, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: Kendrick,Ashley R 10/06/16 1000 Resulting lab: SHERMAN WAY REGIONAL LABORATORY
 Narrative:
 RMS ACCN: 594050663
 Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Components

Component	Value	Reference Range	Flag	Lab
HGBA1C%	5.9	4.8 - 5.6 %	H ^	956

Comment:

A repeatable Hb A1c > or = 6.5% is diagnostic of diabetes. A single Hb A1c > or = 6.5% can also be confirmed by a fasting plasma glucose measurement > 125 mg/dL, a random plasma glucose > or = 200 mg/dL, or a 2 hour oral glucose tolerance test result > or = 200 mg/dL. Patients with Hb A1c of 5.7-6.4% are at increased risk for future diabetes.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY	Darryl Erik Palmer-	11668 Sherman Way	09/01/10 1119 - 06/01/17 0325

Labs (continued)

REGIONAL LABORATORY	Toy, MD, PhD	NORTH HOLLYWOOD CA 91605
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HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING
[1554006739]

Resulted: 10/06/16 1207, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Kendrick,Ashley R 10/06/16 1000

Narrative:

RMS ACCN: 594050663

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Indications

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 15:05
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 14:58
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/2016 07:44
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:18
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:17

IRON AND TIBC [1554006740] (Final result)Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 0901**Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/06/16 0901

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/06/16 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220162800 19039	—	BLOOD	Kendrick,Ashley R 10/06/16 1000

IRON AND TIBC [1554006740] (Abnormal)

Resulted: 10/06/16 1746, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Kendrick,Ashley R 10/06/16 1000

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 594050663

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Components

Component	Value	Reference Range	Flag	Lab
IRON	15	37 - 145 mcg/dL	L ▼	956
TOTAL IRON BINDING CAPACITY	437	250 - 450 mcg/dL	—	956
IRON SAT	3	20 - 50 %	L ▼	956

Labs (continued)

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer- Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

Resulted: 10/06/16 1746, Result status: Preliminary
result

IRON AND TIBC [1554006740] (Abnormal)

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Kendrick,Ashley R 10/06/16 1000

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 594050663

Components

Component	Value	Reference Range	Flag	Lab
IRON	15	37 - 145 mcg/dL	L ▼	956

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Darryl Erik Palmer- Toy, MD, PhD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	09/01/10 1119 - 06/01/17 0325

IRON AND TIBC [1554006740]

Resulted: 10/06/16 1453, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Kendrick,Ashley R 10/06/16 1000

Narrative:

RMS ACCN: 594050663

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1505
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1458
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/16 0744
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1918
 Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 1917

Indications

ROUTINE ADULT HEALTH CHECK UP EXAM [Z00.00 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 15:05
 Stahl, Jerusha Emily (M.D.), M.D. on 10/13/2016 14:58
 Stahl, Jerusha Emily (M.D.), M.D. on 10/12/2016 07:44
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:18
 Stahl, Jerusha Emily (M.D.), M.D. on 10/6/2016 19:17

Other Orders

Other Orders (continued)**Immunization/Injection****VACC INFLUENZA (INFS) 4 YRS-ADULT, TRIVALENT [1554000589] (Completed)**Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 0916** Status: **Completed**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/06/16 0916 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/06/16 -

Class: Back Office

Quantity: 1

Diagnoses

VACCINATION FOR INFLUENZA [Z23]

Provider Details**Provider****NPI**

Stahl, Jerusha Emily (M.D.), M.D.

1083894638

Order comments: Fluvirin 0.5mL, intramuscular (IM)

Indications

VACCINATION FOR INFLUENZA [Z23 (ICD-10-CM)]

Medications**Ibuprofen (MOTRIN) 800 mg Oral Tab [1554006741] (Discontinued)**Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/06/16 0917** Status: **Discontinued**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/06/16 0917 Ordering provider: Stahl, Jerusha Emily (M.D.), M.D.

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/06/16 - 03/27/17

Class: Fill Now

Discontinued by: Lansdowne, Elisa Danielle (M.D.), M.D. 03/27/17 1458

Diagnoses

LEFT ROTATOR CUFF SYNDROME [M75.102]

Provider Details**Provider****NPI**

Stahl, Jerusha Emily (M.D.), M.D.

1083894638

Questionnaire**Question****Answer**

Is this medication for a workers' compensation condition?

No

Admin instructions: Give with food.

Indications

LEFT ROTATOR CUFF SYNDROME [M75.102 (ICD-10-CM)]

Patient Instructions

Bariatric Advantage Iron 60mg - take once per day - ask at the pharmacy desk

Your Kaiser Permanente Care Instructions**Rotator Cuff: Exercises****Your Care Instructions**

Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain.

Patient Instructions (continued)

Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Pendulum swing

Note: If you have pain in your back, do not do this exercise.

1. Hold on to a table or the back of a chair with your good arm. Then bend forward a little and let your sore arm hang straight down. This exercise does not use the arm muscles. Rather, use your legs and your hips to create movement that makes your arm swing freely.
2. Use the movement from your hips and legs to guide the slightly swinging arm back and forth like a pendulum (or elephant trunk). Then guide it in circles that start small (about the size of a dinner plate). Make the circles a bit larger each day, as your pain allows.
3. Do this exercise for 5 minutes, 5 to 7 times each day.
4. As you have less pain, try bending over a little farther to do this exercise. This will increase the amount of movement at your shoulder.

Posterior stretching exercise

1. Hold the elbow of your injured arm with your other hand.
2. Use your hand to pull your injured arm gently up and across your body. You will feel a gentle stretch across the back of your injured shoulder.
3. Hold for at least 15 to 30 seconds. Then slowly lower your arm.
4. Repeat 2 to 4 times.

Up-the-back stretch

Note: Your doctor or physical therapist may want you to wait to do this stretch until you have regained most of your range of motion and strength. You can do this stretch in different ways. Hold any of these stretches for at least 15 to 30 seconds. Repeat them 2 to 4 times.

1. Put your hand in your back pocket. Let it rest there to stretch your shoulder.
2. With your other hand, hold your injured arm (palm outward) behind your back by the wrist. Pull your arm up gently to stretch your shoulder.
3. Next, put a towel over your other shoulder. Put the hand of your injured arm behind your back. Now hold the back end of the towel. With the other hand, hold the front end of the towel in front of your body. Pull gently on the front end of the towel. This will bring your hand farther up your back to stretch your shoulder.

Overhead stretch

1. Standing about an arm's length away, grasp onto a solid surface. You could use a countertop, a doorknob, or the back of a sturdy chair.
2. With your knees slightly bent, bend forward with your arms straight. Lower your upper body, and let your shoulders stretch.
3. As your shoulders are able to stretch farther, you may need to take a step or two backward.
4. Hold for at least 15 to 30 seconds. Then stand up and relax. If you had stepped back during your stretch, step forward so you can keep your hands on the solid surface.
5. Repeat 2 to 4 times.

Patient Instructions (continued)

Shoulder flexion (lying down)

Note: To make a wand for this exercise, use a piece of PVC pipe or a broom handle with the broom removed. Make the wand about a foot wider than your shoulders.

1. Lie on your back, holding a wand with both hands. Your palms should face down as you hold the wand.
2. Keeping your elbows straight, slowly raise your arms over your head. Raise them until you feel a stretch in your shoulders, upper back, and chest.
3. Hold for 15 to 30 seconds.
4. Repeat 2 to 4 times.

Shoulder rotation (lying down)

Note: To make a wand for this exercise, use a piece of PVC pipe or a broom handle with the broom removed. Make the wand about a foot wider than your shoulders.

1. Lie on your back. Hold a wand with both hands with your elbows bent and palms up.
2. Keep your elbows close to your body, and move the wand across your body toward the sore arm.
3. Hold for 8 to 12 seconds.
4. Repeat 2 to 4 times.

Wall climbing (to the side)

Note: Avoid any movement that is straight to your side, and be careful not to arch your back. Your arm should stay about 30 degrees to the front of your side.

1. Stand with your side to a wall so that your fingers can just touch it at an angle about 30 degrees toward the front of your body.
2. Walk the fingers of your injured arm up the wall as high as pain permits. Try not to shrug your shoulder up toward your ear as you move your arm up.
3. Hold that position for a count of at least 15 to 20.
4. Walk your fingers back down to the starting position.
5. Repeat at least 2 to 4 times. Try to reach higher each time.

Wall climbing (to the front)

Note: During this stretching exercise, be careful not to arch your back.

1. Face a wall, and stand so your fingers can just touch it.
2. Keeping your shoulder down, walk the fingers of your injured arm up the wall as high as pain permits. (Don't shrug your shoulder up toward your ear.)
3. Hold your arm in that position for at least 15 to 30 seconds.
4. Slowly walk your fingers back down to where you started.
5. Repeat at least 2 to 4 times. Try to reach higher each time.

Shoulder blade squeeze

1. Stand with your arms at your sides, and squeeze your shoulder blades together. Do not raise your shoulders up as you squeeze.
2. Hold 6 seconds.
3. Repeat 8 to 12 times.

Patient Instructions (continued)

Scapular exercise: Arm reach

1. Lie flat on your back. This exercise is a very slight motion that starts with your arms raised (elbows straight, arms straight).
2. From this position, reach higher toward the sky or ceiling. Keep your elbows straight. All motion should be from your shoulder blade only.
3. Relax your arms back to where you started.
4. Repeat 8 to 12 times.

Arm raise to the side

Note: During this strengthening exercise, your arm should stay about 30 degrees to the front of your side.

1. Slowly raise your injured arm to the side, with your thumb facing up. Raise your arm 60 degrees at the most (shoulder level is 90 degrees).
2. Hold the position for 3 to 5 seconds. Then lower your arm back to your side. If you need to, bring your "good" arm across your body and place it under the elbow as you lower your injured arm. Use your good arm to keep your injured arm from dropping down too fast.
3. Repeat 8 to 12 times.
4. When you first start out, don't hold any extra weight in your hand. As you get stronger, you may use a 1-pound to 2-pound dumbbell or a small can of food.

Shoulder flexor and extensor exercise

Note: These are isometric exercises. That means you contract your muscles without actually moving.

- **Push forward (flex):** Stand facing a wall or doorjamb, about 6 inches or less back. Hold your injured arm against your body. Make a closed fist with your thumb on top. Then gently push your hand forward into the wall with about 25% to 50% of your strength. Don't let your body move backward as you push. Hold for about 6 seconds. Relax for a few seconds. Repeat 8 to 12 times.
- **Push backward (extend):** Stand with your back flat against a wall. Your upper arm should be against the wall, with your elbow bent 90 degrees (your hand straight ahead). Push your elbow gently back against the wall with about 25% to 50% of your strength. Don't let your body move forward as you push. Hold for about 6 seconds. Relax for a few seconds. Repeat 8 to 12 times.

Scapular exercise: Wall push-ups

Note: This exercise is best done with your fingers somewhat turned out, rather than straight up and down.

1. Stand facing a wall, about 12 inches to 18 inches away.
2. Place your hands on the wall at shoulder height.
3. Slowly bend your elbows and bring your face to the wall. Keep your back and hips straight.
4. Push back to where you started.
5. Repeat 8 to 12 times.
6. When you can do this exercise against a wall comfortably, you can try it against a counter. You can then slowly progress to the end of a couch, then to a sturdy chair, and finally to the floor.

Scapular exercise: Retraction

Note: For this exercise, you will need elastic exercise material, such as surgical tubing or Thera-Band.

1. Put the band around a solid object at about waist level. (A bedpost will work well.) Each hand should

Patient Instructions (continued)

hold an end of the band.

2. With your elbows at your sides and bent to 90 degrees, pull the band back. Your shoulder blades should move toward each other. Then move your arms back where you started.
3. Repeat 8 to 12 times.
4. If you have good range of motion in your shoulders, try this exercise with your arms lifted out to the sides. Keep your elbows at a 90-degree angle. Raise the elastic band up to about shoulder level. Pull the band back to move your shoulder blades toward each other. Then move your arms back where you started.

Internal rotator strengthening exercise

1. Start by tying a piece of elastic exercise material to a doorknob. You can use surgical tubing or Thera-Band.
2. Stand or sit with your shoulder relaxed and your elbow bent 90 degrees. Your upper arm should rest comfortably against your side. Squeeze a rolled towel between your elbow and your body for comfort. This will help keep your arm at your side.
3. Hold one end of the elastic band in the hand of the painful arm.
4. Slowly rotate your forearm toward your body until it touches your belly. Slowly move it back to where you started.
5. Keep your elbow and upper arm firmly tucked against the towel roll or at your side.
6. Repeat 8 to 12 times.

External rotator strengthening exercise

1. Start by tying a piece of elastic exercise material to a doorknob. You can use surgical tubing or Thera-Band. (You may also hold one end of the band in each hand.)
2. Stand or sit with your shoulder relaxed and your elbow bent 90 degrees. Your upper arm should rest comfortably against your side. Squeeze a rolled towel between your elbow and your body for comfort. This will help keep your arm at your side.
3. Hold one end of the elastic band with the hand of the painful arm.
4. Start with your forearm across your belly. Slowly rotate the forearm out away from your body. Keep your elbow and upper arm tucked against the towel roll or the side of your body until you begin to feel tightness in your shoulder. Slowly move your arm back to where you started.
5. Repeat 8 to 12 times.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Where can you learn more?

Go to <http://www.kp.org>

Enter **J005** in the search box to learn more about "**Rotator Cuff: Exercises.**"

Current as of: May 22, 2015

Content Version: 109

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Patient Instructions (continued)

END OF ENCOUNTER

10/13/2016 - Patient Message in BARIATRIC TX

Visit Information

Provider Information

Encounter Provider

Stahl, Jerusha Emily (M.D.), M.D.

Department

Name	Address	Phone
BARIATRIC TX	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Reason for Visit

Visit Diagnosis

- IRON DEFICIENCY ANEMIA [D50.9]

Labs

HEMOGLOBIN AND HEMATOCRIT [1554006742] (Completed)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1500** Status: **Completed**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/13/16 1500 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/13/16 - Class: Normal
 Quantity: 1
 Diagnoses
 IRON DEFICIENCY ANEMIA [D50.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

IRON DEFICIENCY ANEMIA [D50.9 (ICD-10-CM)]

Indications

IRON DEFICIENCY ANEMIA [D50.9 (ICD-10-CM)]

IRON AND TIBC [1554006743] (Completed)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1500** Status: **Completed**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/13/16 1500 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/13/16 - Class: Normal
 Quantity: 1

10/13/2016 - Patient Message in BARIATRIC TX (continued)

Labs (continued)

Diagnoses
 IRON DEFICIENCY ANEMIA [D50.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

IRON DEFICIENCY ANEMIA [D50.9 (ICD-10-CM)]

Indications

IRON DEFICIENCY ANEMIA [D50.9 (ICD-10-CM)]

FERRITIN [1554006744] (Completed)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1500** Status: **Completed**
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/13/16 1500 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 10/13/16 - Class: Normal
 Quantity: 1
 Diagnoses
 IRON DEFICIENCY ANEMIA [D50.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

IRON DEFICIENCY ANEMIA [D50.9 (ICD-10-CM)]

Indications

IRON DEFICIENCY ANEMIA [D50.9 (ICD-10-CM)]

Letters

Letter by Stahl, Jerusha Emily (M.D.), M.D. on 12/15/2016

Status: Sent Comments: unread email
 Letter body:



12/15/2016

MRN# 000004779300

Pepper Smith
 2053 West 76th Street
 Los Angeles CA 90047

10/13/2016 - Patient Message in BARIATRIC TX (continued)**Letters (continued)**

Dear Ms. Smith,

I sent you an email on 10/13/16 that it appears you haven't read yet. See below.

Hi Pepper,

great to see you last week. Your results show that your anemia is in fact worse. You definitely should take iron daily. The one i mentioned in the office is made by Bariatric Advantage - 60mg iron taken daily, not constipating. You can ask for it behind the counter in the pharmacy (but no prescription needed). Another good form is Ferrix 150mg which you could take 2x per week, also not constipating. Both sold in our pharmacy. You definitely need to be taking something, and these 2 are better options than the ferrous sulfate a few times per week. Your vitamin D level is also low. I recommend you take 2000 units of over the counter vitamin D3 daily. Your blood sugar is slightly improved from last year 6.0->5.9. This a test of your average blood sugar over the past few months. Normal is less than 5.6 and diabetes is considered 6.5 and above. Continue to work on your diet, limiting sugar and starch/carbohydrates, to help keep bringing this level down.

Take care,
Jerusha Stahl, MD

Sincerely,

JERUSHA EMILY STAHL MD
Kaiser West Los Angeles Medical Center
Internal Medicine Department
6041 Cadillac Ave
Los Angeles, CA 90034
1-800-954-8000

Messages**results**

From Jerusha Emily (M.D.) Stahl, M.D. Last Read in kp.org 2/5/2018 9:12 AM by Pepper Smith	To Pepper Smith	Sent and Delivered 10/13/2016 3:05 PM
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Hi Pepper,

great to see you last week. Your results show that your anemia is in fact worse. You definitely should take iron daily.

The one i mentioned in the office is made by Bariatric Advantage - 60mg iron taken daily, not constipating. You can ask for it behind the counter in the pharmacy (but no prescription needed). Another good form is Ferrix 150mg which you could take 2x per week, also not constipating. Both sold in our pharmacy. You definitely need to be taking something, and these 2 are better options than the ferrous sulfate a few times per week.

Your vitamin D level is also low. I recommend you take 2000 units of over the counter vitamin D3 daily.

10/13/2016 - Patient Message in BARIATRIC TX (continued)**Messages (continued)**

Your blood sugar is slightly improved from last year 6.0->5.9. This a test of your average blood sugar over the past few months. Normal is less than 5.6 and diabetes is considered 6.5 and above. Continue to work on your diet, limiting sugar and starch/carbohydrates, to help keep bringing this level down.

Take care,
Jerusha Stahl, MD

END OF ENCOUNTER**12/13/2016 - Released Future/Standing Orders in BARIATRIC TX****Visit Information****Provider Information****Encounter Provider**

Stahl, Jerusha Emily (M.D.), M.D.

Department

Name	Address	Phone
BARIATRIC TX	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Reason for Visit**Visit Diagnosis**

- IRON DEFICIENCY ANEMIA [D50.9]

Labs**HEMOGLOBIN AND HEMATOCRIT [1554006745] (Discontinued)**

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1500** Status: **Discontinued**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/13/16 1500 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/13/16 -

Quantity: 1

Diagnoses

IRON DEFICIENCY ANEMIA [D50.9]

Class: Normal

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

IRON DEFICIENCY ANEMIA [D50.9 (ICD-10-CM)]

IRON AND TIBC [1554006747] (Discontinued)

12/13/2016 - Released Future/Standing Orders in BARIATRIC TX (continued)**Labs (continued)**Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1500** Status: **Discontinued**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/13/16 1500 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/13/16 -

Class: Normal

Quantity: 1

Diagnoses

IRON DEFICIENCY ANEMIA [D50.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

IRON DEFICIENCY ANEMIA [D50.9 (ICD-10-CM)]

FERRITIN [1554006748] (Discontinued)Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 10/13/16 1500** Status: **Discontinued**

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 10/13/16 1500 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 10/13/16 -

Class: Normal

Quantity: 1

Diagnoses

IRON DEFICIENCY ANEMIA [D50.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

IRON DEFICIENCY ANEMIA [D50.9 (ICD-10-CM)]

END OF ENCOUNTER**02/22/2017 - Patient Message in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Williams Cotton, Carol Joy (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Messages

02/22/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Messages (continued)****Heavy Bleeding**

From	To	Sent
Pepper Smith	Carol Joy (M.D.) Williams Cotton, M.D.	2/22/2017 11:17 AM

Hi DR.,

My cycle has been cut in half 14 days to 7. My clots have eased up but I still get a few. Bleeding has remained the same. I still have to wear an overnight and tampon all day and although I'm not suppose to, I have to wear the same thing to sleep to get a half decent nights of sleep. Yesterday I had an embarrassing moment. At times the bleeding can be very thin to were I can't even feel the flow. The flow can be really light one minute and then very heavy the next. Cramping had eased as well but when it hits me I'm just no good. After speaking to my co-worker, She has very little bleeding to were she actually has to wipe to see anything yet I'm still over here suffering. I have tried everything and the one thing I don't want to visit is becoming more of a reality for me to do. I mean nothing is working the way it should for me. I'm almost scared to even try the Hysterectomy because at this point it may not even work.

Please let me know what you think I should do now.

END OF ENCOUNTER**03/07/2017 - Patient Message in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Williams Cotton, Carol Joy (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Clinical Notes**Telephone Encounter****Payne, Aretha Terrell (R.N.), R.N. at 3/21/2017 0650**

Author: Payne, Aretha Terrell (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 3/21/2017 6:56 AM	Encounter Date: 3/7/2017	Creation Time: 3/21/2017 6:50 AM
Status: Signed	Editor: Payne, Aretha Terrell (R.N.), R.N. (REGISTERED NURSE)	

Responded to patient e-mail.
Message routed to Dr. Williams Cotton.

ARETHA TERRELL PAYNE RN

03/07/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Clinical Notes (continued)**

Electronically signed by Payne, Aretha Terrell (R.N.), R.N. at 3/21/2017 6:56 AM

Messages**RE:treatment options**

From	To	Sent
Pepper Smith	Aretha Terrell (R.N.) Payne, R.N.	3/27/2017 2:37 PM

Hi Ms. Aretha,

I just wanted you to know, I have been waiting for the Dr. to call. I had a phone interview scheduled today at 1:20pm.

during this time I was out to lunch and I had my cell phone and I told my job to look out for the call as well.

but so far I have not received a call.

Please let me know what you can find out.

Thank you,
Pepper Smith
(323)377-1787 cell
(323)603-0873 work

RE:treatment options

From	To	Sent and Delivered
Aretha Terrell (R.N.) Payne, R.N. Last Read in kp.org 3/27/2017 2:32 PM by Pepper Smith	Pepper Smith	3/23/2017 7:58 AM

Good Morning Ms. Smith,

You do not need to make an appointment at this time. You will be contacted by one of the RN's to schedule the appointment for you. The procedures are not done daily, it's done maybe 2-3 times per month. I will follow-up with you soon. Thanks in advance for your patience.

Take care,
Aretha Payne, RN
OB/GYN

03/07/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)

Messages (continued)

RE:treatment options

From Pepper Smith	To Aretha Terrell (R.N.) Payne, R.N.	Sent 3/22/2017 1:45 PM
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Hi Aretha
Should I make an appointment to come in?

Thank you,
Pepper Smith
(323)377-1787

RE:treatment options

From Pepper Smith	To Aretha Terrell (R.N.) Payne, R.N.	Sent 3/21/2017 12:32 PM
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Thank you for the information.

RE:treatment options

From Aretha Terrell (R.N.) Payne, R.N. Last Read in kp.org 3/22/2017 1:40 PM by Pepper Smith	To Pepper Smith	Sent and Delivered 3/21/2017 6:55 AM
---	--------------------	---

Good Morning Ms. Smith,

My name is Aretha, one of the nurses in the OB/GYN department. I'm replying on behalf of Dr. Williams Cotton. I have received your e-mail and will forward it to Dr. Williams Cotton so that she can best assist you with your next steps. In the mean time, I have included some information about the procedure to this e-mail (jsut to give you an idea). Please let me know if you have any other questions or concerns.

Take care,
Aretha Payne, RN
OB/GYN

Your Kaiser Permanente Care Instructions
Operative Hysteroscopy: Before Your Procedure

03/07/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Messages (continued)**

What is an operative hysteroscopy?

An operative hysteroscopy is a procedure to find and treat problems with your uterus. It may be done to remove growths from the uterus. It may also be used to treat fertility problems or abnormal bleeding.

The doctor will guide a lighted tube through the cervix and into the uterus. This tube is called a hysteroscope, or scope. The doctor will fill your uterus with liquid. This makes it easier to see the inside of your uterus with the scope. Then the doctor will put tools through the scope to do the procedure.

Most of the liquid that the doctor puts in will flow out when the scope is removed.

You will most likely go home the same day. Many women are able to go back to work the next day. But it depends on what was done and the type of work you do.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

What happens before the procedure?

Procedures can be stressful. This information will help you understand what you can expect. And it will help you safely prepare for your procedure.

Preparing for the procedure

- Understand exactly what procedure is planned, along with the risks, benefits, and other options.
- Tell your doctors ALL the medicines, vitamins, supplements, and herbal remedies you take. Some of these can increase the risk of bleeding or interact with anesthesia.
- If you take blood thinners, such as warfarin (Coumadin), clopidogrel (Plavix), or aspirin, be sure to talk to your doctor. He or she will tell you if you should stop taking these medicines before your procedure. Make sure that you understand exactly what your doctor wants you to do.
- Your doctor will tell you which medicines to take or stop before your procedure. You may need to stop taking certain medicines a week or more before the procedure. So talk to your doctor as soon as you can.
- If you have an advance directive, let your doctor know. It may include a living will and a durable power of attorney for health care. Bring a copy to the hospital. If you don't have one, you may want to prepare one. It lets your doctor and loved ones know your health care wishes. Doctors advise that everyone prepare these papers before any type of surgery or procedure.

What happens on the day of the procedure?

- Follow the instructions exactly about when to stop eating and drinking. If you don't, your procedure may be canceled. If your doctor has instructed you to take your medicines on the day of the procedure, take them with only a sip of water.
- Take a bath or shower before you come in for your procedure. Do not apply lotions, perfumes, deodorants, or nail polish.
- Take off all jewelry and piercings. And take out contact lenses, if you wear them.

At the hospital or surgery center

- Bring a picture ID.
- You will be kept comfortable and safe by your anesthesia provider. The anesthesia may

03/07/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)

Messages (continued)

make you sleep. Or it may just numb the area being worked on.

- The procedure will probably take less than an hour.

Going home

· Be sure you have someone to drive you home. Anesthesia and pain medicine make it unsafe for you to drive.

· You will be given more specific instructions about recovering from your procedure. They will cover things like diet, wound care, follow-up care, driving, and getting back to your normal routine.

When should you call your doctor?

- You have questions or concerns.
- You don't understand how to prepare for your procedure.
- You become ill before the procedure (such as fever, flu, or a cold).
- You need to reschedule or have changed your mind about having the procedure.

Where can you learn more?

Go to <http://www.kp.org>

Enter Q514 in the search box to learn more about "Operative Hysteroscopy: Before Your Procedure."

Current as of: February 25, 2016

Content Version: 11.1

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Your Kaiser Permanente Care Instructions

Hysteroscopy: What to Expect at Home

Your Recovery

You may have cramps and light vaginal bleeding for a day or two. If the doctor filled your uterus with air, you may have gas pains or your belly may feel full. You may also have shoulder pain. These symptoms should go away in 1 to 2 days.

If the doctor filled your uterus with liquid, you may have watery vaginal discharge for several weeks.

This care sheet gives you a general idea about how long it will take for you to recover. But each person recovers at a different pace. Follow the steps below to get better as quickly as possible.

How can you care for yourself at home?

Activity

- Rest when you feel tired.
- You can do your normal activities when it feels okay to do so.
- Ask your doctor when it is okay for you to have sex.

Medicines

· Your doctor will tell you if and when you can restart your medicines. He or she will also give you instructions about taking any new medicines.

03/07/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Messages (continued)**

- If you take blood thinners, such as warfarin (Coumadin), clopidogrel (Plavix), or aspirin, be sure to talk to your doctor. He or she will tell you if and when to start taking those medicines again. Make sure that you understand exactly what your doctor wants you to do.
- Be safe with medicines. Read and follow all instructions on the label.
- If the doctor gave you a prescription medicine for pain, take it as prescribed.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.
- If your doctor prescribed antibiotics, take them as directed. Do not stop taking them just because you feel better. You need to take the full course of antibiotics.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

When should you call for help?

Call 911 anytime you think you may need emergency care. For example, call if:

- You passed out (lost consciousness).
- You have sudden chest pain and shortness of breath, or you cough up blood.
- You have severe pain in your belly.

Call your doctor now or seek immediate medical care if:

- You have severe vaginal bleeding. This means that you are soaking through your usual pads or tampons every hour for 2 or more hours and passing clots of blood.
- You are sick to your stomach or can't keep fluids down.
- You have pain that does not get better after you take your pain medicine.
- You have a fever over 100°F.
- You have vaginal discharge that has increased in amount or smells bad.
- You have trouble passing urine or stool, especially if you have pain or swelling in your lower belly.
- You have pain, discomfort, or bleeding with sex.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.

Where can you learn more?

Go to <http://www.kp.org>

Enter I360 in the search box to learn more about "Hysteroscopy: What to Expect at Home."

Current as of: February 25, 2016

Content Version: 11.1

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RE:treatment options

From	To	Sent
Pepper Smith	Carol Joy (M.D.) Williams Cotton, M.D.	3/20/2017 5:42 AM

03/07/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Messages (continued)**

Hi Dr.!Williams Cotton

I'm sorry I didn't know you sent an email. I was just about to schedule an appointment with you. Yes, I would like to try this method. I'm sorry to be such a bother but I'm really going through it.

Please let me know what I need to do next. I am off work today if you need to see or call me.

Thank you again
Pepper Smith
(323)377-1787

treatment options

From	To	Sent and Delivered
Carol Joy (M.D.) Williams Cotton, M.D. Last Read in kp.org 3/20/2017 11:50 PM by Pepper Smith	Pepper Smith	3/7/2017 11:32 AM

Hello Pepper,

At this point you have had the mirena for 6 months. If you are continuing to have the heavy bleeding you are now at the point that you need to consider a procedure. Your MRI shows that you have a few fibroids inside the cavity of the uterus which could possibly be removed hysteroscopically. Which means they could be removed while looking inside the uterus with a small camera. This is an option. The end of the line therapy is the hysterectomy which will take care of the problem. You could consider the hysteroscopic resection first if you are not sure about hysterectomy.

Let me know what you are thinking,

Electronically signed by:

JOY WILLIAMS COTTON MD

3/7/2017 11:31 AM

END OF ENCOUNTER**03/23/2017 - Patient Message in WOMENS HEALTH CENTER****Visit Information****Provider Information****Encounter Provider**

Payne, Aretha Terrell (R.N.), R.N.

Department

Name	Address	Phone
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03/23/2017 - Patient Message in WOMENS HEALTH CENTER (continued)**Visit Information (continued)**

WOMENS HEALTH CENTER	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273
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Clinical Notes**Telephone Encounter****Payne, Aretha Terrell (R.N.), R.N. at 3/23/2017 1538**

Author: Payne, Aretha Terrell (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 3/23/2017 3:40 PM	Encounter Date: 3/23/2017	Creation Time: 3/23/2017 3:38 PM
Status: Signed	Editor: Payne, Aretha Terrell (R.N.), R.N. (REGISTERED NURSE)	

Forwarded message to Dr. Lansdowne and M.Rbinson, RN.

ARETHA TERRELL PAYNE RN

Electronically signed by Payne, Aretha Terrell (R.N.), R.N. at 3/23/2017 3:40 PM

Lansdowne, Elisa Danielle (M.D.), M.D. at 3/23/2017 1600

Author: Lansdowne, Elisa Danielle (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 3/23/2017 4:02 PM	Encounter Date: 3/23/2017	Creation Time: 3/23/2017 4:00 PM
Status: Signed	Editor: Lansdowne, Elisa Danielle (M.D.), M.D. (Physician)	

Please schedule patient a TAV with me to discuss office v. OR procedure due to large size of the fibroids and may not be able to complete entire removal in 1 procedure. Will need XL scope.

Electronically signed by:

Elisa Lansdowne, M.D.

3/23/2017

4:01 PM

Electronically signed by Lansdowne, Elisa Danielle (M.D.), M.D. at 3/23/2017 4:02 PM

END OF ENCOUNTER**03/24/2017 - Telephone in WOMENS HEALTH CENTER****Visit Information****Contacts**

	Type	Contact	Phone/Fax	User
03/24/2017 01:53 PM PDT	Phone (Outgoing)	Smith, Pepper (Self)	323-377-1787 (H)	Payne, Aretha Terrell (R.N.), R.N.

Nursing Assessment

No Nursing Assessment available for this encounter.

Reason for Visit

03/24/2017 - Telephone in WOMENS HEALTH CENTER (continued)**Reason for Visit (continued)****Chief Complaint**

- APPOINTMENT REQUEST, ROUTINE; onset date 3/24/2017

Clinical Notes**Telephone Encounter****Payne, Aretha Terrell (R.N.), R.N. at 3/24/2017 1351**

Author: Payne, Aretha Terrell (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 3/24/2017 1:53 PM	Encounter Date: 3/24/2017	Creation Time: 3/24/2017 1:51 PM
Status: Signed	Editor: Payne, Aretha Terrell (R.N.), R.N. (REGISTERED NURSE)	

Spoke with patient and explained to her that a TAV has been scheduled for her with Dr. Lansdowne to discuss her options.

Appointment is for:

Future Appointments

Date	Time	Provider	Department	Center
3/27/2017	1:20 PM	Lansdowne, Elisa Danielle (M.D.), M.D.	IGOBG	INGU

Patient aware that MD will call sometime that day (not necessarily at this time) pt verbalized understanding

Electronically signed by Payne, Aretha Terrell (R.N.), R.N. at 3/24/2017 1:53 PM

END OF ENCOUNTER**03/27/2017 - Telephone Appointment Visit in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Authorizing Provider

Lansdowne, Elisa Danielle (M.D.), M.D.

Department**Name**

OBSTETRICS & GYNECOLOGY

Address110 N LA BREA AVE
Inglewood CA 90301-1708**Phone**

833-574-2273

Follow-up and Dispositions

- Return if symptoms worsen or fail to improve.

Level of Service**Level of Service**

PHYS TAV VISIT, EST PAT, 11-20 MIN OF MEDICAL DISCUSSION

Reason for Visit**Chief Complaint**

03/27/2017 - Telephone Appointment Visit in OBSTETRICS & GYNECOLOGY (continued)**Reason for Visit (continued)**

- CONSULTATION

Visit Diagnoses

Name	Code	Chronic?
UTERINE FIBROIDS (primary)	D25.9	Yes
PRESENCE OF IUD	Z97.5	No
SEVERE OBESITY, BMI 40-44.9, ADULT	E66.01, Z68.41	Yes
IRON DEFICIENCY ANEMIA	D50.9	No

Clinical Notes**Progress Notes****Lansdowne, Elisa Danielle (M.D.), M.D. at 3/28/2017 1400**

Author: Lansdowne, Elisa Danielle (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 3/28/2017 2:05 PM	Encounter Date: 3/27/2017	Creation Time: 3/28/2017 2:00 PM
Status: Signed	Editor: Lansdowne, Elisa Danielle (M.D.), M.D. (Physician)	

History:
Patient referred from Dr. Williams for 4.5 cm submucous fibroid and menorrhagia. Considering hysteroscopic resection. Her fibroid is on the large size to be successfully removed with this procedure and it is possible it could take 2 procedures to remove the entire fibroid even using the XL device due to reaching the fluid deficit before the entire fibroid is resected. Easy recover with this compared to hysterectomy. However, still could have inadequate bleeding and require additional surgery before menopause. Can place Mirena IUD after resecting the fibroid to help prevent more from growing before menopause. If she prefers the procedure that will absolutely solve her problem and never have bleeding again, that would be hysterectomy instead.

Plan diagnostic hysteroscopy to identify fibroid, then hysteroscopic resection. Risks include infection, bleeding, pain, damage to bowel, bladder, nerves, vessels, possible blood transfusion, anesthetic reaction, blood clots, or death. Hysteroscopy may also cause fluid overload or uterine perforation. If perforation is suspected, laparoscopy may be performed to evaluate for possible bleeding, damage to surrounding structures, or to repair of uterus. Most perforations are small, do not require intervention, and heal without subsequent consequence. If the fibroid does not appear to be intracavitary on hysteroscopy, there is a possibility that we do only a Dilatation and Curettage and terminate the procedure.

The indications, risks, and benefits of total laparoscopic hysterectomy were discussed with the patient, including the risk of infection, bleeding, pain, damage to bowel, bladder, ureters, nerves, vessels, possible blood transfusion, anesthetic reaction, blood clots, or death. We discussed the risks and benefits of removing her ovaries, including the loss of hormone production and menopause and possible risks of hormone replacement therapy (increased risk of blood clots or stroke, decreased risk of hot flashes, osteoporosis, colon cancer, no increased risk of breast cancer with estrogen replacement alone), and the benefits of decreased risk of ovarian cancer by 98%. We discussed removing both fallopian tubes as this has been shown to reduce the risk of ovarian cancer in the future. We also discussed the risks and benefits of maintaining her ovaries, including natural hormone production for a few more years (including testosterone production) and research studies indicate benefit to keeping the ovaries if hysterectomy is performed in women up to age 65 years. Plan ovarian preservation given age. We also discussed the possibility of an exploratory laparotomy if we were unable to complete the surgery laparoscopically for any reason. Recommend removing the cervix unless there is extensive scarring of bladder to cervix making the surgical risk of removing the cervix outweigh the benefits of potentially avoiding abdominal morcellation and no future pap tests. Approximately 5% of women will have cyclic bleeding after supracervical hysterectomy, which may be bothersome enough to require future removal. If bladder or ureteral damage is suspected,

03/27/2017 - Telephone Appointment Visit in OBSTETRICS & GYNECOLOGY (continued)**Clinical Notes (continued)**

cystoscopy may be performed.

Patient prefers to try hysteroscopic resection first. I do not think that she will have a better chance at removing the entire fibroid in the OR v. The office. Patient prefers office procedure.

Reviewed expectations for office procedure, including picking up pain medications prior to surgery, signing consent form on arrival, taking oral pain medications, toradol shot, paracervical block, expectations for discomfort during procedure, time required, ride required due to sedation, and recovery time. Can have up to 3 days off work for mild cramping. Will call patient with pathology results a few days after surgery when available. Questions answered. Medications verified to pharmacy of patient's choice to pick up before procedure date.

Electronically signed by:
Elisa Lansdowne, M.D.
3/28/2017
2:04 PM

Electronically signed by Lansdowne, Elisa Danielle (M.D.), M.D. at 3/28/2017 2:05 PM

Other Orders**Medications****HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab [1554006749] (Discontinued)**

Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 03/28/17 1356** Status: **Discontinued**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 03/28/17 1356 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 03/28/17 - 08/02/17

Class: Fill Now

Released by: Lansdowne, Elisa Danielle (M.D.), M.D. 03/28/17 1356

Discontinued by: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1103

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details**Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

NPI

1124173570

Questionnaire**Question**

Is this medication for a workers' compensation condition?

Answer

No

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

03/27/2017 - Telephone Appointment Visit in OBSTETRICS & GYNECOLOGY (continued)**Other Orders (continued)****Ibuprofen (MOTRIN) 800 mg Oral Tab [1554006750] (Discontinued)**Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 03/28/17 1356** Status: **Discontinued**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 03/28/17 1356 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 03/28/17 - 08/02/17

Class: Fill Now

Released by: Lansdowne, Elisa Danielle (M.D.), M.D. 03/28/17 1356

Discontinued by: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1103

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details**Provider****NPI**

Lansdowne, Elisa Danielle (M.D.), M.D.

1124173570

Questionnaire**Question****Answer**

Is this medication for a workers' compensation condition?

No

Admin instructions: Give with food.

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

LORazepam (ATIVAN) 1 mg Oral Tab [1554006751] (Discontinued)Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 03/28/17 1356** Status: **Discontinued**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 03/28/17 1356 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 03/28/17 - 08/02/17

Class: Fill Now

Released by: Lansdowne, Elisa Danielle (M.D.), M.D. 03/28/17 1356

Discontinued by: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1115

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details**Provider****NPI**

Lansdowne, Elisa Danielle (M.D.), M.D.

1124173570

Questionnaire**Question****Answer**

Is this medication for a workers' compensation condition?

No

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

END OF ENCOUNTER**03/29/2017 - Telephone in OBSTETRICS & GYNECOLOGY****Visit Information****Contacts**

	Type	Contact	Phone/Fax	User
03/29/2017 10:11 AM PDT	Phone (Outgoing)	Smith, Pepper (Self)	323-377-1787 (H)	Ender, Lynn (R.N.), R.N.

Left Message

03/29/2017 - Telephone in OBSTETRICS & GYNECOLOGY (continued)**Visit Information (continued)**

03/29/2017 11:01 AM PDT	Phone (Incoming)	Smith, Pepper (Self)	323-377-1787 (H)	Ender, Lynn (R.N.), R.N.
03/29/2017 11:02 AM PDT	Phone (Outgoing)	Smith, Pepper (Self)	323-436-7900 (W)	Ender, Lynn (R.N.), R.N.

Nursing Assessment

No Nursing Assessment available for this encounter.

Reason for Visit**Chief Complaint**

- SURGERY SCHEDULING (myosure XL lansdowne in June 21st), onset date 3/29/2017

Visit Diagnosis

Name	Code	Chronic?
UTERINE FIBROIDS	D25.9	Yes

Clinical Notes**Addendum Note****Lansdowne, Elisa Danielle (M.D.), M.D. at 3/29/2017 1127**

Author: Lansdowne, Elisa Danielle (M.D.), M.D. Service: — Author Type: Physician
 M.D.
 Filed: 3/29/2017 11:27 AM Encounter Date: 3/29/2017 Creation Time: 3/29/2017 11:27 AM
 Status: Signed Editor: Lansdowne, Elisa Danielle (M.D.), M.D. (Physician)
 Added by: LANSDOWNE, ELISA on: 3/29/2017 11:27 AM

Modules accepted: Orders

Electronically signed by Lansdowne, Elisa Danielle (M.D.), M.D. at 3/29/2017 11:27 AM

Telephone Encounter**Ender, Lynn (R.N.), R.N. at 3/29/2017 1011**

Author: Ender, Lynn (R.N.), R.N. Service: — Author Type: REGISTERED NURSE
 Filed: 3/29/2017 11:17 AM Encounter Date: 3/29/2017 Creation Time: 3/29/2017 10:11 AM
 Status: Addendum Editor: Ender, Lynn (R.N.), R.N. (REGISTERED NURSE)

msg left re myosure scheduling with Dr Lansdowne in June. Call back to x3264
 email also sent

Indication for Hysteroscopy: fibroid resection

Refereed by Dr Williams

45 year old, (must be < 65yo)

Estimated body mass index is 41.17 kg/(m²) as calculated from the following:

Height as of 10/6/16: 5' 3" (1.6 m).

Weight as of 10/6/16: 232 lb 5.8 oz (105.4 kg). (must be under 55BMI)

Current Medications (include over the counter, herbs etc.) no

Medication Allergies-

Allergies

03/29/2017 - Telephone in OBSTETRICS & GYNECOLOGY (continued)**Clinical Notes (continued)**

Allergen

Reactions

- No Known Drug Aller*

Latex Allergy- no

OB/GYN History

OB History

Gravida	Para	Term	Preterm	AB	TAB	SAB	Ectopic	Multiple	Living
8				2			2		4

LMP- 3/18 17

Periods regular: yes Last 7-11 days

Current contraception-

IUD, mirena

Has pt had an Endometrial Biopsy ? yes Date of biopsy and results: FINAL PATHOLOGIC DIAGNOSIS

ENDOMETRIUM, BIOPSY:

- PROLIFERATIVE ENDOMETRIUM.
- NO MALIGNANCY IS IDENTIFIED.

Report Electronically Signed by
NEENA SINGH M.D.
Date Signed Out: 06/08/16

Previous STDs (Gonorrhea, Chlamydia, PID, herpes, HIV, Hepatitis): yes, years ago with something
Cryotherapy or LEEP:

Other gynecologic surgery: yes 2000- tubal pregnancy x2 Had tube removed

Consent signed?

Pre-procedure meds ordered? yes Meds may include-

Pain- Norco 5-325 #30

Ibuprofen 800mg #30

Anxiety Ativan 1mg #2 Or Valium 5mg # 2

May also need Aygestin 15mg daily for 1 week prior to procedure Inglewood

Preop date: done

Procedure Date June 21st 9am pt will arrive at 8am:

Explanation provider re

Medications to be taken/ brought to appointment

Medications to be administered at appointment

Overview of procedure

What to expect once at home

Importance of using birth control and/or abstinence prior to procedure.

Electronically signed by Ender, Lynn (R.N.), R.N. at 3/29/2017 11:17 AM

Other Orders

03/29/2017 - Telephone in OBSTETRICS & GYNECOLOGY (continued)**Other Orders (continued)****Medications****Norethindrone Acetate (AYGESTIN) 5 mg Oral Tab [1554006752] (Discontinued)**Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 03/29/17 1125** Status: **Discontinued**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 03/29/17 1125 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 03/29/17 - 08/02/17

Class: Fill Later

Discontinued by: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1115

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details**Provider****NPI**

Lansdowne, Elisa Danielle (M.D.), M.D.

1124173570

Questionnaire**Question****Answer**

Is this medication for a workers' compensation condition?

No

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

END OF ENCOUNTER**03/29/2017 - Patient Message in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Ender, Lynn (R.N.), R.N.

Department**Name****Address****Phone**

OBSTETRICS & GYNECOLOGY

6041 CADILLAC AVE
Los Angeles CA 90034-1702

833-574-2273

Messages**(no subject)**

From

Lynn (R.N.) Ender, R.N.

Last Read in kp.org

6/13/2017 11:31 PM by Pepper Smith

To

Pepper Smith

Sent and Delivered

3/29/2017 10:19 AM

Dear Pepper Smith,

My name is Lynn and I'm a nurse in OB-GYN writing on behalf of Dr Lansdowne. I have been unable to reach you by phone to schedule the office hysteroscopy that she has recommended.

03/29/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Messages (continued)**

Please call me, Lynn Ender RN at (323) 857- 3264 to schedule your procedure. I will ask you some general questions about your health and medical history and will arrange for the appointments needed.

I look forward to hearing from you soon.

Sincerely,

Lynn Ender RN
Dept OBGyn at Kaiser West Los Angeles
323 857 - 3264

END OF ENCOUNTER**03/29/2017 - Patient Message in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	110 N LA BREA AVE Inglewood CA 90301-1708	833-574-2273

Messages**follow up**

From	To	Sent and Delivered
Elisa Danielle (M.D.) Lansdowne, M.D. Last Read in kp.org 8/11/2017 12:29 PM by Pepper Smith	Pepper Smith	3/29/2017 11:27 AM

Hi Pepper - I put an order for some progesterone pills to try to thin out the lining of the uterus before your procedure. Please take the aygestin pills daily for 1-2 weeks before your cycle. This will help us to be able to see as well as possible with the camera. Your prescription is in the computer. You can pick it up at any Kaiser pharmacy.

Electronically signed by:
Elisa Lansdowne, M.D.
3/29/2017
11:27 AM

03/29/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)

Messages (continued)

END OF ENCOUNTER**04/07/2017 - Message in IP MEDICAL RECORDS DEFAULT**

Visit Information

Provider Information

Encounter Provider

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
IP MEDICAL RECORDS DEFAULT	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-2695

Reason for Visit

Chief Complaint

- FMLA REQUEST (INTERMITTENT FMLA), onset date 4/7/2017

END OF ENCOUNTER**06/13/2017 - Patient Message in OBSTETRICS & GYNECOLOGY**

Visit Information

Provider Information

Encounter Provider

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	110 N LA BREA AVE Inglewood CA 90301-1708	833-574-2273

Messages

RE: Please advise

From	To	Sent
Pepper Smith	Elisa Danielle (M.D.) Lansdowne, M.D.	6/14/2017 1:52 PM

Got it, thank you!
See you next week.

RE: Please advise

From	To	Sent and Delivered

06/13/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Messages (continued)**

Elisa Danielle (M.D.) Lansdowne, M.D. Last Read in kp.org 6/14/2017 1:51 PM by Pepper Smith	Pepper Smith	6/14/2017 11:18 AM
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Yes, take it daily until the procedure. You can take the motrin 800 mg every 8 hours starting the day before the procedure to decrease pain on the day of the procedure. The other medications you are bringing to the appointment and will take after you sign the consent form.

Electronically signed by:
Elisa Lansdowne, M.D.
6/14/2017
11:18 AM

RE: Please advise

From Pepper Smith	To Elisa Danielle (M.D.) Lansdowne, M.D.	Sent 6/14/2017 10:27 AM
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Should I still take it?

And everything else should be taking the day of and there after, right?

Thank you,
Pepper Smith

RE: Please advise

From Elisa Danielle (M.D.) Lansdowne, M.D. Last Read in kp.org 6/14/2017 10:19 AM by Pepper Smith	To Pepper Smith	Sent and Delivered 6/14/2017 9:28 AM
--	--------------------	---

No - the norethindrone will help to prevent tissue from growing in there and making it bleed during the surgery. Your timing is fine.

Electronically signed by:
Elisa Lansdowne, M.D.
6/14/2017
9:28 AM

Please advise

From	To	Sent
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06/13/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Messages (continued)**

Pepper Smith	Elisa Danielle (M.D.) Lansdowne, M.D.	6/13/2017 11:52 PM
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Hi Dr. Lansdowne

I just wanted to touch basis with you. I never took the Norethindrone. Originally my cycle should have started next week. So I planned to take it this week. However my cycle surprisingly started on the 5th and ended yesterday. Please advise. Is there anything else I need to prepare for before next week?

END OF ENCOUNTER**06/20/2017 - Telephone in WOMENS HEALTH CENTER****Visit Information****Contacts**

	Type	Contact	Phone/Fax	User
06/20/2017 10:50 AM PDT	Phone (Outgoing)	Smith, Pepper (Self)	323-377-1787 (H)	Payne, Aretha Terrell (R.N.), R.N.
06/20/2017 11:53 AM PDT	Phone (Incoming)	Smith, Pepper (Self)	323-377-1787 (H)	Payne, Aretha Terrell (R.N.), R.N.

Nursing Assessment

No Nursing Assessment available for this encounter.

Reason for Visit**Chief Complaint**

- OTHER (remider of appointment), onset date 6/20/2017

06/20/2017 - Telephone in WOMENS HEALTH CENTER (continued)**Clinical Notes****Telephone Encounter****Payne, Aretha Terrell (R.N.), R.N. at 6/20/2017 1049**

Author: Payne, Aretha Terrell (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 6/20/2017 10:53 AM	Encounter Date: 6/20/2017	Creation Time: 6/20/2017 10:49 AM
Status: Signed	Editor: Payne, Aretha Terrell (R.N.), R.N. (REGISTERED NURSE)	

Future Appointments

Date	Time	Provider	Department	Center
6/21/2017	9:00 AM	Lansdowne, Elisa Danielle (M.D.), M.D.	WLOBG	WLAU

Called and left a message for patient to remind her of her appointment.
Will attempt later.

Electronically signed by Payne, Aretha Terrell (R.N.), R.N. at 6/20/2017 10:53 AM

Payne, Aretha Terrell (R.N.), R.N. at 6/20/2017 1156

Author: Payne, Aretha Terrell (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 6/20/2017 11:58 AM	Encounter Date: 6/20/2017	Creation Time: 6/20/2017 11:56 AM
Status: Signed	Editor: Payne, Aretha Terrell (R.N.), R.N. (REGISTERED NURSE)	

Patient returned call.
Patient will arrive at 815 am with medications, and a driver.
All questions answered.

Electronically signed by Payne, Aretha Terrell (R.N.), R.N. at 6/20/2017 11:58 AM

END OF ENCOUNTER**06/21/2017 - Office Visit in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Authorizing Provider

Lansdowne, Elisa Danielle (M.D.), M.D.

Department**Name**

OBSTETRICS & GYNECOLOGY

Address6041 CADILLAC AVE
Los Angeles CA 90034-1702**Phone**

833-574-2273

Follow-up and Dispositions

- Return if symptoms worsen or fail to improve.

Questionnaires**ALCOHOL SCREENING PROACTIVE CARE PCM AMB SCAL**

06/21/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Visit Information (continued)**

If patient is GREATER THAN OR EQUAL TO 65 YEARS OLD: **zero or never**
How many times in the past year have you had 4 or more drinks per day?

Level of Service**Level of Service****LOS NOT REQUIRED****Reason for Visit****Chief Complaint**

- PROCEDURE

Visit Diagnoses

Name	Code	Chronic?
UTERINE FIBROIDS (primary)	D25.9	Yes
IRON DEFICIENCY ANEMIA	D50.9	No
PRESENCE OF IUD	Z97.5	No
IUD REMOVAL	Z30.432	No

Vitals**Vital Signs**

Most recent update: 6/21/2017 10:53 AM

BP	Pulse	Ht	Wt	BMI
135/88	85	5' 3" (1.6 m)	233 lb 11 oz (106 kg)	41.40 kg/m ²

Clinical Notes**Addendum Note****Sosa, Kathrina J (L.V.N.), L.V.N. at 6/21/2017 1104**

Author: Sosa, Kathrina J (L.V.N.), L.V.N. Service: — Author Type: LICENSED VOCATIONAL NURSE
 Filed: 6/21/2017 11:04 AM Encounter Date: 6/21/2017 Creation Time: 6/21/2017 11:04 AM
 Status: Signed Editor: Sosa, Kathrina J (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)
 Added by: SOSA, KATHRINA on: 6/21/2017 11:04 AM

Modules accepted: Medications

Electronically signed by Sosa, Kathrina J (L.V.N.), L.V.N. at 6/21/2017 11:04 AM

Nursing Note**Lopez, Leticia Melina (L.V.N.), L.V.N. at 6/21/2017 0813**

Author: Lopez, Leticia Melina (L.V.N.), L.V.N. Service: — Author Type: LICENSED VOCATIONAL NURSE
 Filed: 6/21/2017 8:13 AM Encounter Date: 6/21/2017 Creation Time: 6/21/2017 8:13 AM
 Status: Signed Editor: Lopez, Leticia Melina (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)

GYN Visit**OB History**

Clinical Notes (continued)

Gravida	Para	Term	Preterm	AB	TAB	SAB	Ectopic	Multiple	Living
8				2			2		4

Last Pap Smear : 6/6/16
 Last Pap Smear : 10/5/12
 Last Pap Smear : 9/4/09
 Last Pap Smear : 12/4/07:

HPV DNA, CVX, PROBE Negative 06/06/2016

Last Mammogram Test: 10/4/16

Proactive Care Actions

Proactive Office Encounter Actions:

- Alcohol Screening Due
- Blood pressure needed
- Update BMI - Take Height AND Weight

LETICIA MELINA LOPEZ LVN
6/21/2017 8:13 AM

Electronically signed by Lopez, Leticia Melina (L.V.N.), L.V.N. at 6/21/2017 8:13 AM

Payne, Aretha Terrell (R.N.), R.N. at 6/21/2017 1053

Author: Payne, Aretha Terrell (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 6/21/2017 10:54 AM	Encounter Date: 6/21/2017	Creation Time: 6/21/2017 10:53 AM
Status: Signed	Editor: Payne, Aretha Terrell (R.N.), R.N. (REGISTERED NURSE)	

Post Procedure Note:

Mental status: A&Ox4, VSS, pain level 2(1-10 scale)
 Vaginal bleeding minimum

AVS printed and discharge instructions reviewed with pt.
 Pt accompanied home by Bobby Smith

Electronically signed by Payne, Aretha Terrell (R.N.), R.N. at 6/21/2017 10:54 AM

Sosa, Kathrina J (L.V.N.), L.V.N. at 6/21/2017 1102

Author: Sosa, Kathrina J (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 6/21/2017 11:04 AM	Encounter Date: 6/21/2017	Creation Time: 6/21/2017 11:02 AM
Status: Addendum	Editor: Sosa, Kathrina J (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

Clinical Notes (continued)

Last Depo-Provera: n/a
 Side Effects if any: none.
 Serum HCG indicated? Yes, negative.
 Depo-Provera 150 mg IM given by: KATHRINA J SOSA LVN

Next appointment due 9/9-9/27.

Lot # R40150
 Exp date 09/2020

KATHRINA J SOSA LVN

Electronically signed by Sosa, Kathrina J (L.V.N.), L.V.N. at 6/21/2017 11:04 AM

Progress Notes**Lansdowne, Elisa Danielle (M.D.), M.D. at 6/21/2017 1041**

Author: Lansdowne, Elisa Danielle (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 6/21/2017 10:51 AM	Encounter Date: 6/21/2017	Creation Time: 6/21/2017 10:41 AM
Status: Signed	Editor: Lansdowne, Elisa Danielle (M.D.), M.D. (Physician)	

History:

OFFICE HYSTEROSCOPY PROCEDURE REPORT
HYSTEROSCOPY using MYOSURE Device

Upon arrival on the day of the scheduled procedure, the patient was screened by the assistant for proper compliance with the pre-procedure instructions and consent forms were signed. The patient's identification was verified and an arm band placed. Medications taken: 2 norco, 1 ativan. Assistant present: Aretha Payne, R.N., Alondra Diaz Larios, L.V.N.

The patient received an intramuscular injection of Toradol 60 mg. A procedural Briefing was performed before the Paracervical Block was initiated including: patient identification, consent form, medications taken, allergies, support person present, anticipated recovery time, relevant medical issues, and equipment needed for procedure. The patient then underwent preparation of the vagina and cervix with Betadine. A paracervical block was administered with 20 mL of 1% polocaine and 20 mL of 0.25% Marcaine with epinephrine at 4, and 8 o'clock. The Mirena IUD was located sideways at the cervical os upon exam and removed at the time of the block. At least 20 minutes were taken to allow the onset of adequate anesthesia.

The cervix was grasped with a single toothed tenaculum. The cervix was open. Saline was used to distend the uterine cavity.

A fluid monitoring system was used continuously throughout the procedure to avoid excessive intravasation of fluid. The procedure was done with video guidance. The uterine cavity was explored with the following findings: 4 cm anterior submucous fibroid.

20 mL of dilute vasopressin (20 units in 100 mL sterile saline) was injected paracervically to assist with hemostasis. The fibroid was resected using the MyoSure device until visualization became poor. An additional tenaculum was used to assist with fluid management. Additional vasopressin 20 mL was injected

Clinical Notes (continued)

paracervically . The procedure was stopped prior to the complete removal of the fibroid.

The fluid deficit was 550 mL.

All instruments were removed from the vagina. The vagina was inspected at the end of the procedure and no sponges were found. A sponge count was completed before and after the procedure and the count was correct. Hemostasis was judged to be excellent.

The following complications were encountered and resolved in the following fashion: None

The patient tolerated the procedure well and was discharged to the care of her driver. The patient was given instructions regarding postop care.

The patient was offered a repeat attempt at resecting the rest of the fibroid in the office or OR per her preference or moving on to hysterectomy. Patient prefers to move on to hysterectomy, but feels better that tried this first. Recommend: depoprovera to control bleeding until surgery date. Agrees to this. Case created.

Electronically signed by:
Elisa Lansdowne, M.D.
6/21/2017
10:41 AM

Electronically signed by Lansdowne, Elisa Danielle (M.D.), M.D. at 6/21/2017 10:51 AM

Labs

HCG, PREGNANCY TEST, URINE, POCT [1554006759] (Final result)

Electronically signed by: Lansdowne, Elisa Danielle (M.D.), M.D. on 06/20/17 1734		Status: Completed
Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/20/17 1734	Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.	
Ordering mode: Standard	Class: Point of Care Test	
Frequency: Routine 06/20/17 -	Lab status: Final result	
Quantity: 1		
Diagnoses		
UTERINE FIBROIDS [D25.9]		

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

HCG, PREGNANCY TEST, URINE, POCT [1554006759]

Result status: Final result

Order status: Completed	Filed on: 09/29/22 1038
Narrative:	

Labs (continued)

PREGNANCY TEST, POCT

PREGNANCY TEST: Negative

Reference Range: Negative

INTERNAL CONTROLS ACCEPTABLE?: Yes

Date/Time: 6/21/2017 8:19 AM

Performed by: LETICIA MELINA LOPEZ LVN

WEST LA MEDICAL CENTER U
OBSTETRICS & GYNECOLOGY
6041 Cadillac Ave
Los Angeles CA 90034-1702
800-954-8000
323-857-2000

LAB DIRECTOR: WEST LOS ANGELES - Medical Center - Steven McLaren,
MD
=====

Acknowledged by: Lansdowne, Elisa Danielle (M.D.), M.D. on 06/21/17 0833

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

All Reviewers List

Lansdowne, Elisa Danielle (M.D.), M.D. on 6/21/2017 08:33
Lansdowne, Elisa Danielle (M.D.), M.D. on 6/21/2017 08:33

Procedures

HYSTEROSCOPY W REMOVAL OF SUBMUCOUS LEIOMYOMATA [1554006758] (Active)

Electronically signed by: Lansdowne, Elisa Danielle (M.D.), M.D. on 06/20/17 1734 Status: Active

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/20/17 1734 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 06/20/17 -

Class: Back Office

Quantity: 1

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

SURGICAL PATHOLOGY [1554006760] (Final result)

Electronically signed by: Lansdowne, Elisa Danielle (M.D.), M.D. on 06/21/17 1039 Status: Completed

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/21/17 1039 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 06/21/17 -

Class: Clinic Collected

Quantity: 1

Lab status: Final result

Released by: Lansdowne, Elisa Danielle (M.D.), M.D. 06/21/17 1039

Diagnoses

Procedures (continued)

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
How Many Specimens?	1
Source of Specimen?	UTERUS, MYOMECTOMY

Order comments: CLINICAL HISTORY (REQUIRED): submucous fibroid

Specimen Information

ID	Type	Source	Collected By
WLAS17011899	—	—	06/21/17 1039

SURGICAL PATHOLOGY [1554006760]

Resulted: 06/23/17 1515, Result status: Final result

Order status: Completed
 Collected by: 06/21/17 1039
 Lab Technician: 2653546-TEODULO MENESES
 Acknowledged by: Lansdowne, Elisa Danielle (M.D.), M.D. on 06/26/17 0845

Filed on: 09/29/22 1038
 Resulting lab: KFH WEST LA LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
REPORT	--	—	—	305

Result:

Patient Name: SMITH, PEPPER

Med. Rec #: 000004779300 DOB/Age: 5/22/1971 (Age: 46) Sex: F

Facility: West Los Angeles Medical Center

Location: OBSTETRICS AND GYNECOLOGY

Provider: ELISA DANIELLE LANSDOWNE M.D.

Collected: 6/21/2017

Received: 6/22/2017

Signed Out: 6/23/2017 Case #: WLAS17-11899

FINAL PATHOLOGIC DIAGNOSIS

UTERUS, MYOMECTOMY:

- BENIGN LEIOMYOMAS (SUBMUCOSAL).
- BENIGN SUPERFICIAL ENDOMETRIUM.

Report Electronically Signed by
TEODULO GUEVARRA MENESES M.D.

Date Signed Out: 06/23/17

Interpretation Performed at: Kaiser Foundation Hospital Laboratory/West Los Angeles

MICROSCOPIC DESCRIPTION

A microscopic examination was performed.

CLINICAL HISTORY

CLINICAL HISTORY (REQUIRED): submucous fibroid

GROSS DESCRIPTION

The specimen is received in a formalin-filled container labeled with the patient's ID. The specimen consists of multiple fragments and small strips of tan rubbery tissue and blood clot weighing 12 g and measuring in aggregate of 5.5 x 5 x 0.6 cm. Representative sections are submitted. PE/3.

Procedures (continued)

js/6/22/2017

If immunohistochemistry and/or in situ hybridization tests were used in this case, these tests were developed and their performance characteristics determined by SCPMG Regional Reference Laboratories, Anatomic Pathology - Sherman Way. It has not been cleared or approved by the US Food and Drug Administration. FDA does not require this test to go through premarket FDA review. This test is used for clinical purposes. It should not be regarded as investigational or for research. This laboratory is certified under the Clinical Laboratory Improvement Amendments (CLIA) as qualified to perform high complexity clinical laboratory testing.

SPECIMEN(S) RECEIVED
UTERUS, MYOMECTOMY --

FEE CODE(S):

A. 88305-26 _Level IV, Gross and Microscopic 88305 x 1
A. 88305-TC _Level IV, Gross and Microscopic 88305 x 1

Kaiser Foundation Hospital Laboratory/West Los Angeles, 6041 Cadillac Ave, Los Angeles, CA 90034
CLIA Director: Neena Singh, M.D.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present

SURGICAL PATHOLOGY [1554006760]

Resulted: 06/22/17 0703, Result status: In process

Order status: Completed
Collected by: 06/21/17 1039

Filed on: 09/29/22 1038
Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Reviewed by

Lansdowne, Elisa Danielle (M.D.), M.D. on 06/26/17 0846
Lansdowne, Elisa Danielle (M.D.), M.D. on 06/26/17 0845
Lansdowne, Elisa Danielle (M.D.), M.D. on 06/26/17 0845

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

All Reviewers List

Lansdowne, Elisa Danielle (M.D.), M.D. on 6/26/2017 08:46
Lansdowne, Elisa Danielle (M.D.), M.D. on 6/26/2017 08:45
Lansdowne, Elisa Danielle (M.D.), M.D. on 6/26/2017 08:45

SURGICAL CASE REQUEST [1554006764] (Active)

Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 06/21/17 1039** Status: **Active**
Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/21/17 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.
1039
Ordering mode: Standard

Procedures (continued)

Frequency: Routine 06/21/17 -

Class: Normal

Quantity: 1

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Diagnosis (DX):	UTERINE FIBROIDS
Add On Case?	No
Case Classification:	Elective
Is this an overnight stay?	No
Are assistants required for this case?	Staff Surgeon,
Date patient is first available for surgery?	6/21/2017
Patient will accept a different surgeon to expedite surgery date?	No

Order comments: Please have vaginal hysterectomy tray available in room, 6 points (BMI 41, prior BTL, 12 week size uterus)

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

REMOVAL OF INTRAUTERINE DEVICE [1554006765] (Active)Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 06/21/17 1039** Status: **Active**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/21/17 1039 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Class: Back Office

Frequency: Routine 06/21/17 -

Quantity: 1

Diagnoses

IUD REMOVAL [Z30.432]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Indications

IUD REMOVAL [Z30.432 (ICD-10-CM)]

Other Orders**Back Office Meds****KETOROLAC PER 15 MG FOR INJECTION [1554006755] (Active)**Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 06/20/17 1734** Status: **Active**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/20/17 1734 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Class: Back Office

Frequency: Routine 06/20/17 -

Quantity: 4

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Order comments: 60 mg total injection

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Other Orders (continued)**MEDROXYPROGESTERONE 150MG/ML INJ (BIRTH CONTROL USE ONLY) [1554006763] (Active)**

Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 06/21/17 1039** Status: **Active**
 Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/21/17 1039 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 06/21/17 - Class: Back Office
 Quantity: 150
 Diagnoses
 UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Medications**Ketorolac (TORADOL) 60 mg/2 mL IM Soln [1554006754] (Expired)**

Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 06/20/17 1734** Status: **Expired**
 Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/20/17 1734 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 06/20/17 - 06/23/17 2359 Class: Back Office
 Diagnoses
 UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Mepivacaine (CARBOCAINE/POLOCAINE) 1 % (10 mg/mL) Inj Soln [1554006756] (Expired)

Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 06/20/17 1734** Status: **Expired**
 Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/20/17 1734 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 06/20/17 - 06/30/17 2359 Class: Back Office
 Diagnoses
 UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Other Orders (continued)**Bupivacaine (MARCAINE) 0.25 % (2.5 mg/mL) Inj Soln [1554006757] (Discontinued)**Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 06/20/17 1734** Status: **Discontinued**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/20/17 1734 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 06/20/17 - 08/02/17

Class: Back Office

Discontinued by: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1115

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Vasopressin (PITRESSIN) 20 unit/mL Inj Soln [1554006761] (Discontinued)Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 06/20/17 1741** Status: **Discontinued**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/20/17 1741 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 06/20/17 - 08/02/17

Class: Fill Later

Discontinued by: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1115

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

medroxyPROGESTERone (DEPO-PROVERA) 150 mg/mL IM Susp [1554006762] (Discontinued)Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 06/21/17 1039** Status: **Discontinued**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/21/17 1039 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 06/21/17 - 08/17/17

Class: Back Office

Discontinued by: Riley, Nathan (M.D.), M.D. 08/17/17 1511

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

Other Orders (continued)

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Nursing**OBTAIN OR CONFIRM SIGNED CONSENT FORM [1554006753] (Active)**

Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 06/20/17 1734** Status: **Active**
 Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 06/20/17 1734 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 06/20/17 -

Class: Normal

Quantity: 1

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details**Provider****NPI**

Lansdowne, Elisa Danielle (M.D.), M.D.

1124173570

Order comments: Diagnostic Hysteroscopy, myomectomy, possible Intrauterine Contraceptive Device Removal and Reinsertion For the purpose of (in simple terms): looking inside uterus with camera, removing fibroid tissue from inside uterus, possibly removing and replacing birth control device inside uterus

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Patient Instructions

When you are home:

Pain:

- Mild cramping or backache is normal, though not everyone will experience this. Some people may feel mildly faint or nauseated.
- It is helpful to take an anti-inflammatory medication (eg, Ibuprofen or Naprosyn) as prescribed regularly for the first 24 hours, and then take as needed.
- If you are still experiencing cramping or backache despite the anti-inflammatory, it is helpful to take the narcotic (eg, Vicodin or Tylenol #3) as instructed as needed to control any discomfort. You can take both the narcotic and the anti-inflammatory together as they work differently. You should not drive while taking narcotics.

Bleeding:

- Spotting or light bleeding is normal. If bleeding becomes heavy, soaking a pad/hour, or if you are concerned, please contact your physician.

Activity:

- It is reasonable to resume most normal activity the same day as the procedure if you feel well, though you should avoid vigorous activity until the following day.
- You can have sexual intercourse after the bleeding stops and you feel Comfortable
- If you have any questions or concerns regarding the procedure performed, please contact Marla Hunt, R.N. or Monique Robinson R.N. at 310-737-4872. If you are having any urgent concerns, please call 800-954-8000 and speak to the advice nurse or leave a message for Dr. Elisa Lansdowne.

Wendy Cano, Veronica De La Trinidad, or Celia Amador
Surgery Scheduler

Patient Instructions (continued)

323-857-4200

06/21/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Documents

Consent Form - Electronic signature on 6/21/2017 8:15 AM (effective from 6/21/2017) - E-signed

	Name: Smith, Pepper
Kaiser Foundation Hospitals	MRN: 000004779300
Southern California Permanente Medical Group	DOB: 5/22/1971
	Hospital: WEST LA MEDICAL CENTER U

**CONSENT TO OPERATION, ADMINISTRATION OF ANESTHETICS,
AND THE RENDERING OF OTHER MEDICAL SERVICES**

1. I authorize Dr Lansdowne, MD and/or his/her associates, assistants of his/her choice, and personnel assigned by the hospital or medical group to perform the following operation or procedure (medical and common names):

[Empty rectangular box for procedure description]

!!!!EPS0!!!!

!!!!

EPS0!!!!

FOR THE PURPOSE OF (explanation in simple terms):

For the purpose of (in simple terms): looking inside uterus with camera, removing fibroid tissue from inside uterus, possibly removing and replacing birth control device inside uterus

upon (name of patient): Pepper Smith, and/or to do any other procedures that in his/her/their judgment may be advisable for the patient's well-being including such procedures as are considered medically advisable to remedy conditions discovered during the procedure or operation. I am satisfied with my understanding of the nature of the operation or procedure, the more common risks associated with it, including the potential for serious harm, including wound infection, anesthesia risks and death, and alternative methods of treatment which have been explained to me. No warranty or guarantee has been made as to the result or cure.

2. Under the Federal Safe Medical Devices Act, Kaiser Permanente must provide manufacturers of certain medical devices with personal information to enable manufacturers to locate patients when a device is removed from the market or when information about significant device problems has to be sent out. If the above procedure involves the implantation of a medical device requiring tracking by the manufacturer and/or the Food and Drug Administration (FDA), my name, birth date, address, phone number and social security number may be forwarded for this purpose. Kaiser Permanente will treat the collected information with the same degree of confidentiality provided to all other medical information. The manufacturers and the FDA are required to treat this information in the same manner. I may refuse to permit the release of this required information (complete form NS-5789, Consent for Safe Medical Device Act, Notice Regarding Medical Device Tracking).

	Name: Smith, Pepper
Kaiser Foundation Hospitals	MRN: 000004779300
Southern California Permanente Medical Group	DOB: 5/22/1971
	Hospital: WEST LA MEDICAL CENTER U

06/21/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Documents (continued)

3. I hereby authorize and direct the above-named hospital, medical group, surgeon and/or his/her associates and assistants, to provide such additional services for me as he/she or they may deem medically advisable, including, but not limited to, the selection and administration of anesthesia and the performance of pathology and radiology services.

4. I hereby authorize the hospital and medical group to dispose of any severed tissue or member in accordance with accustomed hospital practice.

Date: 6/21/2017 Time: 8:14:32 AM

Signed:



Relationship: PATIENT, PARENT, OR LEGAL GUARDIAN
 Self

Witness:



Sight Translated by: (if applicable)

- In person
- Over the phone/video
- Other method:

Enter Interpreter's Name and Identification Number:

12-2163 (2-11) HIPAA COMPLIANT
SPANISH – 12-9666, CHINESE – NS6281

END OF ENCOUNTER

06/26/2017 - Patient Message in OBSTETRICS & GYNECOLOGY

Visit Information

Provider Information

Encounter Provider

Lansdowne, Elisa Danielle (M.D.), M.D.

06/26/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Visit Information (continued)****Department**

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	110 N LA BREA AVE Inglewood CA 90301-1708	833-574-2273

Messages**RE:results**

From Elisa Danielle (M.D.) Lansdowne, M.D. Last Read in kp.org 8/3/2017 10:17 PM by Pepper Smith	To Pepper Smith	Sent and Delivered 7/5/2017 7:36 AM
---	--------------------	--

Wendy Cano, Veronica de la Trinidad, or Celia Amador
Surgery Scheduler
323-857-4200

Electronically signed by:
Elisa Lansdowne, M.D.
7/5/2017
7:35 AM

RE:results

From Pepper Smith	To Elisa Danielle (M.D.) Lansdowne, M.D.	Sent 7/3/2017 10:51 AM
----------------------	---	---------------------------

Hi Dr.Lansdowne,

I haven't heard from the scheduler as of yet to schedule the Hysterectomy. I cannot locate the number your nurse gave me to call if I didn't hear from them. Can you have some one forward me the telephone number?

Thank you!
Pepper Smith
(323)377-1787 cell
(323)603-0873 work
pepper360@gmail.com

RE:results

From Pepper Smith	To Elisa Danielle (M.D.) Lansdowne, M.D.	Sent 6/26/2017 1:30 PM
----------------------	---	---------------------------

06/26/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Messages (continued)**

Thank you so much Dr. Lansdowne. So far I've had no issues and for that I'm grateful. Thank you again for trying your best and your staff is wonderful. I'll see you soon!

results

From	To	Sent and Delivered
Elisa Danielle (M.D.) Lansdowne, M.D. Last Read in kp.org 8/11/2017 12:28 PM by Pepper Smith	Pepper Smith	6/26/2017 8:46 AM

Your pathology from your procedure was benign fibroid tissue, no precancer or cancer. Hope you are doing well. Let me know if you are having any problems or if you have questions.

Electronically signed by:
Elisa Lansdowne, M.D.
6/26/2017
8:45 AM

END OF ENCOUNTER**07/05/2017 - Telephone in GENERAL SURGERY****Visit Information****Contacts**

	Type	Contact	Phone/Fax	User
07/05/2017 10:33 AM PDT	Phone (Incoming)	Smith, Pepper (Self)		de La Trinidad, Veronica
08/16/2017 03:10 PM PDT	Phone (Outgoing)	Smith, Pepper (Self)	323-377-1787 (H)	de La Trinidad, Veronica

Nursing Assessment

No Nursing Assessment available for this encounter.

Reason for Visit**Chief Complaints**

- SURGERY SCHEDULING (Patient called to schedule surgery with Dr. Lansdowne), onset date 7/5/2017
- SURGERY SCHEDULING (Confirm check-in time for Thursday, 8/17/2017); onset date 8/16/2017

Clinical Notes**Telephone Encounter****de La Trinidad, Veronica at 7/5/2017 1033**

Author: de La Trinidad, Veronica
Filed: 7/5/2017 10:34 AM
Status: Signed

Service: —
Encounter Date: 7/5/2017
Editor: de La Trinidad, Veronica

Author Type: —
Creation Time: 7/5/2017 10:33 AM

07/05/2017 - Telephone in GENERAL SURGERY (continued)

Clinical Notes (continued)

Surgery Scheduled

Surgery Date: 8/17/2017

Active Coverage on date case scheduled: Yes

Tower: East Tower Operating Room

Medical Clearance: N / A

Anesthesia Preop: 8/2/2017 if needed

First Date Patient Available: 6/21/2017

Spoke with: patient

Additional Notes: patient okay having surgery 8/17; will be on vacation 8/7-11

Electronically signed by de La Trinidad, Veronica at 7/5/2017 10:34 AM

de La Trinidad, Veronica at 8/16/2017 1511

Author: de La Trinidad, Veronica
Filed: 8/16/2017 3:11 PM
Status: Signed

Service: —
Encounter Date: 7/5/2017
Editor: de La Trinidad, Veronica

Author Type: —
Creation Time: 8/16/2017 3:11 PM

Completed confirmation call for next business day's surgery

Spoke to: patient

Active Coverage on date case confirmed: Yes

Confirmed arrival time: 9:30 AM

Confirmed tower: East Tower Operating Room

Reviewed preparation instructions: Reviewed standard patient instructions, informed patient that surgery may be cancelled if not followed :

NPO Guideline

Instructions bathing - no products in skin, hair, or body after showering

Advised not to come with any addition to natural hair, including eyelashes

Do not bring jewelry

Do not bring valuables

07/05/2017 - Telephone in GENERAL SURGERY (continued)**Clinical Notes (continued)**

Must be accompanied

Electronically signed by de La Trinidad, Veronica at 8/16/2017 3:11 PM

END OF ENCOUNTER**07/05/2017 - Letter (Out) in GENERAL SURGERY****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
GENERAL SURGERY	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-1218

Letters**OTHER by Lansdowne, Elisa Danielle (M.D.), M.D. on 7/5/2017**Status: Sent
Letter body:

Comments: Day of Surgery Letter



7/5/2017

000004779300

Smith, Pepper
2053 West 76th Street
Los Angeles CA 90047

Dear Pepper Smith

To help you prepare for surgery, we have scheduled the following necessary pre-operative appointments. Please allow two to three hours to complete these appointments.

You have a **pre-operative examination** with
Dr. Elisa Lansdowne at 10:40 AM on Wednesday, August 2, 2017

This maybe followed by a consultation with an Anesthesiologist, Pre-admission, lab work and other tests.

07/05/2017 - Letter (Out) in GENERAL SURGERY (continued)

Letters (continued)

Please note that your **surgery** has been scheduled for
Thursday, August 17, 2017

Please report to the DAY OF SURGERY DEPARTMENT located on the third floor of the Medical Office Building Room 354, **East Tower**.

Advised not to come with any addition to natural hair or artificial eyelashes on the day of surgery.

Your arrival time for surgery, appointment following surgery and the Kaiser Permanente West Los Angeles Medical Center Food, Drink and Medication Instructions before surgery will be given to you on the day of your pre-operative appointment.

Sincerely,
Veronica DeLaTrinidad
Department of Surgery Scheduling
6041 Cadillac Ave
Los Angeles CA 90034-1702
323-857-2046

OTHER by Lansdowne, Elisa Danielle (M.D.), M.D. on 7/5/2017Status: Sent
Letter body:

Comments: Day of Surgery Letter



7/5/2017

000004779300

Smith, Pepper
2053 West 76th Street
Los Angeles CA 90047

Dear Pepper Smith

To help you prepare for surgery, we have scheduled the following necessary pre-operative appointments. Please allow three to four hours to complete these appointments.

You have a **pre-operative examination** with:

Lansdowne, Elisa Danielle (M.D.) at 10:40 AM on Wednesday, August 2, 2017
Inglewood Medical Office: 110 N La Brea Ave Inglewood, CA 90302

This maybe followed by a consultation with an Anesthesiologist, lab work and other tests on located at West Los Angeles Medical Office Building 6041 Cadillac Avenue Los Angeles, CA 90034.

07/05/2017 - Letter (Out) in GENERAL SURGERY (continued)**Letters (continued)**

Please be sure to bring the names and dosages of any medications (including over the counter medications) that you are currently taking.

Please note that your **surgery** has been scheduled for

Thursday, August 17, 2017

Please report to the DAY OF SURGERY DEPARTMENT located on the third floor of the West Los Angeles Room 354, **East Tower**.

Advised not to come with any addition to natural hair or artificial eyelashes on the day of surgery.

Your **arrival time for surgery, return appointment following surgery** and the Kaiser Permanente West Los Angeles Medical Center Food, Drink and Medication **Instructions before surgery** will be given to you on the day of your pre-operative appointment.

Sincerely,
Veronica DeLa Trinidad
KAISER PERMANENTE MEDICAL CARE PROGRAM
Surgery Scheduler, Department of Surgery
Tel: 323 857 4200

END OF ENCOUNTER**08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Authorizing Provider

Lansdowne, Elisa Danielle (M.D.), M.D.

Department**Name**

OBSTETRICS & GYNECOLOGY

Address110 N LA BREA AVE
Inglewood CA 90301-1708**Phone**

833-574-2273

Follow-up and Dispositions

- Return if symptoms worsen or fail to improve.

Questionnaires**DV SCREENING DOMVIOL NATL**

Within the past year, has your partner hit, slapped, kicked or otherwise physically hurt you? **No**

Within the past year, has your partner forced you to participate in unwanted sexual activities? **No**

Are you afraid of your partner? **No**

Level of Service

08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Visit Information (continued)

Level of Service

LOS NOT REQUIRED

Reason for Visit

Chief Complaint

- PATIENT EDUCATION PREOPERATIVE

Visit Diagnoses

Name	Code	Chronic?
SCREENING FOR DOMESTIC VIOLENCE	Z13.89	No
UTERINE FIBROIDS (primary)	D25.9	Yes
IRON DEFICIENCY ANEMIA	D50.9	No
SEVERE OBESITY, BMI 40-44.9, ADULT	E66.01, Z68.41	Yes

Vitals

Vital Signs

Most recent update: 8/2/2017 10:52 AM

BP	Pulse	Temp	Ht	Wt
117/77	91	98.3 °F (36.8 °C) (Tympanic)	5' 3" (1.6 m)	227 lb 8.2 oz (103.2 kg)

Breastfeeding	BMI
No	40.30 kg/m ²

H&P Notes

H&P by Lansdowne, Elisa Danielle (M.D.), M.D. at 8/2/2017 1222

Author: Lansdowne, Elisa Danielle (M.D.), M.D. Service: — Author Type: Physician
 Filed: 8/3/2017 10:57 AM Encounter Date: 8/2/2017 Creation Time: 8/2/2017 12:22 PM
 Status: Signed Editor: Lansdowne, Elisa Danielle (M.D.), M.D. (Physician)

Pepper Smith 000004779300
 8/2/2017

46 year old

OB History

Gravida	Para	Term	Preterm	AB	TAB	SAB	Ectopic	Multiple	Living
8	4	4		4	2		2		4

CHIEF COMPLAINT:

Patient presents with:
 PATIENT EDUCATION PREOPERATIVE

HISTORY OF PRESENT ILLNESS:

46 year old G8P4044 with history of fibroid uterus and menorrhagia status post attempted in office resection of a 4 cm submucous fibroid. Part of the fibroid was removed, but not the entire fibroid. Patient was offered repeat attempt in office or in OR to resect fibroid or hysterectomy for definitive intervention. Here for Pre-op evaluation for Total Laparoscopic Hysterectomy .

H&P Notes (continued)

REVIEW OF SYSTEMS:

Constitutional negative.
 CVS negative.
 ENT negative.
 Pulmonary negative.
 GI negative.
 Neuro negative.
 GU negative.
 Musculoskeletal negative.

Depo-Provera

PAST MEDICAL / SURGICAL HISTORY / PROBLEM LIST:

Past Medical History

Diagnosis	Date
• SEVERE OBESITY, BMI 40-44.9, ADULT	4/11/2006
• UTERINE FIBROIDS	8/25/2016
• VITAMIN D DEFICIENCY	3/30/2011
• IRON DEFICIENCY ANEMIA	10/13/2016

Past Surgical History

Procedure	Laterality	Date
• Ligation of fallopian tube		
• Salpingectomy complete <i>two ectopic pregnancies after BTL</i>	Right	

SOCIAL HISTORY AND HABITS:

History

Smoking status
 • Never Smoker
 Smokeless tobacco
 • Never Used

Alcohol Use: No
 Comment: occassional

Drug Use: No

FAMILY HISTORY:

Family History

Problem	Relation	Age of Onset
• Glaucoma	Father	
• COPD <i>heavy smoker</i>	Father	
• gallbladder ca [Other] [OTHER] <i>pancreatic mets</i>	Mother	
• Crohn's Disease	Daughter	

H&P Notes (continued)**DRUG AND FOOD ALLERGIES:****Allergies**

Allergen

Reactions

- No Known Drug Aller*

CURRENT MEDICATIONS:**Outpatient Prescriptions Marked as Taking for the 8/2/17 encounter (Office Visit) with Lansdowne, Elisa Danielle (M.D.), M.D.**

Medication	Sig
• HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab	1 TO 2 TABS by mouth every 4-6H as needed for PAIN. DO NOT EXCEED 12 TABLETS IN 24 HOURS
• Ibuprofen (MOTRIN) 800 mg Oral Tab	Take 1 tablet by mouth every 8 hours as needed for pain
• Simethicone (MYLICON) 80 mg Oral Chew Tab	1 tab by mouth every 6 hours as needed for gas pain
• Docusate Sodium (COLACE) 100 mg Oral Cap	1 tab by mouth twice a day as needed for constipation
• medroxyPROGESTERone (DEPO-PROVERA) 150 mg/mL IM Susp	INJECT 150 MG INTRAMUSCULARLY NOW--FOR BACK OFFICE USE, every 10-14 weeks per protocol

VITAL SIGNS:

BP 117/77 |Pulse 91 |Temp 98.3 °F (36.8 °C) |Temp Src: Tympanic |Ht 1.6 m (5' 3") |Wt 103.2 kg (227 lb 8.2 oz)

Estimated body mass index is 40.31 kg/(m²) as calculated from the following:

Height as of this encounter: 1.6 m (5' 3").

Weight as of this encounter: 103.2 kg (227 lb 8.2 oz).

PHYSICAL EXAMINATION:

GENERAL - Alert and Oriented, in No Acute Distress

LUNGS - Clear to Auscultation Bilaterally, No Wheezing, Rales or Ronchi

CV - Regular Rate and Rhythm, Without Murmur

ABDOMEN - Soft, nontender, nondistended, no masses or organomegaly, no rebound, no guarding

EXTERNAL GENITALIA - normal appearing vulva with no masses, tenderness, or lesions

VAGINA - normal appearing vagina with normal color, no discharge or lesions

PELVIC FLOOR EXAM: no cystocele, rectocele or prolapse noted

CERVIX - normal appearing cervix without discharge or lesions

UTERUS - uterus is 14 size and shape, nontender

ADNEXA - adnexa is normal size, nontender

LAB AND STUDIES:

WBC'S AUTO 4.8 10/06/2016

HGB 7.7 10/06/2016

HCT AUTO 25.2 10/06/2016

PLT'S AUTO 416 10/06/2016

Last Pap Smear : 6/6/16

Last Pap Smear : 10/5/12

Last Pap Smear : 9/4/09

Last Pap Smear : 12/4/07

Last endometrial biopsy :

H&P Notes (continued)

UTERUS, MYOMECTOMY:

- BENIGN LEIOMYOMAS (SUBMUCOSAL).
- BENIGN SUPERFICIAL ENDOMETRIUM.

Pelvic Ultrasound**UTERUS:**

The myometrium appears heterogeneous in texture. Multiple fibroids are visualized. The largest measures 3.25 x 2.9 x 2.77 cm and is located in the anterior aspect of the uterus. This fibroid appears to be submucosal. Multiple nabothian cysts are visualized in the cervix.

RIGHT OVARY:

The right ovary appears normal in size and echogenicity.

RIGHT ADNEXA:

The right adnexa is unremarkable.

LEFT OVARY:

The left ovary appears normal in size and echogenicity. The left ovary is seen transabdominally only.

LEFT ADNEXA:

The left adnexa is unremarkable.

CUL DE SAC:

No free fluid is seen in the cul de sac.

Last MRI:

4.5 cm submucosal fibroid is noted. 1.6 cm submucosal fibroid is seen. 1.4 cm intramural fibroid is noted. Contrast enhancement is noted in the fibroids.

Bilateral ovarian cysts are noted. The largest one is measuring 2.7 cm in the right ovary. No other pelvic mass is seen.

ASSESSMENT AND PLAN:

Surgical Procedure: Total Laparoscopic Hysterectomy, Bilateral Salpingectomy, cystoscopy

I have educated the patient and/or available/appropriate family/surrogate regarding their diagnoses, disease process, prognoses, and plan of care.

INFORMED CONSENT FOR SURGICAL PROCEDURE:

H&P Notes (continued)

The indications, risks, and benefits of total laparoscopic hysterectomy were discussed with the patient, including the risk of infection, bleeding, pain, damage to bowel, bladder, ureters, nerves, vessels, possible blood transfusion, anesthetic reaction, blood clots, or death. We discussed the risks and benefits of removing her ovaries, including the loss of hormone production and menopause and possible risks of hormone replacement therapy (increased risk of blood clots or stroke, decreased risk of hot flashes, osteoporosis, colon cancer, no increased risk of breast cancer with estrogen replacement alone), and the benefits of decreased risk of ovarian cancer by 98%. We discussed removing both fallopian tubes as this has been shown to reduce the risk of ovarian cancer in the future. We also discussed the risks and benefits of maintaining her ovaries, including natural hormone production for a few more years (including testosterone production) and research studies indicate benefit to keeping the ovaries if hysterectomy is performed in women up to age 65 years. Plan ovarian preservation given age. We also discussed the possibility of an exploratory laparotomy if we were unable to complete the surgery laparoscopically for any reason. She may have only one tube to remove given history of right salpingectomy for ectopic pregnancy. Has a Pfannenstiel incision from this.

Recommend removing the cervix unless there is extensive scarring of the bladder to the cervix, making the surgical risk of removing the cervix outweigh the benefits of potentially avoiding abdominal morcellation and no future pap tests. Approximately 12% of women will have cyclic bleeding after supracervical hysterectomy, which may be bothersome enough to require future removal. If bladder or ureteral damage is suspected, cystoscopy may be performed. The risks and benefits of abdominal morcellation were discussed briefly; however, it is anticipated that her uterus can be removed vaginally. There is no increased risk of spread of cancer when the specimen is removed vaginally in pieces.

PAUL-GANN ACT:
not indicated

Electronically signed by
ELISA DANIELLE LANSDOWNE MD
8/2/2017 12:22 PM

Electronically signed by Lansdowne, Elisa Danielle (M.D.), M.D. at 8/3/2017 10:57 AM

Clinical Notes

Nursing Note

Medina, Kiana M (L.V.N.), L.V.N. at 8/2/2017 1046

Author: Medina, Kiana M (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 8/2/2017 10:46 AM	Encounter Date: 8/2/2017	Creation Time: 8/2/2017 10:46 AM
Status: Signed	Editor: Medina, Kiana M (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

- Domestic Violence Screening Due
- Update BMI - Take Height AND Weight

GYN Visit

OB History

Gravida	Para	Term	Preterm	AB	TAB	SAB	Ectopic	Multiple	Living
8				2			2		4

Clinical Notes (continued)

Last Pap Smear : 6/6/16
 Last Pap Smear : 10/5/12
 Last Pap Smear : 9/4/09
 Last Pap Smear : 12/4/07:

HPV DNA, CVX, PROBE Negative 06/06/2016

Last Mammogram Test: 10/4/16

Proactive Care Actions

Proactive Office Encounter Actions:

--- LIFESTYLE AND HEALTH EDUCATION ---

Member given Patient Instructions on BMI/Weight Management

Pepper Smith was screened privately for intimate partner violence using the HealthConnect DV screening questions on a card in her language of choice. Her answers were documented on the HC screening questionnaire. Positive responses, if any, were communicated verbally to a social worker and the patient's provider.

KIANA M MEDINA LVN
 8/2/2017 10:46 AM

Electronically signed by Medina, Kiana M (L.V.N.), L.V.N. at 8/2/2017 10:46 AM

Medina, Kiana M (L.V.N.), L.V.N. at 8/2/2017 1145

Author: Medina, Kiana M (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 8/2/2017 4:59 PM	Encounter Date: 8/2/2017	Creation Time: 8/2/2017 11:45 AM
Status: Signed	Editor: Medina, Kiana M (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

Consent for Total Laparoscopic Hysterectomy, possible oophorectomy, bilateral salpingectomy, cystoscopy, or laparotomy signed by patient, copy given to patient.

Patient advised to check in at reception and complete lab/x-ray orders.

Patient advised to check in at pharmacy window #1 to order new prescriptions.

Post op TAV

4 week Post Op

Future Appointments

Date	Time	Provider	Department	Center
8/18/2017	3:00 PM	Lansdowne, Elisa Danielle (M.D.), M.D.	IGOBG	INGU
9/14/2017	1:40 PM	Lansdowne, Elisa Danielle (M.D.), M.D.	IGOBG	INGU

Clinical Notes (continued)

Activity Rx printed.
An after visit summary sheet was given to patient.
KIANA M MEDINA LVN

Electronically signed by Medina, Kiana M (L.V.N.), L.V.N. at 8/2/2017 4:59 PM

Progress Notes

Lansdowne, Elisa Danielle (M.D.), M.D. at 8/2/2017 1102

Author: Lansdowne, Elisa Danielle (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 8/3/2017 10:57 AM	Encounter Date: 8/2/2017	Creation Time: 8/2/2017 11:02 AM
Status: Signed	Editor: Lansdowne, Elisa Danielle (M.D.), M.D. (Physician)	

See admission H&P.

Electronically signed by:
Elisa Lansdowne, M.D.
8/2/2017
11:02 AM

Electronically signed by Lansdowne, Elisa Danielle (M.D.), M.D. at 8/3/2017 10:57 AM

Labs

TYPE (ABO-RH) AND ANTIBODY SCREEN PANEL [1554006772] (Discontinued)

Electronically signed by: Lansdowne, Elisa Danielle (M.D.), M.D. on 08/02/17 1104	Status: Discontinued
Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17	Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.
1104	
Ordering mode: Standard	
Frequency: Routine 08/02/17 -	Class: Normal
Quantity: 1	
Diagnoses	
UTERINE FIBROIDS [D25.9]	

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Transfusion in the last 3 months?	NO
Has Pt been pregnant in the last 3 months?	NO
Has Pt had bone or organ transplant in the last 3 months?	NO

Order comments: Transfusion in the last 3 months? NO 2. Has Pt been pregnant in the last 3 months? NO 3. Has Pt had bone or organ transplant in the last 3 months? NO

Specimen Information

ID	Type	Source	Collected By
----	------	--------	--------------

Labs (continued)

615025887 — BLOOD —

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

HCG, PREGNANCY, SERUM [1554006769] (Final result)Electronically signed by: Lansdowne, Elisa Danielle (M.D.), M.D. on 08/02/17 1104 Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1104 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/02/17 -

Quantity: 1

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Specimen Information

ID	Type	Source	Collected By
C0000220172260 40088	—	BLOOD	Delpilar, Caroline 08/14/17 1225

HCG, PREGNANCY, SERUM [1554006769]

Resulted: 08/14/17 1548, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Delpilar, Caroline 08/14/17 1225

Resulting lab: KFH WEST LA LABORATORY

Narrative:

RMS ACCN: 615025886

Acknowledged by: Lansdowne, Elisa Danielle (M.D.), M.D. on 08/14/17 1607

Components

Component	Value	Reference Range	Flag	Lab
HCG INTACT	<1	<=4 mIU/mL	—	305

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present

HCG, PREGNANCY, SERUM [1554006769]

Resulted: 08/14/17 1513, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Delpilar, Caroline 08/14/17 1225

Narrative:

RMS ACCN: 615025886

Reviewed by

Lansdowne, Elisa Danielle (M.D.), M.D. on 08/17/17 1150
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/17/17 1150
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0954
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0942
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0941
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/14/17 1607
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/14/17 1607

Labs (continued)

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

All Reviewers List

- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50
- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50
- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:54
- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:42
- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:41
- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/14/2017 16:07
- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/14/2017 16:07

CBC NO DIFFERENTIAL [1554006771] (Final result)

Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 08/02/17 1104** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard
Frequency: Routine 08/02/17 -
Quantity: 1

Class: Normal
Lab status: Final result

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Specimen Information

ID	Type	Source	Collected By
C0000220172260 40089	—	BLOOD	Delpilar, Caroline 08/14/17 1225

CBC NO DIFFERENTIAL [1554006771] (Abnormal)

Resulted: 08/14/17 1708, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: Delpilar, Caroline 08/14/17 1225 Resulting lab: KFH WEST LA LABORATORY
 Narrative:
 RMS ACCN: 615025886
 Acknowledged by: Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0941

Components

Component	Value	Reference Range	Flag	Lab
WBC'S AUTO	4.5	4.0 - 11.0 x1000/mcL	—	305
RBC, AUTO	4.22	4.20 - 5.40 Mill/mcL	—	305
HGB	7.5	12.0 - 16.0 g/dL	L v	305
HCT, AUTO	24.4	37.0 - 47.0 %	L v	305
MCV	57.8	81.0 - 99.0 fL	L v	305
MCH	17.8	27.0 - 35.0 pg/cell	L v	305
MCHC	30.7	32.0 - 37.0 g/dL	L v	305
RDW, BLOOD	23.0	11.5 - 14.5 %	H ^	305
PLATELETS, AUTOMATED COUNT	453	130 - 400 x1000/mcL	H ^	305

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA	05/23/17 0009 - Present

Labs (continued)

90034

CBC NO DIFFERENTIAL [1554006771]

Resulted: 08/14/17 1513, Result status: In process

Order status: Completed
 Collected by: Delpilar,Caroline 08/14/17 1225
 Narrative:
 RMS ACCN: 615025886

Filed on: 09/29/22 0336

Reviewed by

- Lansdowne, Elisa Danielle (M.D.), M.D. on 08/17/17 1150
- Lansdowne, Elisa Danielle (M.D.), M.D. on 08/17/17 1150
- Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0954
- Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0942
- Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0941

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

All Reviewers List

- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50
- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50
- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:54
- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:42
- Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:41

ABO-RH [1554006775] (Final result)

Electronically signed by: **Interface, Scal_Lab_Cerner on 08/14/17 1220** Status: **Completed**
 Ordering user: Interface, Scal_Lab_Cerner 08/14/17 1220 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 08/14/17 1220 - Class: Normal
 Quantity: 1 Lab status: Final result

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Specimen Information

ID	Type	Source	Collected By
C0000220172260 40090	—	BLOOD	Delpilar,Caroline 08/14/17 1225

ABO-RH [1554006775]

Resulted: 08/14/17 1725, Result status: Final result

Order status: Completed
 Collected by: Delpilar,Caroline 08/14/17 1225
 Narrative:
 RMS ACCN: 615025887
 PATIENT HAS NOT BEEN PREGNANT IN THE LAST 3 MONTHS
 PT. HAD NO TRANSFUSION IN THE LAST 3 MONTHS
 PT. HAD NO BONE MARROW OR ORGAN TRANSPLANT IN LAST 3 MONTHS
 Acknowledged by: Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0941

Filed on: 09/29/22 1038

Resulting lab: KFH WEST LA LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
ABO AND RH BLOOD TYPE	A POS	—	—	305

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
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Labs (continued)

321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present
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ABO-RH [1554006775]

Resulted: 08/14/17 1513, Result status: In process

Order status: Completed
 Collected by: Delpilar,Caroline 08/14/17 1225
 Narrative:
 RMS ACCN: 615025887
 PATIENT HAS NOT BEEN PREGNANT IN THE LAST 3 MONTHS
 PT. HAD NO TRANSFUSION IN THE LAST 3 MONTHS
 PT. HAD NO BONE MARROW OR ORGAN TRANSPLANT IN LAST 3 MONTHS

Filed on: 09/29/22 0336

Reviewed by

Lansdowne, Elisa Danielle (M.D.), M.D. on 08/17/17 1150
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/17/17 1150
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0954
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0942
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0941

All Reviewers List

Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50
 Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50
 Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:54
 Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:42
 Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:41

INDIRECT COOMBS TEST [1554006776] (Final result)

Electronically signed by: Interface, Scal_Lab_Cerner on 08/14/17 1220 Status: **Completed**
 Ordering user: Interface, Scal_Lab_Cerner 08/14/17 1220 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 08/14/17 1220 - Class: Normal
 Quantity: 1 Lab status: Final result

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Specimen Information

ID	Type	Source	Collected By
C0000220172260 40090	—	BLOOD	Delpilar,Caroline 08/14/17 1225

INDIRECT COOMBS TEST [1554006776]

Resulted: 08/14/17 1725, Result status: Final result

Order status: Completed
 Collected by: Delpilar,Caroline 08/14/17 1225
 Narrative:
 RMS ACCN: 615025887
 PATIENT HAS NOT BEEN PREGNANT IN THE LAST 3 MONTHS
 PT. HAD NO TRANSFUSION IN THE LAST 3 MONTHS
 PT. HAD NO BONE MARROW OR ORGAN TRANSPLANT IN LAST 3 MONTHS
 Acknowledged by: Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0941

Filed on: 09/29/22 1038

Resulting lab: KFH WEST LA LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
BLOOD GROUP ANTIBODY SCREEN	Negative	—	—	305

Testing Performed By

Labs (continued)

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present

INDIRECT COOMBS TEST [1554006776]

Resulted: 08/14/17 1513, Result status: In process

Order status: Completed
 Collected by: Delpilar,Caroline 08/14/17 1225
 Narrative:
 RMS ACCN: 615025887
 PATIENT HAS NOT BEEN PREGNANT IN THE LAST 3 MONTHS
 PT. HAD NO TRANSFUSION IN THE LAST 3 MONTHS
 PT. HAD NO BONE MARROW OR ORGAN TRANSPLANT IN LAST 3 MONTHS

Filed on: 09/29/22 0336

Reviewed by

Lansdowne, Elisa Danielle (M.D.), M.D. on 08/17/17 1150
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/17/17 1150
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0954
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0942
 Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0941

All Reviewers List

Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50
 Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50
 Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:54
 Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:42
 Lansdowne, Elisa Danielle (M.D.), M.D. on 8/15/2017 09:41

CROSSMATCH, ELECTRONIC [1554006822] (Final result)Status: **Completed**

Order placed as a reflex to ABO-RH ordered on 08/14/17 at 1220
 Ordering user: Interface, Scal_Lab_Cerner 08/14/17 1225
 Ordering mode: Standard
 Frequency: Routine 08/14/17 1225 -
 Quantity: 1

Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Class: Normal
 Lab status: Final result

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Specimen Information

ID	Type	Source	Collected By
C0000220172260 40090	—	BLOOD	08/14/17 1225

CROSSMATCH, ELECTRONIC [1554006822]

Resulted: 08/17/17 0858, Result status: Final result

Order status: Completed
 Collected by: 08/14/17 1225
 Narrative:
 Product Id RBC AS1/500 LR-W202017123306-22017226040090
 Acknowledged by: Lansdowne, Elisa Danielle (M.D.), M.D. on 08/17/17 1150

Filed on: 09/29/22 1038
 Resulting lab: KFH WEST LA LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
CROSSMATCH RESULT	Compatible	—	—	305

Testing Performed By

Labs (continued)

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present

All Reviewers List

Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50
Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50

CROSSMATCH, ELECTRONIC [1554006823] (Final result)

Status: **Completed**

Order placed as a reflex to ABO-RH ordered on 08/14/17 at 1220
Ordering user: Interface, Scal_Lab_Cerner 08/14/17 1225
Ordering mode: Standard
Frequency: Routine 08/14/17 1225 -
Quantity: 1

Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Class: Normal

Lab status: Final result

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Specimen Information

ID	Type	Source	Collected By
C0000220172260 40090	—	BLOOD	08/14/17 1225

CROSSMATCH, ELECTRONIC [1554006823]

Resulted: 08/17/17 0858, Result status: Final result

Order status: Completed
Collected by: 08/14/17 1225
Narrative:

Filed on: 09/29/22 1038

Resulting lab: KFH WEST LA LABORATORY

Product Id RBC AS1/500 LR-W202017160774-22017226040090

Acknowledged by: Lansdowne, Elisa Danielle (M.D.), M.D. on 08/17/17 1150

Components

Component	Value	Reference Range	Flag	Lab
CROSSMATCH RESULT	Compatible	—	—	305

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present

All Reviewers List

Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50
Lansdowne, Elisa Danielle (M.D.), M.D. on 8/17/2017 11:50

Other Orders

Medications

Simethicone (MYLICON) 80 mg Oral Chew Tab [1554006773] (Discontinued)

Electronically signed by: Lansdowne, Elisa Danielle (M.D.), M.D. on 08/02/17 1104

Status: **Discontinued**Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1104
Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/02/17 - 06/01/18

Class: Fill Now

Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 06/01/18 0848

Other Orders (continued)

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Admin instructions: Chewable

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Docusate Sodium (COLACE) 100 mg Oral Cap [1554006774] (Discontinued)Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 08/02/17 1104** Status: **Discontinued**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1104 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/02/17 - 06/01/18

Class: Fill Now

Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 06/01/18 0848

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Admin instructions: Hold for loose stools.

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Ibuprofen (MOTRIN) 800 mg Oral Tab [1554006768] (Discontinued)Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 08/02/17 1104** Status: **Discontinued**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 1104 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/02/17 - 06/01/18

Class: Fill Now

Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 06/01/18 0848

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Admin instructions: Give with food.

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab [1554006767] (Discontinued)

Other Orders (continued)

Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 08/02/17 1104** Status: **Discontinued**
 Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.
 1104
 Ordering mode: Standard
 Frequency: Routine 08/02/17 - 08/25/17 Class: Fill Now
 Discontinued by: Lansdowne, Elisa Danielle (M.D.), M.D. 08/25/17 1127 [Continue Therapy]
 Diagnoses
 UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Nursing**OBTAIN OR CONFIRM SIGNED CONSENT FORM [1554006766] (Active)**

Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 08/02/17 1104** Status: **Active**
 Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/02/17 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.
 1104
 Ordering mode: Standard
 Frequency: Routine 08/02/17 - Class: Normal
 Quantity: 1
 Diagnoses
 UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Order comments: Total Laparoscopic Hysterectomy, possible oophorectomy, bilateral salpingectomy, cystoscopy, or laparotomy For the purpose of (explanation in simple terms): removing uterus and cervix, removing an ovary only if abnormal, removing both fallopian tubes, looking inside bladder with camera, possible larger incision in abdomen

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

Patient Instructions

You can reach Dr. Lansdowne through her nurse Marla or Monique at 310-737-4872.

PRE-OPERATIVE VISIT CHECKLIST:

We have designed this checklist to guide you through your preop visit.
 Each stop is critical and must be completed no later than the day prior to your scheduled surgery.
 Our goal is to ensure that you are properly prepared and ready for your upcoming surgery.

STOP 1: PHARMACY (Inglewood 1st Floor)

Go to the Pharmacy and check in to process any prescriptions from your provider.

STOP 2: LABORATORY (Inglewood 1st Floor)

Patient Instructions (continued)

Go to the Laboratory to have your blood work completed. Do not draw your blood sooner than 1-2 days before your surgery date.

STOP 3: INSURANCE DEPARTMENT (Basement West LA Medical Office Building)

Go to the Insurance Department to drop off any disability or insurance papers needed for your employer. You can contact the Disability/Insurance Office at West LA on Cadillac to complete any necessary paperwork for your disability at 323-857-2751.

STOP 4: PHARMACY (Inglewood 1st floor)

Return to the Pharmacy to pick up any prescriptions you dropped off.

IMPORTANT INFORMATION:

- Your surgery will be *cancelled* if you do not follow the guidelines below for eating, drinking, and medications before surgery
- If you need cancel your surgery after hours (4:30pm), please call the surgery cancellation hotline at (323)857-2800
- Be sure you have someone 18 years or older that can drive you home after your surgery.
- Arrive at the 3rd Floor Preop Area at West LA on Cadillac at 8-17-17 on 9:45 am.

FOR MORE INFORMATION:

Southerncalifornia.kp.org/westla

Choose "Manage your health" from the blue list on the left, then choose "Preparing for your surgery"

**Kaiser Permanente West Los Angeles Medical Center
FOOD, DRINK AND MEDICATION INSTRUCTIONS
BEFORE SURGERY
(Adults, all patients 3 years and older)**

Unless told differently by your Surgeon or an Anesthesiologist:

FOOD & DRINK (EXCEPT CLEAR DRINK):	OK until midnight the night before surgery - nothing after midnight (no gum, mints, hard candy or chewing tobacco)
CLEAR DRINK:	OK until 1 hour before <u>scheduled</u> surgery check-in time [water, apple juice, plain black coffee, clear (no color) soda, clear (no color) Gatorade]

If you are having major gastrointestinal (stomach, intestines, colon) or knee or hip replacement surgery, please drink 8 ounces (1 cup) of a clear sugar containing drink [either apple juice or clear (no color) Gatorade] one hour prior to surgery check-in time.

If you don't follow these guidelines, your surgery may be cancelled.

(You may brush your teeth at any time.)

MEDICATIONS:

Medications for heart problems, high blood pressure [except hydrochlorothiazide (HCTZ) and lisinopril which

Patient Instructions (continued)

should not be taken], seizures, chronic pain or asthma/COPD **should** be taken with sips of water at their usual times on the morning of surgery.

Blood thinners (aspirin, Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), etc.) should be discussed with your surgeon to decide if they should be stopped or can be continued up to the day of surgery.

Diabetic medications:

1. Do not take any diabetes pills on the morning of surgery.
2. If you are checking in for surgery before 10 am, do not take any insulin.
3. If you are checking in for surgery after 10 am and you take morning insulin, do not take any regular insulin (Humulin-R) or 70/30 insulin. Take half of your usual morning dose of long-acting insulin (Humulin-N or lantus). If you are unsure, do not take any insulin.
4. If you feel as if your blood sugar is too low or your measured blood sugar is below 60, drink a cup of apple juice, clear Gatorade or clear soda (not diabetic or sugar-free!).
5. If you are having difficulty managing your blood sugar, you should come to the hospital and check-in for your surgery early (let the receptionist or nurse know immediately that you have blood sugar concerns).

Your surgeon may give you more specific instructions about other medications to be avoided prior to surgery or that should be taken on the day of your surgery.

You can now print your ActivityRx (off work/school note) from your online Kaiser account through your Online Personal Action Plan (oPAP):

Directly from your computer: www.kp.org/actionplan

Directly from your phone or tablet: www.kp.org/action-plan

Or login to KP.ORG, select My Medical Record, Select Personal Action Plan

It may take a few days for the note to show up on KP.ORG after your provider completes the note.

IRON TO PREVENT ANEMIA

--Increase intake of iron-rich foods. Include one or more of these foods with every meal:

Lean red meat, liver*, kidney*, heart*, eggs*, dark meat poultry, oysters, clams, shellfish* or fish (*these foods are high in cholesterol).

Dried beans, dried peas, lentils, nuts or seeds (legumes).

Dried fruit, dark green leafy vegetables.

Iron-fortified bread and cereals, blackstrap molasses

--Increase absorption of iron from foods: Include vitamin C-rich food (or juice) with every meal, such as, oranges, grapefruits, strawberries, kiwi, mango, papaya, guava, cantaloupe, tomatoes, broccoli, cauliflower, peppers, chilis and dark green leafy vegetables.

Include a serving of meat, poultry, fish or legumes with every meal.

Avoid drinking coffee or tea with meals or when taking iron supplements.

Avoid taking antacids or calcium supplements before eating a meal or with an iron supplement.

--Iron supplements: Check with your health care provider about use of iron supplements.

If your health care provider advised you to use an iron supplement, take it with juice high in vitamin C, not with milk, coffee or tea. If it does not upset your stomach, take it between meals.

Patient Instructions (continued)

Do not give your iron pills to your child. It could do more harm than help.

If you can go to Playa Vista or West LA pharmacy, they have an iron supplement behind the counter (you have to ask for it) called **Bariatric Advantage** - Iron 60 mg. It has a higher amount of iron than other types of over the counter supplements and is less constipating. It is also available online, including on Amazon.com. Slow Fe is also less constipating. Any other over the counter iron supplement that you prefer is also fine.

Your Kaiser Permanente Care Instructions

Body Mass Index: Care Instructions

Your Care Instructions

Body mass index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are. A BMI between 18.5 and 24.9 is considered healthy. A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

If your BMI is in the normal range, it means that you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range, you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes.

BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- Get at least 30 minutes of exercise 5 days a week or more. Brisk walking is a good choice. You also may want to do other activities, such as running, swimming, cycling, or playing tennis or team sports.
- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

If you have a BMI higher than 25

- Your doctor may do other tests to check your risk for weight-related health problems. This may include measuring the distance around your waist. A waist measurement of more than 40 inches in men or 35 inches in women can increase the risk of weight-related health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to lose weight and stay healthy, such as changing your diet and getting regular exercise.

Where can you learn more?

Go to <http://www.kp.org>

Enter **S176** in the search box to learn more about "**Body Mass Index: Care Instructions.**"

Current as of: February 16, 2016

Content Version: 11.1

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08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Documents

Consent Form - Electronic signature on 8/2/2017 11:42 AM: Total Laparoscopic Hysterectomy, possible oophorectomy, bilateral salpingectomy, cystoscopy, or laparotomy (effective from 8/2/2017) - E-signed

	Name: Smith, Pepper
Kaiser Foundation Hospitals	MRN: 000004779300
Southern California Permanente Medical Group	DOB: 5/22/1971
	Hospital: INGLEWOOD MEDICAL OFFICES U

**CONSENT TO OPERATION, ADMINISTRATION OF ANESTHETICS,
AND THE RENDERING OF OTHER MEDICAL SERVICES**

1. I authorize Elisa Lansdowne, MD and/or his/her associates, assistants of his/her choice, and personnel assigned by the hospital or medical group to perform the following operation or procedure (medical and common names):

[Redacted area]

!!!!EPS0!!!!

!!!!

EPS0!!!!

FOR THE PURPOSE OF (explanation in simple terms):

For the purpose of (explanation in simple terms): removing uterus and cervix, removing an ovary only if abnormal, removing both fallopian tubes, looking inside bladder with camera, possible larger incision in abdomen

upon (name of patient): Pepper Smith, and/or to do any other procedures that in his/her/their judgment may be advisable for the patient's well-being including such procedures as are considered medically advisable to remedy conditions discovered during the procedure or operation. I am satisfied with my understanding of the nature of the operation or procedure, the more common risks associated with it, including the potential for serious harm, including wound infection, anesthesia risks and death, and alternative methods of treatment which have been explained to me. No warranty or guarantee has been made as to the result or cure.

2. Under the Federal Safe Medical Devices Act, Kaiser Permanente must provide manufacturers of certain medical devices with personal information to enable manufacturers to locate patients when a device is removed from the market or when information about significant device problems has to be sent out. If the above procedure involves the implantation of a medical device requiring tracking by the manufacturer and/or the Food and Drug Administration (FDA), my name, birth date, address, phone number and social security number may be forwarded for this purpose. Kaiser Permanente will treat the collected information with the same degree of confidentiality provided to all other medical information. The manufacturers and the FDA are required to treat this information in the same manner. I may refuse to permit the release of this required information (complete form NS-5789, Consent for Safe Medical Device Act, Notice Regarding Medical Device Tracking).

	Name: Smith, Pepper
Kaiser Foundation Hospitals	MRN: 000004779300
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08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Documents (continued)

3. I hereby authorize and direct the above-named hospital, medical group, surgeon and/or his/her associates and assistants, to provide such additional services for me as he/she or they may deem medically advisable, including, but not limited to, the selection and administration of anesthesia and the performance of pathology and radiology services.

4. I hereby authorize the hospital and medical group to dispose of any severed tissue or member in accordance with accustomed hospital practice.

Date: 8/2/2017 Time: 11:41:22 AM

Signed:

Relationship: PATIENT, PARENT, OR LEGAL GUARDIAN
 Self

Witness:

Sight Translated by: (if applicable)

- In person
- Over the phone/video
- Other method:

Enter Interpreter's Name and Identification Number:

12-2163 (2-11) HIPAA COMPLIANT
SPANISH – 12-9666, CHINESE – NS6281

08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Documents (continued)

Sterilization Resulting From Medical/Surgical Procedures Consent - Electronic signature on 8/2/2017 11:43 AM: Total Laparoscopic Hysterectomy, possible oophorectomy, bilateral salpingectomy, cystoscopy, or laparotomy (effective from 8/2/2017) - E-signed

Kaiser Foundation Hospitals
Southern California Permanente Medical Group

Name: Smith, Pepper

MRN: 000004779300

DOB: 5/22/1971

Hospital: INGLEWOOD MEDICAL OFFICES U

**CONSENT TO STERILIZATION (OR PROBABLE STERILIZATION)
RESULTING FROM MEDICAL/SURGICAL PROCEDURES**

My physician has explained to me and I understand the reason(s) for the operative procedure, Total Laparoscopic Hysterectomy, possible oophorectomy, bilateral salpingectomy, cystoscopy, or laparotomy being performed on me and that I will (or probably will) be sterile as a result of this operation.

I understand that the word "sterile" means that I will be unable to reproduce and in giving my consent to the operation have in mind the probability of such a result.

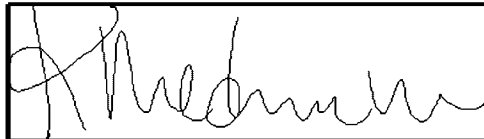
Date: 8/2/2017 Time: 11:42:37 AM

Signed:



(Patient, Parent, or Legal Guardian)

Witness:



Relationship: Self

08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Documents (continued)**

Hysterectomy Consent - Electronic signature on 8/2/2017 11:44 AM: Total Laparoscopic Hysterectomy, possible oophorectomy, bilateral salpingectomy, cystoscopy, or laparotomy (effective from 8/2/2017) - 2 of 3 e-signatures recorded

Name: Smith, Pepper

MRN: 000004779300

DOB: 5/22/1971

Hospital: INGLEWOOD MEDICAL OFFICES U

INFORMED CONSENT-HYSTERECTOMY

Hysterectomy is a surgical procedure to remove the uterus (womb). It is most often performed to treat

1. Abnormal (very heavy or irregular) menstrual bleeding
2. Fibroid tumors of the uterus
3. Cancer of the cervix, uterus or ovary
4. Prolapse of the uterus (sagging of the uterus toward the opening of the vagina)

There are three basic types of hysterectomy (ways to remove the uterus):

Type	Hospital Stay	Recovery Period
Vaginal hysterectomy (no incision in the belly; all done through vagina)	0-1 day	2-4 weeks
Laparoscopic hysterectomy (2-4 tiny incisions in the belly)	0-1 day	2-4 weeks
Abdominal hysterectomy (6 inch incision in lower abdomen, similar to a cesarean birth incision)	2-3 days	6-8 weeks

In some cases, the entire uterus (including the cervix) is removed—"total hysterectomy." In other cases, only the upper part of the uterus (from which periods come and where fibroids usually grow) is removed and the cervix stays in place—"sub-total" or "supracervical hysterectomy." Which of these options makes sense for a particular woman depends on the reason for the surgery and patient preference. How the uterus is removed and which parts are removed is a decision made by the patient and her physician, together.

Recent research has shown that removing both fallopian tubes ("bilateral salpingectomy") at the time of hysterectomy reduces the chances of future ovarian cancer without any noticeable side effects. Removal of the both ovaries ("bilateral oophorectomy") is sometimes done at the same time as hysterectomy to reduce the risk of future ovarian cancer. The ovaries make female hormones (primarily estrogen and progesterone), so removing the ovaries lowers the level of estrogen in a woman's bloodstream and may lead to side effects such as hot flashes, vaginal dryness, and sleep or mood disturbances. Long term, lower estrogen levels increase the risk of osteoporosis (brittle bones). Whether or not to remove the tubes or ovaries at the time of hysterectomy is decided by the patient and her physician based on the needs and risks of that particular patient.

Hysterectomy Risks

The risks that go along with hysterectomy include (but are not limited to): infection in the abdominal incision(s) or the top of the vagina; excessive blood loss during surgery; blood clots in the legs (which occasionally break off and travel to vital organs such as the heart or lungs), injury to organs near the uterus, such as the bladder, intestines, ureters (tubes between the kidneys and bladder); and rarely, death. There may also be some residual bleeding, regrowth of fibroids, or change in sexual function.

Hysterectomy Benefits

Removal of the uterus eliminates menstrual bleeding and eliminates fibroid tumors of the uterus. It sometime relieves pelvic pain. Along with other corrective procedures, hysterectomy can relieve the discomfort of uterine prolapse (sagging). Hysterectomy is the best way to treat certain cancers of the female organs. A hysterectomy performed in an minimally invasive manner, either vaginally or laparoscopically, may speed recovery and minimize pain.

Name: Smith, Pepper

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08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Documents (continued)

DOB: 5/22/1971

Hospital: INGLEWOOD MEDICAL OFFICES U

Alternatives to Hysterectomy

There are alternatives to hysterectomy. For abnormal uterine bleeding or fibroids, alternative treatments include medications, such as birth control pills, progestin-only pills, Lysteda®, or long-acting injectable medicines, progesterone IUDs (which prevent pregnancy and reduce menstrual flow) and other surgical procedures such as: endometrial ablation: destruction of the uterine lining to reduce or eliminate menstrual flow, myomectomy: surgical removal of one or more fibroids, but not the whole uterus, uterine artery embolization: plugging the uterine arteries to reduce blood flow to the uterus; this can reduce abnormally-heavy bleeding and/or shrink fibroids.

For uterine prolapse, alternatives include physical therapy, pessaries (devices worn in the vagina to support the uterus) and other operations that lift the uterus without removing it. For cancer of the cervix or uterus, radiation therapy is sometimes an alternative to hysterectomy.

Costs

Hospital and professional services will be rendered in accordance with my health plan contract. Private or nonmember rates may be up to \$15,000 for medical, surgical, and hospital services.

I Acknowledge:

1. That I am free to withhold or withdraw my consent to performance of the hysterectomy at any time without affecting my right to future medical care or treatment.
2. I have been advised that sterility results from having a hysterectomy and is irreversible.
3. I have been informed of my right to consultation by a second physician prior to having this operation.

I have read and understand the information provided above and this information has been discussed with me by my physician or his/her designee and voluntarily give my consent to performance of hysterectomy.

Date: 8/2/2017

Patient's Signature:

Date: 8/2/2017

Patient Representative's Signature:

(if any)

Date: 8/2/2017

Witness' Signature:

(if no patient representative)

Name: Smith, Pepper

MRN: 000004779300

DOB: 5/22/1971

Hospital: INGLEWOOD MEDICAL OFFICES U

08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Documents (continued)

Sight Translated by (if applicable):

- In person
- Over the phone/video
- Other method:

Enter Interpreter's Name and Identification Number:

NS-1934 (3-16)

SPANISH - NS-1756

08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

Page 1 of 6

After Visit Summary
8/2/2017Pepper Smith
MRN: 000004779300**Visit and Patient Information****Visit Information**

Date & Time	Provider	Department
8/2/2017 10:40 AM	ELISA DANIELLE LANSDOWNE MD, M.D.	Obgwingl Obg

Visit Summary**Vitals**

BP	Pulse	Temp	Ht	Wt
117/77	91	98.3 °F (36.8 °C) (Tympanic)	5' 3" (1.6 m)	227 lb 8.2 oz (103.2 kg)

LMP	Breastfeeding?	BMI
(LMP Unknown)	No	40.30 kg/m ²

BMI and BSA Data

Body Mass Index: 40.30 kg/m ²	Body Surface Area: 2.14 m ²
--	--

Health Problems Reviewed

LEIOMYOMA OF UTERUS - Primary
ANEMIA, IRON DEFICIENCY
OBESITY, BODY MASS INDEX (BMI 40-44.9)

Patient Instructions

You can reach Dr. Lansdowne through her nurse Marla or Monique at 310-737-4872.

PRE-OPERATIVE VISIT CHECKLIST:

We have designed this checklist to guide you through your preop visit. Each stop is critical and must be completed no later than the day prior to your scheduled surgery. Our goal is to ensure that you are properly prepared and ready for your upcoming surgery.

STOP 1: PHARMACY (Inglewood 1st Floor)

Go to the Pharmacy and check in to process any prescriptions from your provider.

STOP 2: LABORATORY (Inglewood 1st Floor)

Go to the Laboratory to have your blood work completed. Do not draw your blood sooner than 1-2 days before your surgery date.

STOP 3: INSURANCE DEPARTMENT (Basement West LA Medical Office Building)

Go to the Insurance Department to drop off any disability or insurance papers needed for your employer. You can contact the Disability/Insurance Office at West LA on Cadillac to complete any necessary paperwork for your disability at 323-857-2751.

STOP 4: PHARMACY (Inglewood 1st floor)

Return to the Pharmacy to pick up any prescriptions you dropped off.

IMPORTANT INFORMATION:

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 1 of 6

08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

Page 2 of 6

Patient Instructions (continued)

- Your surgery will be *cancelled* if you do not follow the guidelines below for eating, drinking, and medications before surgery
- If you need cancel your surgery after hours (4:30pm), please call the surgery cancellation hotline at (323)857-2800
- Be sure you have someone 18 years or older that can drive you home after your surgery.
- Arrive at the 3rd Floor Preop Area at West LA on Cadillac at 8-17-17 on 9:45 am.

FOR MORE INFORMATION:

Southerncalifornia.kp.org/westla

Choose "Manage your health" from the blue list on the left, then choose "Preparing for your surgery"

**Kaiser Permanente West Los Angeles Medical Center
FOOD, DRINK AND MEDICATION INSTRUCTIONS
BEFORE SURGERY
(Adults, all patients 3 years and older)**

Unless told differently by your Surgeon or an Anesthesiologist:

FOOD & DRINK (EXCEPT CLEAR DRINK):	OK until midnight the night before surgery - nothing after midnight (no gum, mints, hard candy or chewing tobacco)
CLEAR DRINK:	OK until 1 hour before scheduled surgery check-in time [water, apple juice, plain black coffee, clear (no color) soda, clear (no color) Gatorade]

If you are having major gastrointestinal (stomach, intestines, colon) or knee or hip replacement surgery, please drink 8 ounces (1 cup) of a clear sugar containing drink [either apple juice or clear (no color) Gatorade] one hour prior to surgery check-in time.

If you don't follow these guidelines, your surgery may be cancelled.

(You may brush your teeth at any time.)

MEDICATIONS:

Medications for heart problems, high blood pressure [except hydrochlorothiazide (HCTZ) and lisinopril which should not be taken], seizures, chronic pain or asthma/COPD **should** be taken with sips of water at their usual times on the morning of surgery.

Blood thinners (aspirin, Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), etc.) should be discussed with your surgeon to decide if they should be stopped or can be continued up to the day of surgery.

Diabetic medications:

1. Do not take any diabetes pills on the morning of surgery.
2. If you are checking in for surgery before 10 am, do not take any insulin.
3. If you are checking in for surgery after 10 am and you take morning insulin, do not take any

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 2 of 6

08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

Page 3 of 6

Patient Instructions (continued)

regular insulin (Humulin-R) or 70/30 insulin. Take half of your usual morning dose of long-acting insulin (Humulin-N or lantus). If you are unsure, do not take any insulin.

4. If you feel as if your blood sugar is too low or your measured blood sugar is below 60, drink a cup of apple juice, clear Gatorade or clear soda (not diabetic or sugar-free!).
5. If you are having difficulty managing your blood sugar, you should come to the hospital and check-in for your surgery early (let the receptionist or nurse know immediately that you have blood sugar concerns).

Your surgeon may give you more specific instructions about other medications to be avoided prior to surgery or that should be taken on the day of your surgery.

You can now print your ActivityRx (off work/school note) from your online Kaiser account through your Online Personal Action Plan (oPAP):

Directly from your computer: www.kp.org/actionplan

Directly from your phone or tablet: www.kp.org/action-plan

Or login to KP.ORG, select My Medical Record, Select Personal Action Plan

It may take a few days for the note to show up on KP.ORG after your provider completes the note.

IRON TO PREVENT ANEMIA

--Increase intake of iron-rich foods. Include one or more of these foods with every meal:

Lean red meat, liver*, kidney*, heart*, eggs*, dark meat poultry, oysters, clams, shellfish* or fish (*these foods are high in cholesterol).

Dried beans, dried peas, lentils, nuts or seeds (legumes).

Dried fruit, dark green leafy vegetables.

Iron-fortified bread and cereals, blackstrap molasses

--Increase absorption of iron from foods: Include vitamin C-rich food (or juice) with every meal, such as, oranges, grapefruits, strawberries, kiwi, mango, papaya, guava, cantaloupe, tomatoes, broccoli, cauliflower, peppers, chilis and dark green leafy vegetables.

Include a serving of meat, poultry, fish or legumes with every meal.

Avoid drinking coffee or tea with meals or when taking iron supplements.

Avoid taking antacids or calcium supplements before eating a meal or with an iron supplement.

--Iron supplements: Check with your health care provider about use of iron supplements.

If your health care provider advised you to use an iron supplement, take it with juice high in vitamin C, not with milk, coffee or tea. If it does not upset your stomach, take it between meals.

Do not give your iron pills to your child. It could do more harm than help.

If you can go to Playa Vista or West LA pharmacy, they have an iron supplement behind the counter (you have to ask for it) called **Bariatric Advantage** - Iron 60 mg. It has a higher amount of iron than other types of over the counter supplements and is less constipating. It is also available online, including on Amazon.com. Slow Fe is also less constipating. Any other over the counter iron supplement that you prefer is also fine.

Your Kaiser Permanente Care Instructions**Body Mass Index: Care Instructions**

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 3 of 6

08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

Page 4 of 6

Patient Instructions (continued)

Your Care Instructions

Body mass index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are. A BMI between 18.5 and 24.9 is considered healthy. A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

If your BMI is in the normal range, it means that you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range, you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes.

BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- Get at least 30 minutes of exercise 5 days a week or more. Brisk walking is a good choice. You also may want to do other activities, such as running, swimming, cycling, or playing tennis or team sports.
- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

If you have a BMI higher than 25

- Your doctor may do other tests to check your risk for weight-related health problems. This may include measuring the distance around your waist. A waist measurement of more than 40 inches in men or 35 inches in women can increase the risk of weight-related health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to lose weight and stay healthy, such as changing your diet and getting regular exercise.

Where can you learn more?

Go to <http://www.kp.org>

Enter **S176** in the search box to learn more about "**Body Mass Index: Care Instructions.**"

Current as of: February 16, 2016

Content Version: 11.1

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Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

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08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

Page 5 of 6

Patient Instructions (continued)

Patient Instructions History

Follow-up and Disposition

Return if symptoms worsen or fail to improve.

Allergies

Allergies as of 8/2/2017		Reviewed On: 8/2/2017 By: Lansdowne, Elisa Danielle (M.D.), M.D.		
No Known Drug Allergies	Severity Not Specified	Noted 06/01/2005	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

Medications**NEW Medications**

HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab (Discontinued)
 Ibuprofen (MOTRIN) 800 mg Oral Tab
 Simethicone (MYLICON) 80 mg Oral Chew Tab
 Docusate Sodium (COLACE) 100 mg Oral Cap

Upcoming Administrations

None

Visit Medication List Patient reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

	Dosage
Ibuprofen (MOTRIN) 800 mg Oral Tab (Taking)	Take 1 tablet by mouth every 8 hours as needed for pain
Simethicone (MYLICON) 80 mg Oral Chew Tab (Taking)	1 tab by mouth every 6 hours as needed for gas pain
Docusate Sodium (COLACE) 100 mg Oral Cap (Taking)	1 tab by mouth twice a day as needed for constipation
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab (Taking/Discontinued)	Take 1 to 2 tablets by mouth every 4 to 6 hours as needed for PAIN. DO NOT EXCEED 12 TABLETS IN 24 HOURS
medroxyPROGESTERone (DEPO-PROVERA) 150 mg/mL IM Susp (Taking/Discontinued)	INJECT 150 MG INTRAMUSCULARLY NOW--FOR BACK OFFICE USE, every 10-14 weeks per protocol

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed
 QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

Orders**New Orders**

Normal Orders This Visit
ABO-RH [200497 Custom]
CBC NO DIFFERENTIAL [85027 CPT(R)]
CROSSMATCH, ELECTRONIC [86923 CPT(R)]
CROSSMATCH, ELECTRONIC [86923 CPT(R)]
HCG, PREGNANCY, SERUM [84702 CPT(R)]

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

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08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

Page 6 of 6

New Orders (continued)

Normal Orders This Visit

INDIRECT COOMBS TEST [86885 CPT(R)]**OBTAIN OR CONFIRM SIGNED CONSENT FORM [216094 Custom]****General Information**

Protect yourself from the flu. Get vaccinated.

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit kp.org/flu or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at www.kp.org to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at www.kp.org/refill

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

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08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

Page 1 of 6

After Visit Summary
8/2/2017Pepper Smith
MRN: 000004779300**Visit and Patient Information****Visit Information**

Date & Time	Provider	Department
8/2/2017 10:40 AM	ELISA DANIELLE LANSDOWNE MD, M.D.	Obgwingl Obg

Visit Summary**Vitals**

BP	Pulse	Temp	Ht	Wt
117/77	91	98.3 °F (36.8 °C) (Tympanic)	5' 3" (1.6 m)	227 lb 8.2 oz (103.2 kg)

LMP	Breastfeeding?	BMI
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BMI and BSA Data

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ANEMIA, IRON DEFICIENCY
OBESITY, BODY MASS INDEX (BMI 40-44.9)

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IMPORTANT INFORMATION:

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 1 of 6

08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

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Patient Instructions (continued)

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(Adults, all patients 3 years and older)**

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2. If you are checking in for surgery before 10 am, do not take any insulin.
3. If you are checking in for surgery after 10 am and you take morning insulin, do not take any

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

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08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

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Patient Instructions (continued)

regular insulin (Humulin-R) or 70/30 insulin. Take half of your usual morning dose of long-acting insulin (Humulin-N or lantus). If you are unsure, do not take any insulin.

4. If you feel as if your blood sugar is too low or your measured blood sugar is below 60, drink a cup of apple juice, clear Gatorade or clear soda (not diabetic or sugar-free!).
5. If you are having difficulty managing your blood sugar, you should come to the hospital and check-in for your surgery early (let the receptionist or nurse know immediately that you have blood sugar concerns).

Your surgeon may give you more specific instructions about other medications to be avoided prior to surgery or that should be taken on the day of your surgery.

You can now print your ActivityRx (off work/school note) from your online Kaiser account through your Online Personal Action Plan (oPAP):

Directly from your computer: www.kp.org/actionplan

Directly from your phone or tablet: www.kp.org/action-plan

Or login to KP.ORG, select My Medical Record, Select Personal Action Plan

It may take a few days for the note to show up on KP.ORG after your provider completes the note.

IRON TO PREVENT ANEMIA

--Increase intake of iron-rich foods. Include one or more of these foods with every meal:

Lean red meat, liver*, kidney*, heart*, eggs*, dark meat poultry, oysters, clams, shellfish* or fish (*these foods are high in cholesterol).

Dried beans, dried peas, lentils, nuts or seeds (legumes).

Dried fruit, dark green leafy vegetables.

Iron-fortified bread and cereals, blackstrap molasses

--Increase absorption of iron from foods: Include vitamin C-rich food (or juice) with every meal, such as, oranges, grapefruits, strawberries, kiwi, mango, papaya, guava, cantaloupe, tomatoes, broccoli, cauliflower, peppers, chilis and dark green leafy vegetables.

Include a serving of meat, poultry, fish or legumes with every meal.

Avoid drinking coffee or tea with meals or when taking iron supplements.

Avoid taking antacids or calcium supplements before eating a meal or with an iron supplement.

--Iron supplements: Check with your health care provider about use of iron supplements.

If your health care provider advised you to use an iron supplement, take it with juice high in vitamin C, not with milk, coffee or tea. If it does not upset your stomach, take it between meals.

Do not give your iron pills to your child. It could do more harm than help.

If you can go to Playa Vista or West LA pharmacy, they have an iron supplement behind the counter (you have to ask for it) called **Bariatric Advantage** - Iron 60 mg. It has a higher amount of iron than other types of over the counter supplements and is less constipating. It is also available online, including on Amazon.com. Slow Fe is also less constipating. Any other over the counter iron supplement that you prefer is also fine.

Your Kaiser Permanente Care Instructions**Body Mass Index: Care Instructions**

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

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08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

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Patient Instructions (continued)

Your Care Instructions

Body mass index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are. A BMI between 18.5 and 24.9 is considered healthy. A BMI between 25 and 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

If your BMI is in the normal range, it means that you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range, you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes.

BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Practice healthy eating habits. This includes eating plenty of fruits, vegetables, whole grains, lean protein, and low-fat dairy.
- Get at least 30 minutes of exercise 5 days a week or more. Brisk walking is a good choice. You also may want to do other activities, such as running, swimming, cycling, or playing tennis or team sports.
- Do not smoke. Smoking can increase your risk for health problems. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol to 2 drinks a day for men and 1 drink a day for women. Too much alcohol can cause health problems.

If you have a BMI higher than 25

- Your doctor may do other tests to check your risk for weight-related health problems. This may include measuring the distance around your waist. A waist measurement of more than 40 inches in men or 35 inches in women can increase the risk of weight-related health problems.
- Talk with your doctor about steps you can take to stay healthy or improve your health. You may need to make lifestyle changes to lose weight and stay healthy, such as changing your diet and getting regular exercise.

Where can you learn more?

Go to <http://www.kp.org>

Enter **S176** in the search box to learn more about "**Body Mass Index: Care Instructions.**"

Current as of: February 16, 2016

Content Version: 11.1

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Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

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08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

Page 5 of 6

Patient Instructions (continued)

Patient Instructions History

Follow-up and Disposition

Return if symptoms worsen or fail to improve.

Allergies

Allergies as of 8/2/2017		Reviewed On: 8/2/2017 By: Lansdowne, Elisa Danielle (M.D.), M.D.		
No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

Medications**NEW Medications**

HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab (Discontinued)
 Ibuprofen (MOTRIN) 800 mg Oral Tab
 Simethicone (MYLICON) 80 mg Oral Chew Tab
 Docusate Sodium (COLACE) 100 mg Oral Cap

Upcoming Administrations

None

Visit Medication List Patient reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

	Dosage
Ibuprofen (MOTRIN) 800 mg Oral Tab (Taking)	Take 1 tablet by mouth every 8 hours as needed for pain
Simethicone (MYLICON) 80 mg Oral Chew Tab (Taking)	1 tab by mouth every 6 hours as needed for gas pain
Docusate Sodium (COLACE) 100 mg Oral Cap (Taking)	1 tab by mouth twice a day as needed for constipation
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab (Taking/Discontinued)	Take 1 to 2 tablets by mouth every 4 to 6 hours as needed for PAIN. DO NOT EXCEED 12 TABLETS IN 24 HOURS
medroxyPROGESTERone (DEPO-PROVERA) 150 mg/mL IM Susp (Taking/Discontinued)	INJECT 150 MG INTRAMUSCULARLY NOW--FOR BACK OFFICE USE, every 10-14 weeks per protocol

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed
 QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

Orders**New Orders**

Normal Orders This Visit
ABO-RH [200497 Custom]
CBC NO DIFFERENTIAL [85027 CPT(R)]
CROSSMATCH, ELECTRONIC [86923 CPT(R)]
CROSSMATCH, ELECTRONIC [86923 CPT(R)]
HCG, PREGNANCY, SERUM [84702 CPT(R)]

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

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08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

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New Orders (continued)

Normal Orders This Visit

INDIRECT COOMBS TEST [86885 CPT(R)]

OBTAIN OR CONFIRM SIGNED CONSENT FORM [216094 Custom]

General Information

Protect yourself from the flu. Get vaccinated.

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit kp.org/flu or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at www.kp.org to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at www.kp.org/refill

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

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END OF ENCOUNTER

08/11/2017 - Patient Message in OBSTETRICS & GYNECOLOGY

08/02/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	110 N LA BREA AVE Inglewood CA 90301-1708	833-574-2273

Messages**RE: Prescription/Lab**

From Elisa Danielle (M.D.) Lansdowne, M.D. Last Read in kp.org 8/12/2017 1:48 AM by Pepper Smith	To Pepper Smith	Sent and Delivered 8/11/2017 3:28 PM
---	--------------------	---

They put it away after 7 days so you have to request it again, but the prescription is good for 30 days. Just ask them to fill it before you go over to the lab.

Electronically signed by:
Elisa Lansdowne, M.D.
8/11/2017
3:28 PM

Prescription/Lab

From Pepper Smith	To Elisa Danielle (M.D.) Lansdowne, M.D.	Sent 8/11/2017 12:38 PM
----------------------	---	----------------------------

Hi Dr. Landsdowne

I will be going to the Inglewood lab on Monday for the blood work. Also on the 8/2 you put in my prescriptions but since I had to go to Playa Vista for the Iron pills, I decided to pick up everything there however I was told I could only pick up the Norco at Inglewood. I picked up everything else, can you double check the prescription is still in because there was a sign that said pick up within 7 days and I'll grab it on Monday when I'm there.

Thanks again,
Pepper Smith
(323)377-1787
MRN #4779300

08/11/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**END OF ENCOUNTER****08/15/2017 - Telephone in OBSTETRICS & GYNECOLOGY****Visit Information****Contacts**

	Type	Contact	Phone/Fax	User
08/15/2017 09:42 AM PDT	Phone (Outgoing)	Smith, Pepper (Self)	323-377-1787 (H)	Lansdowne, Elisa Danielle (M.D.), M.D.

Nursing Assessment

No Nursing Assessment available for this encounter.

Reason for Visit**Chief Complaint**

•

Visit Diagnosis

Name	Code	Chronic?
ANEMIA DUE TO CHRONIC BLOOD LOSS	D50.0	Yes

Clinical Notes**Telephone Encounter****Lansdowne, Elisa Danielle (M.D.), M.D. at 8/15/2017 0946**

Author: Lansdowne, Elisa Danielle (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 8/15/2017 9:49 AM	Encounter Date: 8/15/2017	Creation Time: 8/15/2017 9:46 AM
Status: Signed	Editor: Lansdowne, Elisa Danielle (M.D.), M.D. (Physician)	

Left message for patient regarding HGB 7.5 08/14/2017 . Has been at this level for quite a while. This is lower than usual for starting surgery. Crossmatch ordered for 2 units. Will make sure available on day of surgery and consider giving 1 unit intraoperatively.

Electronically signed by:

Elisa Lansdowne, M.D.

8/15/2017

9:47 AM

Electronically signed by Lansdowne, Elisa Danielle (M.D.), M.D. at 8/15/2017 9:49 AM

Lansdowne, Elisa Danielle (M.D.), M.D. at 8/15/2017 1000

Author: Lansdowne, Elisa Danielle (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 8/15/2017 10:02 AM	Encounter Date: 8/15/2017	Creation Time: 8/15/2017 10:00 AM
Status: Signed	Editor: Lansdowne, Elisa Danielle (M.D.), M.D. (Physician)	

Spoke to patient regarding anemia. Agrees to possibly transfusing in preop or intraop per anesthesia preference or as needed. She lives at this level chronically and has adjusted to it. Significant blood loss is not common, but possible with hysterectomy. No questions.

Electronically signed by:

Elisa Lansdowne, M.D.

08/15/2017 - Telephone in OBSTETRICS & GYNECOLOGY (continued)**Clinical Notes (continued)**8/15/2017
10:02 AM

Electronically signed by Lansdowne, Elisa Danielle (M.D.), M.D. at 8/15/2017 10:02 AM

Labs**PACKED RED CELLS PRODUCT [1554006777] (Completed)**

Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0945** Status: **Completed**
 Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/15/17 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.
 0945
 Ordering mode: Standard
 Frequency: Routine 08/15/17 - Class: Normal
 Quantity: 1
 Diagnoses
 ANEMIA DUE TO CHRONIC BLOOD LOSS [D50.0]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Reason for transfusion:	Other (Specify): Comment - preop Hgb 7.5
Enter number of UNITS of PRBCs to transfuse:	2
RBC Special Needs?	A) No special needs
The patient or surrogate has given informed consent after benefits, risks, and alternatives were discussed.	Yes. Informed consent obtained.

Order comments: ABO+ RH GRP A POS 08/14/2017 AB SCREEN Negative 08/14/2017

Specimen Information

ID	Type	Source	Collected By
—	—	BLOOD	—

Indications

ANEMIA DUE TO CHRONIC BLOOD LOSS [D50.0 (ICD-10-CM)]

PACKED RED CELLS PRODUCT [1554006805]

Resulted: 08/17/17 0854, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: RN,Collect 08/17/17 0800 Resulting lab: KFH WEST LA LABORATORY
 Narrative:
 RMS ACCN: 615249051
 Enter number of UNITS of PRBCs to transfuse:...2
 PRBCs special needs?...A) No special needs

Components

Component	Value	Reference Range	Flag	Lab
COMMENT 05	Order Received	—	—	305

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present

08/15/2017 - Telephone in OBSTETRICS & GYNECOLOGY (continued)**Labs (continued)****PACKED RED CELLS PRODUCT [1554006805]**

Resulted: 08/17/17 0848, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: RN,Collect 08/17/17 0800

Narrative:

RMS ACCN: 615249051

Enter number of UNITS of PRBCs to transfuse:...2

PRBCs special needs?...A) No special needs

Indications

ANEMIA DUE TO CHRONIC BLOOD LOSS [D50.0 (ICD-10-CM)]

END OF ENCOUNTER**08/16/2017 - Released Future/Standing Orders in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	110 N LA BREA AVE Inglewood CA 90301-1708	833-574-2273

Reason for Visit**Visit Diagnosis**

Name	Code	Chronic?
ANEMIA DUE TO CHRONIC BLOOD LOSS	D50.0	Yes

Labs**PACKED RED CELLS PRODUCT [1554006805] (Final result)**

Electronically signed by: Lansdowne, Elisa Danielle (M.D.), M.D. on 08/15/17 0945

Status: **Completed**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/15/17 0945

Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/15/17 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

ANEMIA DUE TO CHRONIC BLOOD LOSS [D50.0]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Reason for transfusion:	Other (Specify): Comment - preop Hgb 7.5
Enter number of UNITS of PRBCs to transfuse:	2
RBC Special Needs?	A) No special needs
The patient or surrogate has given informed consent after	Yes. Informed consent obtained.

08/16/2017 - Released Future/Standing Orders in OBSTETRICS & GYNECOLOGY (continued)**Labs (continued)**

benefits, risks, and alternatives were discussed.

Order comments: ABO+ RH GRP A POS 08/14/2017 AB SCREEN Negative 08/14/2017

Specimen Information

ID	Type	Source	Collected By
C0000220172290 11889	—	BLOOD	RN,Collect 08/17/17 0800

PACKED RED CELLS PRODUCT [1554006805]

Resulted: 08/17/17 0854, Result status: Final result

Order status: Completed
 Collected by: RN,Collect 08/17/17 0800
 Narrative:
 RMS ACCN: 615249051
 Enter number of UNITS of PRBCs to transfuse:...2
 PRBCs special needs?...A) No special needs

Filed on: 09/29/22 1038
 Resulting lab: KFH WEST LA LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
COMMENT 05	Order Received	—	—	305

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
321 - 305	KFH WEST LA LABORATORY	Neena Singh, MD	6041 Cadillac Ave. LOS ANGELES CA 90034	05/23/17 0009 - Present

PACKED RED CELLS PRODUCT [1554006805]

Resulted: 08/17/17 0848, Result status: In process

Order status: Completed
 Collected by: RN,Collect 08/17/17 0800
 Narrative:
 RMS ACCN: 615249051
 Enter number of UNITS of PRBCs to transfuse:...2
 PRBCs special needs?...A) No special needs

Filed on: 09/29/22 0336

Indications

ANEMIA DUE TO CHRONIC BLOOD LOSS [D50.0 (ICD-10-CM)]

END OF ENCOUNTER**08/18/2017 - Telephone Appointment Visit in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information**

Encounter Provider	Authorizing Provider
Lansdowne, Elisa Danielle (M.D.), M.D.	Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	110 N LA BREA AVE Inglewood CA 90301-1708	833-574-2273

08/18/2017 - Telephone Appointment Visit in OBSTETRICS & GYNECOLOGY (continued)**Visit Information (continued)****Level of Service****Level of Service**

PHYS TAV, EST PAT, 11-20 MIN OF MEDICAL DISCUSSION

Reason for Visit**Chief Complaint**

- POSTOPERATIVE EXAM

Visit Diagnoses

- AFTERCARE FOR GYNECOLOGICAL SURGERY [Z48.816]
- HX OF TOTAL HYSTERECTOMY, NO VAGINAL PAP SMEAR REQUIRED [Z90.710]

Clinical Notes**Progress Notes****Lansdowne, Elisa Danielle (M.D.), M.D. at 8/18/2017 1640**Author: Lansdowne, Elisa Danielle (M.D.), Service: —
M.D.

Author Type: Physician

Filed: 8/21/2017 12:44 PM

Encounter Date: 8/18/2017

Creation Time: 8/18/2017 4:40 PM

Status: Signed

Editor: Lansdowne, Elisa Danielle (M.D.), M.D. (Physician)

History:

Attempted to call patient for telephone postop check. No answer. Left message for patient to call back.

Electronically signed by:

Elisa Lansdowne, M.D.

8/18/2017

4:41 PM

Discussed surgery and findings with patient. Ambulating, voiding, tolerating by mouth, pain controlled. Questions answered. Will call when pathology is back. Has follow up appt.

Electronically signed by:

Elisa Lansdowne, M.D.

8/21/2017

12:44 PM

Electronically signed by Lansdowne, Elisa Danielle (M.D.), M.D. at 8/21/2017 12:44 PM

08/18/2017 - Telephone Appointment Visit in OBSTETRICS & GYNECOLOGY (continued)

Clinical Notes (continued)

END OF ENCOUNTER**08/21/2017 - Patient Message in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	110 N LA BREA AVE Inglewood CA 90301-1708	833-574-2273

Messages**RE:results**

From	To	Sent
Pepper Smith	Elisa Danielle (M.D.) Lansdowne, M.D.	8/22/2017 1:47 AM

Perfect, thank you!

results

From	To	Sent and Delivered
Elisa Danielle (M.D.) Lansdowne, M.D. Last Read in kp.org 8/22/2017 1:46 AM by Pepper Smith	Pepper Smith	8/21/2017 3:16 PM

Your pathology from your procedure was benign fibroid tissue, no precancer or cancer. Hope you are doing well. Let me know if you are having any problems or if you have questions.

Electronically signed by:
Elisa Lansdowne, M.D.
8/21/2017
3:16 PM

END OF ENCOUNTER**08/25/2017 - RAR Edit in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information**

08/25/2017 - RAR Edit in OBSTETRICS & GYNECOLOGY (continued)**Visit Information (continued)****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	110 N LA BREA AVE Inglewood CA 90301-1708	833-574-2273

Reason for Visit**Visit Diagnosis**

Name	Code	Chronic?
UTERINE FIBROIDS	D25.9	Yes

Other Orders**Medications****HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab [1554006868] (Expired)**Electronically signed by: **Lansdowne, Elisa Danielle (M.D.), M.D. on 08/25/17 1127** Status: **Expired**

Ordering user: Lansdowne, Elisa Danielle (M.D.), M.D. 08/25/17 1127 Authorized by: Lansdowne, Elisa Danielle (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/25/17 - 09/24/17 2359

Class: Fill Now

Diagnoses

UTERINE FIBROIDS [D25.9]

Provider Details

Provider	NPI
Lansdowne, Elisa Danielle (M.D.), M.D.	1124173570

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Reordered from: HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab

Indications

UTERINE FIBROIDS [D25.9 (ICD-10-CM)]

END OF ENCOUNTER**08/25/2017 - Patient Message in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	110 N LA BREA AVE Inglewood CA 90301-1708	833-574-2273

08/25/2017 - Patient Message in OBSTETRICS & GYNECOLOGY (continued)**Messages****RE: Pharmacy**

From Jennifer P. (L.V.N.) Mixon, L.V.N. Last Read in kp.org 8/28/2017 8:33 PM by Pepper Smith	To Pepper Smith	Sent and Delivered 8/28/2017 10:09 AM
--	--------------------	--

Good morning, the medication was ordered on 8/25
JENNIFER P. MIXON LVN

Pharmacy

From Pepper Smith	To Elisa Danielle (M.D.) Lansdowne, M.D.	Sent 8/25/2017 5:03 PM
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Hi Dr. Lansdowne,

I hope all is well. I put in a request online for a refill for my Norco. It told me it had to get an approval from you. I looked back today and the prescription appears to have been blocked. It said this prescription has been filled. Can you check this for me?

Thank you,
Pepper Smith

END OF ENCOUNTER**08/31/2017 - Message in IP MEDICAL RECORDS DEFAULT****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
IP MEDICAL RECORDS DEFAULT	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-2695

Reason for Visit**Chief Complaint**

- FMLA REQUEST (Fmla Certification - Block time), onset date 8/31/2017

08/31/2017 - Message in IP MEDICAL RECORDS DEFAULT (continued)**END OF ENCOUNTER****09/01/2017 - Message in IP MEDICAL RECORDS DEFAULT****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
IP MEDICAL RECORDS DEFAULT	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-2695

Reason for Visit**Chief Complaint**

- FMLA REQUEST (Please review, complete and sign FMLA form for CAREGIVER.); onset date 9/1/2017

END OF ENCOUNTER**09/14/2017 - Office Visit in OBSTETRICS & GYNECOLOGY****Visit Information****Provider Information****Encounter Provider**

Lansdowne, Elisa Danielle (M.D.), M.D.

Authorizing Provider

Lansdowne, Elisa Danielle (M.D.), M.D.

Department

Name	Address	Phone
OBSTETRICS & GYNECOLOGY	110 N LA BREA AVE Inglewood CA 90301-1708	833-574-2273

Level of Service**Level of Service**

POSTOP F/U

Reason for Visit**Chief Complaint**

- POSTOPERATIVE EXAM

Visit Diagnoses

Name	Code	Chronic?
AFTERCARE FOR GYNECOLOGICAL SURGERY	Z48.816	No
HX OF TOTAL HYSTERECTOMY, NO VAGINAL PAP SMEAR REQUIRED	Z90.710	No
SEVERE OBESITY, BMI 40-44.9, ADULT	E66.01, Z68.41	Yes

Vitals

09/14/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Vitals (continued)**

Vital Signs					Most recent update: 9/14/2017 2:21 PM
BP	Pulse	Temp	Ht	Wt	
119/67	90	98.8 °F (37.1 °C) (Tympanic)	5' 3" (1.6 m)	235 lb 0.2 oz (106.6 kg)	
BMI					
41.63 kg/m ²					

Clinical Notes**Nursing Note****Medina, Kiana M (L.V.N.), L.V.N. at 9/14/2017 1421**

Author: Medina, Kiana M (L.V.N.), L.V.N. Service: —

Author Type: LICENSED VOCATIONAL NURSE

Filed: 9/14/2017 2:24 PM
Status: Signed

Encounter Date: 9/14/2017

Creation Time: 9/14/2017 2:21 PM

Editor: Medina, Kiana M (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)

GYN Visit**OB History**

Gravida	Para	Term	Preterm	AB	Living
8	4	4		4	4
SAB	TAB	Ectopic	Multiple	Live Births	
	2	2			

Last Pap Smear : 6/6/16 (GYN CYTOLOGY)

Last Pap Smear : 10/5/12 (PAP TEST)

Last Pap Smear : 9/4/09 (PAP TEST)

Last Pap Smear : 12/4/07 (PAP TEST)

HPV DNA, CVX, PROBE Negative 06/06/2016

Last Mammogram Test: 10/4/16 (MAMMO BILAT SCREENING 2 VIEWS EA BREAST W OR WO COMPUTER AIDED DETECTION ANALYSIS)

- Flu Immunization Due
- Update BMI - Take Height AND Weight

Proactive Care Actions

Proactive Office Encounter Actions:

---LABS, IMMUNIZATIONS, PROCEDURES, MEDICATIONS, OTHER---

Flu immunization order staged and Patient Instructions for AVS staged

--- LIFESTYLE AND HEALTH EDUCATION ---

Member given Patient Instructions on BMI/Weight Management

09/14/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)**Clinical Notes (continued)**KIANA M MEDINA LVN
9/14/2017 2:21 PM

Electronically signed by Medina, Kiana M (L.V.N.), L.V.N. at 9/14/2017 2:24 PM

Medina, Kiana M (L.V.N.), L.V.N. at 9/14/2017 1444

Author: Medina, Kiana M (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 9/14/2017 2:44 PM	Encounter Date: 9/14/2017	Creation Time: 9/14/2017 2:44 PM
Status: Signed	Editor: Medina, Kiana M (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

An after visit summary sheet was given to patient.
KIANA M MEDINA LVN

Electronically signed by Medina, Kiana M (L.V.N.), L.V.N. at 9/14/2017 2:44 PM

Progress Notes**Lansdowne, Elisa Danielle (M.D.), M.D. at 9/15/2017 1023**

Author: Lansdowne, Elisa Danielle (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 9/15/2017 10:24 AM	Encounter Date: 9/14/2017	Creation Time: 9/15/2017 10:23 AM
Status: Signed	Editor: Lansdowne, Elisa Danielle (M.D.), M.D. (Physician)	

GYN POSTOP HYSTERECTOMY

HPI: status post Total Laparoscopic Hysterectomy 4 weeks ago. No problems. Very happy.

Past Medical History:

Diagnosis	Date
• IRON DEFICIENCY ANEMIA	10/13/2016
• SEVERE OBESITY, BMI 40-44.9, ADULT	4/11/2006
• UTERINE FIBROIDS	8/25/2016
• VITAMIN D DEFICIENCY	3/30/2011

Past Surgical History:

Procedure	Laterality	Date
• CYSTOSCOPY PROCEDURES <i>Procedure: CYSTOSCOPY; Laterality: N/A; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.</i>	N/A	8/17/2017
• LAPAROSCOPIC HYSTERECTOMY <i>Procedure: ABDOMINAL HYSTERECTOMY LAPAROSCOPIC; Laterality: N/A; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.</i>	N/A	8/17/2017
• LAPAROSCOPIC LYSIS OF INTRA-ABDOMINAL ADHESION <i>Procedure: INTRA ABDOMINAL LYSIS OF ADHESIONS LAPAROSCOPIC; Laterality: N/A; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.</i>	N/A	8/17/2017
• LAPAROSCOPIC SALPINGECTOMY <i>Procedure: SALPINGECTOMY LAPAROSCOPIC; Laterality: Left; Surgeon: Lansdowne, Elisa Danielle</i>	Left	8/17/2017

09/14/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Clinical Notes (continued)

(M.D.), M.D.

- LIGATION OF FALLOPIAN TUBE
- SALPINGECTOMY COMPLETE
two ectopic pregnancies after BTL

Right

DETAILED EXAM:

CONSTITUTIONAL:

*VITAL SIGNS: BP 119/67 | Pulse 90 | Temp 98.8 °F (37.1 °C) (Tympanic) | Ht 1.6 m (5' 3") | Wt 106.6 kg (235 lb 0.2 oz) | BMI 41.63 kg/m²

Estimated body mass index is 41.63 kg/m² as calculated from the following:

Height as of this encounter: 1.6 m (5' 3").

Weight as of this encounter: 106.6 kg (235 lb 0.2 oz).

*GENERAL APPEARANCE: well developed, well nourished, in no acute distress

ABDOMEN:

*PALPATION: soft, nontender, nondistended, no masses or organomegaly, incision clean, dry, and intact, no erythema, no discharge

A/P: AFTERCARE FOR GYNECOLOGICAL SURGERY

HX OF TOTAL HYSTERECTOMY, NO VAGINAL PAP SMEAR REQUIRED

SEVERE OBESITY, BMI 40-44.9, ADULT

Note: doing well

Return prn

Electronically signed by:

Elisa Lansdowne, M.D.

9/15/2017

10:23 AM

Electronically signed by Lansdowne, Elisa Danielle (M.D.), M.D. at 9/15/2017 10:24 AM

Patient Instructions

You can reach Dr. Lansdowne through her nurse Marla or Monique at 310-737-4872.

09/14/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

Page 1 of 2

After Visit Summary
9/14/2017Pepper Smith
MRN: 000004779300**Visit and Patient Information****Visit Information**

Date & Time	Provider	Department
9/14/2017 1:40 PM	ELISA DANIELLE LANSDOWNE MD, M.D.	Obgwling Obg

Visit Summary**Vitals**

BP	Pulse	Temp	Ht	Wt
119/67	90	98.8 °F (37.1 °C) (Tympanic)	5' 3" (1.6 m)	235 lb 0.2 oz (106.6 kg)

BMI
41.63 kg/m²

BMI and BSA Data

Body Mass Index: 41.63 kg/m² Body Surface Area: 2.18 m²

Health Problems Reviewed

AFTERCARE FOR GYNECOLOGICAL SURGERY
HISTORY OF TOTAL HYSTERECTOMY, NO PAP SMEAR REQUIRED
OBESITY, BODY MASS INDEX (BMI 40-44.9)

Patient Instructions

You can reach Dr. Lansdowne through her nurse Marla or Monique at 310-737-4872.

Allergies

Reviewed On: 9/14/2017 By: Medina, Kiana M
(L.V.N.), L.V.N.

Allergies as of 9/14/2017

Allergies as of 9/14/2017	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

Medications**Upcoming Administrations**

None

Visit Medication List

Patient reported, restarted, and new medications

relevant to this visit. This may not reflect all medications the patient is taking.

Medication	Dosage
Ibuprofen (MOTRIN) 800 mg Oral Tab (Taking)	Take 1 tablet by mouth every 8 hours as needed for pain
Simethicone (MYLICON) 80 mg Oral Chew Tab (Taking)	1 tab by mouth every 6 hours as needed for gas pain
Docusate Sodium (COLACE) 100 mg Oral Cap (Taking)	1 tab by mouth twice a day as needed for constipation

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 1 of 2

09/14/2017 - Office Visit in OBSTETRICS & GYNECOLOGY (continued)

Smith, Pepper (MR # 000004779300)

Page 2 of 2

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed

QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

Orders**General Information****Protect yourself from the flu. Get vaccinated.**

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit kp.org/flu or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at www.kp.org to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at www.kp.org/refill

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 2 of 2

END OF ENCOUNTER**11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN****Visit Information****Provider Information**

Printed on 10/10/22 10:33 AM

Page 552

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)

Visit Information (continued)

Encounter Provider		Authorizing Provider	
Tuite, Clare K (P.A.), P.A.		Tuite, Clare K (P.A.), P.A.	
Department			
Name	Address	Phone	
FAMILY MEDICINE MODULE 3ANN	25965 S NORMANDIE AVE Harbor City CA 90710-3416	800-780-1230	
Level of Service			
Level of Service			
OUTPT EST LEVEL 2			

Reason for Visit

Chief Complaint

- FALL (Pt states she fell outside on concrete 2 days ago; Pain in right knee, thigh, and arm since fall.)

Visit Diagnoses

- CAUSE OF INJURY, FALL, INIT [W19.XXXA]
- DECLINES INFLUENZA VACCINATION [Z28.20]
- RIGHT KNEE JOINT PAIN [M25.561]
- ARTHRITIS OF RIGHT KNEE [M17.11]

Vitals

Vital Signs					Most recent update: 11/2/2017 11:44 AM
BP	Pulse	Temp	Resp	Ht	
130/77 (BP Location: RA- RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult)	81	98.3 °F (36.8 °C) (Oral)	16	5' 3" (1.6 m)	
Wt	BMI				
237 lb (107.5 kg)	41.98 kg/m ²				

Pain Information (Last Filed)

Score	Location	Comments	Edu?
7 (scale 0-10)	LEG	None	None

Clinical Notes

Nursing Note

Ozaeta, Andrea (M.A.), M.A. at 11/2/2017 1144

Author: Ozaeta, Andrea (M.A.), M.A.	Service: —	Author Type: MEDICAL ASSISTANT
Filed: 11/2/2017 11:45 AM	Encounter Date: 11/2/2017	Creation Time: 11/2/2017 11:44 AM
Status: Signed	Editor: Ozaeta, Andrea (M.A.), M.A. (MEDICAL ASSISTANT)	

PROACTIVE CARE ACTIONS

Proactive Office Encounter Actions: ---LABS, IMMUNIZATIONS, PROCEDURES, MEDICATIONS, OTHER---
Flu immunization declined
--- LIFESTYLE AND HEALTH EDUCATION ---
Member given Patient Instructions on BMI/Weight Management

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)

Clinical Notes (continued)

The patient exercises 0 minutes per week at a moderate to strenuous level.

Electronically signed by Ozaeta, Andrea (M.A.), M.A. at 11/2/2017 11:45 AM

Procedures

Filed on 11/2/2017 1256

Procedure Orders

1. XR RIGHT KNEE 3 VIEWS [1554007191] ordered by Tuite, Clare K (P.A.), P.A. at 11/02/17 1204

KNEE, RIGHT (3V) - RADIOGRAPH(S). 11/2/2017.

CLINICAL: 3 views (weight bearing AP if able, lateral, and merchant views) Reason: fall on 10/31 Hit patella Abrasion and twisted knee

COMPARISON: 8/26/2013.

FINDINGS/
IMPRESSION:

No fracture is identified. Specific attention to the patella demonstrates no obvious fracture. Minimal-mild lateral femoropatellar joint space narrowing.

If persistent/worsening of symptom, consider additional follow up evaluation.

This report electronically signed by Dr. Daryl Chen, MD on 11/2/2017 12:51 PM

Electronically signed by Chen, Daryl Ming (M.D.), M.D. at 11/2/2017 12:56 PM

Progress Notes

Tuite, Clare K (P.A.), P.A. at 11/2/2017 1711

Author: Tuite, Clare K (P.A.), P.A.	Service: —	Author Type: PHYSICIAN ASSISTANT (P.A.)
Filed: 11/3/2017 8:23 AM	Encounter Date: 11/2/2017	Creation Time: 11/2/2017 5:11 PM
Status: Signed	Editor: Tuite, Clare K (P.A.), P.A. (PHYSICIAN ASSISTANT (P.A.))	



SAME DAY CLINIC

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)

Clinical Notes (continued)

PROGRESS NOTE11/2/2017
Smith, Pepper
000004779300
DOB: 5/22/1971

PCP: Stahl, Jerusha Emily (M.D.)

SUBJECTIVE:

Pepper Smith is a 46 year old female

Chief Complaint

Patient presents with

• FALL

Pt states she fell outside on concrete 2 days ago; Pain in right knee, thigh, and arm since fall.

Fell 2 days ago. Hit right knee scraped it. Feels sore all over

Wt Readings from Last 3 Encounters:11/02/17 107.5 kg (237 lb)
09/14/17 106.6 kg (235 lb 0.2 oz)
08/17/17 104.6 kg (230 lb 9.6 oz)**BP Readings from Last 3 Encounters:**11/02/17 130/77
09/14/17 119/67
08/17/17 (!) 155/80**Past Medical History:**

Diagnosis

- SEVERE OBESITY, BMI 40-44.9, ADULT
- VITAMIN D DEFICIENCY
- UTERINE FIBROIDS
- IRON DEFICIENCY ANEMIA

Date

4/11/2006
3/30/2011
8/25/2016
10/13/2016

family history includes COPD in her father; Crohn's Disease in her daughter; Glaucoma in her father; gallbladder ca in her mother.

History

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)**Clinical Notes (continued)****Smoking Status**

- Never Smoker

Smokeless Tobacco

- Never Used

REVIEW OF SYSTEMS: (if applicable)**TEST RESULTS:****HGA1C (%)**

Date	Value
10/06/2016	5.9 (H)
07/30/2015	6.0 (H)
08/04/2005	5.2

CR

Date/Time	Value	Ref Range	Status
10/06/2016 1000	0.63	<=1.10 mg/dL	Final
10/03/2016 0912	0.62	<=1.10 mg/dL	Final
04/06/2016 1321	0.61	<=1.10 mg/dL	Final

NA 134 04/06/2016
 CL 102 04/06/2016
 CO2 23 04/06/2016
 K 3.9 04/06/2016

OBJECTIVE:

BP 130/77 (BP Location: RA-RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult) | Pulse 81
 | Temp 98.3 °F (36.8 °C) (Oral) | Resp 16 | Ht 1.6 m (5' 3") | Wt 107.5 kg (237 lb) | LMP (LMP Unknown)
 | BMI 41.98 kg/m²

Estimated body mass index is 41.98 kg/m² as calculated from the following:

Height as of this encounter: 1.6 m (5' 3").

Weight as of this encounter: 107.5 kg (237 lb).

Ideal body weight: 52.4 kg (115 lb 8.3 oz)

Adjusted ideal body weight: 74.4 kg (164 lb 1.8 oz)

Physical Exam

Constitutional: She is well-developed, well-nourished, and in no distress.

Cardiovascular: Normal rate.

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)

Clinical Notes (continued)

Pulmonary/Chest: Effort normal.

Musculoskeletal:

Right knee: She exhibits decreased range of motion and bony tenderness. Tenderness found.

Abrasion to right patella

Nursing note and vitals reviewed.

Xray negative fracture Narrowing

ASSESSMENT:**Encounter Diagnoses**

Code	Name	Primary?
• W19.XXXA	CAUSE OF INJURY, FALL, INIT	
• Z28.20	DECLINES INFLUENZA VACCINATION	
• M25.561	RIGHT KNEE JOINT PAIN	
• M17.11	ARTHRITIS OF RIGHT KNEE	

PLAN:**Orders Placed This Encounter**

- XR RIGHT KNEE 3 VIEWS
3 views (weight bearing AP if able, lateral, and merchant views) Reason: fall on 10/31 Hit patella Abrasion and twisted knee
- HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab
Sig: Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours
Dispense: 12
Refill: 0
Order Specific Question: Is this medication for a workers' compensation condition?
Answer: No

Ice

Can take advil

Hydrocodone-acetaminophen (Norco)

rest

See pt instructions

I recommend that patient get follow-up labs as ordered at the designated time. We have discussed medication options in detail and I advised patient to notify me of any adverse effects. I have advised patient to follow sooner should any condition appear to be worsening.

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)

Clinical Notes (continued)

After-visit summary was printed and given to the patient.

CLARE K TUI TE PA
 Kaiser Permanente South Bay
 11/3/2017

Electronically signed by Tuite, Clare K (P.A.), P.A. at 11/3/2017 8:23 AM

Imaging

Imaging

XR RIGHT KNEE 3 VIEWS [1554007191] (Final result)

Electronically signed by: **Tuite, Clare K (P.A.), P.A. on 11/02/17 1204** Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Tuite, Clare K (P.A.), P.A. 11/02/17 1204

Authorized by: Tuite, Clare K (P.A.), P.A.

Ordering mode: Standard

Frequency: STAT 11/02/17 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

RIGHT KNEE JOINT PAIN [M25.561]

Provider Details

Provider

NPI

Tuite, Clare K (P.A.), P.A.

1841347226

Order comments: 3 views (weight bearing AP if able, lateral, and merchant views) Reason: fall on 10/31 Hit patella Abrasion and twisted knee

XR RIGHT KNEE 3 VIEWS [1554007191]

Resulted: 11/02/17 1246, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Accession number: 77610780

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

KNEE, RIGHT (3V) - RADIOGRAPH(S). 11/2/2017.

CLINICAL: 3 views (weight bearing AP if able, lateral, and merchant views) Reason: fall on 10/31 Hit patella Abrasion and twisted knee

COMPARISON: 8/26/2013.

FINDINGS/

Impression:

:

No fracture is identified. Specific attention to the patella demonstrates no obvious fracture. Minimal-mild lateral femoropatellar joint space narrowing.

If persistent/worsening of symptom, consider additional follow up evaluation.

This report electronically signed by Dr. Daryl Chen, MD on 11/2/2017 12:51 PM

Acknowledged by: Tuite, Clare K (P.A.), P.A. on 11/02/17 1657

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)

Imaging (continued)

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	77610780	11/2/2017 12:56 PM	Chen, Daryl Ming (M.D.), M.D.

Signed by Chen, Daryl Ming (M.D.), MEDICAL DOCTOR on 11/02/17 at 1256

KNEE, RIGHT (3V) - RADIOGRAPH(S). 11/2/2017.

CLINICAL: 3 views (weight bearing AP if able, lateral, and merchant views) Reason: fall on 10/31 Hit patella Abrasion and twisted knee

COMPARISON: 8/26/2013.

FINDINGS/
IMPRESSION:

No fracture is identified. Specific attention to the patella demonstrates no obvious fracture. Minimal-mild lateral femoropatellar joint space narrowing.

If persistent/worsening of symptom, consider additional follow up evaluation.

This report electronically signed by Dr. Daryl Chen, MD on 11/2/2017 12:51 PM

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

XR RIGHT KNEE 3 VIEWS [1554007191]

Resulted: 11/02/17 1247, Result status: In process

Order status: Completed
Accession number: 77610780
Narrative:

Filed on: 09/29/22 0336
Resulting lab: SCAL RADIOLOGY INTERFACE

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	77610780	11/2/2017 12:56 PM	Chen, Daryl Ming (M.D.), M.D.

Signed by Chen, Daryl Ming (M.D.), MEDICAL DOCTOR on 11/02/17 at 1256

KNEE, RIGHT (3V) - RADIOGRAPH(S). 11/2/2017.

CLINICAL: 3 views (weight bearing AP if able, lateral, and merchant

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)**Imaging (continued)**

views) Reason: fall on 10/31 Hit patella Abrasion and twisted knee

COMPARISON: 8/26/2013.

FINDINGS/
IMPRESSION:

No fracture is identified. Specific attention to the patella demonstrates no obvious fracture. Minimal-mild lateral femoropatellar joint space narrowing.

If persistent/worsening of symptom, consider additional follow up evaluation.

This report electronically signed by Dr. Daryl Chen, MD on 11/2/2017 12:51 PM

Reviewed by

Tuite, Clare K (P.A.), P.A. on 11/02/17 1658
Tuite, Clare K (P.A.), P.A. on 11/02/17 1657

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
120 - SCA	SCAL RADIOLOGY INTERFACE	Unknown	Unknown	02/13/04 0000 - Present

Indications

RIGHT KNEE JOINT PAIN [M25.561 (ICD-10-CM)]

All Reviewers List

Tuite, Clare K (P.A.), P.A. on 11/2/2017 16:58
Tuite, Clare K (P.A.), P.A. on 11/2/2017 16:57

Other Orders**Medications****HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab [1554007192] (Expired)**

Electronically signed by: Tuite, Clare K (P.A.), P.A. on 11/02/17 1331

Status: **Expired**

Ordering user: Tuite, Clare K (P.A.), P.A. 11/02/17 1331

Authorized by: Tuite, Clare K (P.A.), P.A.

Ordering mode: Standard

Frequency: Routine 11/02/17 - 05/01/18 2359

Class: Fill Now

Diagnoses

CAUSE OF INJURY, FALL, INIT [W19.XXXA]

RIGHT KNEE JOINT PAIN [M25.561]

Provider Details

Provider	NPI
Tuite, Clare K (P.A.), P.A.	1841347226

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)

Other Orders (continued)

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

CAUSE OF INJURY, FALL, INIT [W19.XXXA (ICD-10-CM)]
RIGHT KNEE JOINT PAIN [M25.561 (ICD-10-CM)]

Patient Instructions

Rest
Ice
Elevate
Medications as directed

Questionnaires

Legend:

Triggered a BPA Scoring question

Scal Rcq-Kp.Org-Welcome

Question	11/2/2017 10:39 AM PDT - Filed by Patient Representative
Did your injury or illness take place while you were on the job?	No
Is your visit today a result of an injury in a slip, fall or accident?	Yes

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)

Smith, Pepper (MR # 000004779300)

Page 1 of 2

After Visit Summary
11/2/2017Pepper Smith
MRN: 000004779300**Visit and Patient Information****Visit Information**

Date & Time	Provider	Department
11/2/2017 10:30 AM	CLARE K TUIITE PA, P.A.	Famhchar Fama 3ann

Visit Summary**Vitals**

BP	Pulse	Temp	Resp	Ht
130/77 (BP)	81	98.3 °F (36.8 °C) (Oral)	16	1.6 m (5' 3")

Location: RA-
RIGHT ARM, BP
Patient Position:
SITTING, Cuff
Size: Large Adult

Wt	LMP	BMI
107.5 kg (237 lb)	(LMP Unknown)	41.98 kg/m ²

BMI and BSA Data

Body Mass Index: 41.98 kg/m² Body Surface Area: 2.19 m²

Health Problems Reviewed

INJURY DUE TO FALL
PATIENT DECLINES INFLUENZA VACCINATION
RIGHT KNEE JOINT PAIN

Patient Instructions

Rest
Ice
Elevate
Medications as directed

AllergiesReviewed On: 11/2/2017 By: Ozaeta, Andrea
(M.A.), M.A.**Allergies as of 11/2/2017**

Allergies as of 11/2/2017	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

Medications**NEW Medications**

HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab

Upcoming Administrations

None

Visit Medication List

Patient reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 1 of 2

11/02/2017 - Office Visit in FAMILY MEDICINE MODULE 3ANN (continued)

Smith, Pepper (MR # 000004779300)

Page 2 of 2

Visit Medication List

Patient reported, restarted, and new medications

relevant to this visit. This may not reflect all medications the patient is taking. (continued)

	Dosage
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab (Taking)	1 TAB PO Q6H PRN PAIN. DO NOT EXCEED 4 TABLETS IN 24 HOURS

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed
 QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

Orders**New Orders**

Normal Orders This Visit

XR RIGHT KNEE 3 VIEWS [73562 CPT(R)]**Future Appointments**

Date & Time	Provider	Department	Center	Type of Visit
11/2/2017 2:10 PM	RAD NNO KPHC	RADIOLOGY NORMANDIE NORTH	NNOU	Diagnostic Imaging

General Information**Protect yourself from the flu. Get vaccinated.**

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit kp.org/flu or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at www.kp.org to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at www.kp.org/refill

Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 2 of 2

END OF ENCOUNTER**11/16/2017 - Office Visit in URGENT CARE CLINIC****Visit Information****Provider Information**

11/16/2017 - Office Visit in URGENT CARE CLINIC (continued)**Visit Information (continued)****Encounter Provider**

Sanchez, Analiza Lontok (D.O.), D.O.

Authorizing Provider

Sanchez, Analiza Lontok (D.O.), D.O.

Department**Name**

URGENT CARE CLINIC

Address25965 S NORMANDIE AVE
Harbor City CA 90710-3416**Phone**

800-780-1230

Follow-up and Dispositions

- Return if symptoms worsen or fail to improve.

Questionnaires**FLU VACCINE SCREENING QUESTIONNAIRE AMB SCAL GA**

Do you have a severe allergic reaction to eggs (difficulty breathing, requires emergency intervention)?

NoEntered by Rivera, Chrystal M (M.A.), M.A.
Entered on 11/16/2017 10:06 AM

Have you suffered from a paralyzing disease called Guillain-Barre?

NoEntered by Rivera, Chrystal M (M.A.), M.A.
Entered on 11/16/2017 10:06 AM

In the past have you had a serious reaction to the flu shot? (Note: Minor redness or swelling at site of shot is not considered a serious reaction)

NoEntered by Rivera, Chrystal M (M.A.), M.A.
Entered on 11/16/2017 10:06 AM

Are you moderately or severely ill today? (Note: Minor illness such as runny nose, congestion, headache, cough, or sore throat is not considered moderate or severe illness)

NoEntered by Rivera, Chrystal M (M.A.), M.A.
Entered on 11/16/2017 10:06 AM

Are you allergic to latex? (Can receive any formulation EXCEPT Fluvirin PFS and Fluad PFS)

NoEntered by Rivera, Chrystal M (M.A.), M.A.
Entered on 11/16/2017 10:06 AM

Are you pregnant or planning to become pregnant during this influenza season? (Use a prefilled, preservative free syringe, adult dose)

NoEntered by Rivera, Chrystal M (M.A.), M.A.
Entered on 11/16/2017 10:06 AM**Level of Service****Level of Service**

OUTPT EST LEVEL 3

Reason for Visit**Chief Complaint**

- FLU-LIKE SYMPTOMS (fever, cough, congestion, right ear pain x 2 days)

Visit Diagnoses

- URI (UPPER RESPIRATORY INFECTION) [J06.9]
- VACCINATION FOR INFLUENZA [Z23]

Reason for Visit (continued)

Vitals

Vital Signs

Most recent update: 11/16/2017 10:06 AM

BP 132/89	Pulse 92	Temp 98.3 °F (36.8 °C) (Oral)	Resp 20	Ht 5' 3" (1.6 m)
--------------	-------------	----------------------------------	------------	---------------------

Wt 242 lb (109.8 kg)	SpO2 98%	BMI 42.87 kg/m ²
-------------------------	-------------	--------------------------------

Pain Information (Last Filed)

Score	Location	Comments	Edu?
7 (scale 0-10)	None	body aches	None

Clinical Notes

Nursing Note

Rivera, Chrystal M (M.A.), M.A. at 11/16/2017 1006

Author: Rivera, Chrystal M (M.A.), M.A. Filed: 11/16/2017 10:07 AM Status: Signed	Service: — Encounter Date: 11/16/2017 Editor: Rivera, Chrystal M (M.A.), M.A. (MEDICAL ASSISTANT)	Author Type: MEDICAL ASSISTANT Creation Time: 11/16/2017 10:06 AM
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PROACTIVE CARE ACTIONS

Proactive Office Encounter Actions:

Flu Vaccine 0.5 ml given Intramuscular to left deltoid no adverse reaction noted, no signs and symptoms of bleeding to site, tolerated well.

Electronically signed by Rivera, Chrystal M (M.A.), M.A. at 11/16/2017 10:07 AM

Progress Notes

Sanchez, Analiza Lontok (D.O.), D.O. at 11/16/2017 1021

Author: Sanchez, Analiza Lontok (D.O.), D.O. Filed: 11/16/2017 12:10 PM Status: Signed	Service: — Encounter Date: 11/16/2017 Editor: Sanchez, Analiza Lontok (D.O.), D.O. (PHYSICIAN (D.O.))	Author Type: PHYSICIAN (D.O.) Creation Time: 11/16/2017 10:21 AM
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Patient was added to my schedule at 10:21 AM

11/16/2017

ANALIZA LONTOK SANCHEZ DO

Kaiser Permanente

Urgent Care, Harbor City, CA

Pepper Smith is a 46 year old female

CC:

Chief Complaint

Patient presents with

- FLU-LIKE SYMPTOMS

fever, cough, congesrion, right ear pain x 2 days

Clinical Notes (continued)

HPI:

She complains of moderate URI symptoms which include nasal congestion, sore throat, cough. Symptoms started 2 days ago. Not associated with earache, wheezing, shortness of breath, nausea, vomiting and diarrhea.

Patient felt she had fever yesterday which resolved

Voices no other complaints.

Review of Systems

Constitutional: Negative for chills and fever.

HENT: Positive for congestion, ear pain and sore throat.

Cardiovascular: Negative for chest pain.

Respiratory: Positive for cough. Negative for shortness of breath and wheezing.

Gastrointestinal: Negative for abdominal pain, nausea and vomiting.

Neurological: Negative for headaches.

Allergies:**Allergies**

Allergen

Reactions

- No Known Drug Allergies

Habits:**History**

Smoking Status

- Never Smoker

Smokeless Tobacco

- Never Used

BP 132/89 | Pulse 92 | Temp 98.3 °F (36.8 °C) (Oral) | Resp 20 | Ht 5' 3" (1.6 m) | Wt 242 lb (109.8 kg) | LMP (LMP Unknown) | SpO2 98% | BMI 42.87 kg/m²

Estimated body mass index is 42.87 kg/m² as calculated from the following:

Height as of this encounter: 5' 3" (1.6 m).

Weight as of this encounter: 242 lb (109.8 kg).

Physical Exam

Constitutional: She is well-developed, well-nourished, and in no distress. No distress.

HENT:

Head: Normocephalic.

Right Ear: Tympanic membrane and external ear normal.

Left Ear: Tympanic membrane and external ear normal.

Nose: Mucosal edema and rhinorrhea present.

Mouth/Throat: No oropharyngeal exudate.

Eyes: Conjunctivae are normal. Right eye exhibits no discharge. Left eye exhibits no discharge.

Cardiovascular: Normal rate, regular rhythm and normal heart sounds. Exam reveals no gallop and no friction rub.

Clinical Notes (continued)

No murmur heard.
Pulmonary/Chest: Effort normal and breath sounds normal. No respiratory distress. She has no wheezes.
Lymphadenopathy:
She has no cervical adenopathy.
Neurological: She is alert.
Skin: Skin is warm and dry. She is not diaphoretic.
Psychiatric: Affect normal.
Nursing note and vitals reviewed.

ASSESSMENT

Encounter Diagnoses

Code	Name	Primary?
• J06.9	URI (UPPER RESPIRATORY INFECTION)	
• Z23	VACCINATION FOR INFLUENZA	

PLAN:

Symptomatic treatments and medications discussed. Lack of antibiotic effectiveness discussed with patient. Call or return to clinic prn if these symptoms worsen or fail to improve as anticipated.

Medication side effects discussed with patient.
The importance of medication compliance discussed in detail, patient voiced understanding.
Patient agrees with the plan above and voiced understanding.
Emergency Room precautions discussed in detail with patient; patient voiced understanding.
RETURN TO CLINIC as needed or earlier if symptoms persist or worsen

Orders Placed This Encounter

- VACC INFLUENZA 4 YRS-ADULT, TRIVALENT, PRES FREE, 0.5 ML IM
- Codeine-guaiFENesin (GUAIFENESIN AC) 10-100 mg/5 mL Oral Liqd
- GROUP A STREP SCREEN POCT

ANALIZA LONTOK SANCHEZ DO
11/16/2017
10:21 AM

Electronically signed by Sanchez, Analiza Lontok (D.O.), D.O. at 11/16/2017 12:10 PM

Labs

GROUP A STREP SCREEN POCT [1554007193] (Final result)

Electronically signed by: Sanchez, Analiza Lontok (D.O.), D.O. on 11/16/17 1025	Status: Completed
Ordering user: Sanchez, Analiza Lontok (D.O.), D.O. 11/16/17 1025	Authorized by: Sanchez, Analiza Lontok (D.O.), D.O.
Ordering mode: Standard	
Frequency: Routine 11/16/17 -	Class: Point of Care Test
Quantity: 1	Lab status: Final result
Diagnoses	
URI (UPPER RESPIRATORY INFECTION) [J06.9]	

Provider Details

Provider	NPI

Labs (continued)

Sanchez, Analiza Lontok (D.O.), D.O.

1518294206

GROUP A STREP SCREEN POCT [1554007193]

Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Narrative:

RAPID STREP SCREEN, POCT

RAPID STREP SCREEN: Negative

Reference Range: Negative

INTERNAL CONTROLS ACCEPTABLE?: Yes

Date/Time: 11/16/2017 10:31 AM

Performed by: Herrera, Christina (M.A)

NORMANDIE NO. MEDICAL OFFICE U
 URGENT CARE CLINIC
 25965 S Normandie Ave
 Harbor City CA 90710-3416
 800-780-1230
 310-325-5111

LAB DIRECTOR: SOUTH BAY - Normandie North - Jamie Renslo, MD

=====
 Acknowledged by: Sanchez, Analiza Lontok (D.O.), D.O. on 11/16/17 1051

Indications

URI (UPPER RESPIRATORY INFECTION) [J06.9 (ICD-10-CM)]

All Reviewers List

Sanchez, Analiza Lontok (D.O.), D.O. on 11/16/2017 10:51

Sanchez, Analiza Lontok (D.O.), D.O. on 11/16/2017 10:51

Other Orders

Immunization/Injection

VACC INFLUENZA 4 YRS-ADULT, TRIVALENT, PRES FREE, 0.5 ML IM [1554000622] (Completed)

Electronically signed by: Rivera, Chrystal M (M.A.), M.A. on 11/16/17 1007

Status: **Completed**

Ordering user: Rivera, Chrystal M (M.A.), M.A. 11/16/17 1007

Authorized by: Louvet, Daniel Gilbert (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 11/16/17 -

Class: Back Office

Quantity: 1

Diagnoses

VACCINATION FOR INFLUENZA [Z23]

Provider Details

Provider

NPI

Louvet, Daniel Gilbert (M.D.), M.D.

1194136473

Rivera, Chrystal M (M.A.), M.A.

—

Indications

VACCINATION FOR INFLUENZA [Z23 (ICD-10-CM)]

Medications

Codeine-guaiFENesin (GUAIFENESIN AC) 10-100 mg/5 mL Oral Liqd [1554007194] (Discontinued)

Other Orders (continued)

Electronically signed by: **Sanchez, Analiza Lontok (D.O.), D.O. on 11/16/17 1056** Status: **Discontinued**
 Ordering user: Sanchez, Analiza Lontok (D.O.), D.O. 11/16/17 1056 Authorized by: Sanchez, Analiza Lontok (D.O.), D.O.
 Ordering mode: Standard
 Frequency: Routine 11/16/17 - 11/24/17 Class: Fill Now
 Discontinued by: Cuk, Olivera (M.D.), M.D. 11/24/17 1115 [Continue Therapy]
 Diagnoses
 URI (UPPER RESPIRATORY INFECTION) [J06.9]

Provider Details

Provider	NPI
Sanchez, Analiza Lontok (D.O.), D.O.	1518294206

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

URI (UPPER RESPIRATORY INFECTION) [J06.9 (ICD-10-CM)]

Patient Instructions

Your current symptoms are consistent with a cold or flu which is typically caused by viral infection. Antibiotics won't be helpful in these conditions.

It is most helpful at this time to:

-Get plenty of rest and drink lots of fluids

-For fever and sore throat, aches and pain, you may use Advil or Ibuprofen 400mg to 600mg Every 6-8 hours (maximum dose is 2400 mg in 24 hours or Acetaminophen 500-1000mg four times daily, maximum dose is 3000 mg a day (watch out for Acetaminophen in the multi-symptoms cold medication(s))

-For nasal congestion, you may try hot drinks like soup and tea, or use steam, or use low dose nasal decongestant like Sudafed PE or Mucinex-D as needed (don't take pseudoephedrine if you have high blood pressure or heart disease). You may use sinus rinse (like Neilmed or Netty-pot) 4-5 times a day for sinus congestion.

-For cough you may try Mucinex DM (may last 12 or 24 hours) or Robitussin DM (take every 4-6 hours) or Delsym (last 12 hours), or Dayquil (works for congestion also) or Nyquil or most over the counter cough formula.

Mucinex or guaifenesin helps loosen phlegm so you can cough it out but sometimes it may cause more nasal drip.

If you cough because of excessive nasal drips, make sure your cough medication(s) has an antihistamine (as in Nyquil, Dimetapp, or most of the night time cough medication(s)).

Dextromethophan or the DM part of your cough medicine is a cough suppressant only.

If you have severe cough you may request for a prescription cough medication(s) which may contain codeine or hydrocodone which is a stronger cough suppressant which may cause drowsiness. Do be careful when you take these products. Please avoid driving if you take them.

Patient Instructions (continued)

If you have throat irritation which make you cough, you may benefit from another type of cough suppressant called Tessalon perles. This requires a prescription.

-For hoarseness, please rest your voice. Don't talk if you don't really have to. Drink lots of liquid (warm liquid is preferred). We recommend at least 2 quarts of liquid a day.

-You may also use extra vitamin C 2 grams daily for about 4-5 days if you only start with cold symptoms in the last 1-2 days. You may also take Zinc lozenges at the recommended dose up to about 50 mg a day. These treatment may sometimes help you reduce the duration of your cold.

-Sometimes lingering cough is due to allergies. If you tend to have a cough in certain season of the year, you may want to take an antihistamine like Cetirizine or Loratidine daily and add some Benadryl or Chlorpheniramine at night for excessive nasal drip.

If your fever is persistent for more than 3-5 days or if you develop new fever, or sinus pain, ear pain, shortness of breath or wheezing, please follow up for reevaluation.

Your Kaiser Permanente Care Instructions

Influenza (Flu) Vaccine: Care Instructions

Your Care Instructions

Influenza (flu) is an infection in the lungs and breathing passages. It is caused by the influenza virus. There are different strains, or types, of the flu virus every year. The flu comes on quickly. It can cause a cough, stuffy nose, fever, chills, tiredness, and aches and pains. These symptoms may last up to 10 days. The flu can make you feel very sick, but most of the time it doesn't lead to other problems. But it can cause serious problems in people who are older or who have a long-term illness, such as heart disease or diabetes.

You can help prevent the flu by getting a flu vaccine every year, as soon as it is available. You cannot get the flu from the vaccine. The vaccine prevents most cases of the flu. But even when the vaccine doesn't prevent the flu, it can make symptoms less severe and reduce the chance of problems from the flu.

Sometimes, young children and people who have an immune system problem may have a slight fever or muscle aches or pains 6 to 12 hours after getting the shot. These symptoms usually last 1 or 2 days.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Who should get the flu vaccine?

Everyone age 6 months or older should get a flu vaccine each year. It lowers the chance of getting and spreading the flu. The vaccine is very important for people who are at high risk for getting other health problems from the flu. This includes:

- Anyone 50 years of age or older.
- People who live in a long-term care center, such as a nursing home.
- All children 6 months through 18 years of age.
- Adults and children 6 months and older who have long-term heart or lung problems, such as asthma.

Patient Instructions (continued)

- Adults and children 6 months and older who needed medical care or were in a hospital during the past year because of diabetes, chronic kidney disease, or a weak immune system (including HIV or AIDS).
- Women who will be pregnant during the flu season.
- People who have any condition that can make it hard to breathe or swallow (such as a brain injury or muscle disorders).
- People who can give the flu to others who are at high risk for problems from the flu. This includes all health care workers and close contacts of people age 65 or older.

Who should not get the flu vaccine?

The person who gives the vaccine may tell you not to get it if you:

- Have a severe allergy to eggs or any part of the vaccine.
- Have had a severe reaction to a flu vaccine in the past.
- Have had Guillain-Barré syndrome (GBS).
- Are sick with a fever. (Get the vaccine when symptoms are gone.)

How can you care for yourself at home?

- If you or your child has a sore arm or a slight fever after the shot, take an over-the-counter pain medicine, such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin). Read and follow all instructions on the label. Do not give aspirin to anyone younger than 20. It has been linked to Reye syndrome, a serious illness.
- Do not take two or more pain medicines at the same time unless the doctor told you to. Many pain medicines have acetaminophen, which is Tylenol. Too much acetaminophen (Tylenol) can be harmful.

When should you call for help?

Call 911 anytime you think you may need emergency care. For example, call if after getting the flu vaccine:

- You have symptoms of a severe reaction to the flu vaccine. Symptoms of a severe reaction may include:
 - ◆ Severe difficulty breathing.
 - ◆ Sudden raised, red areas (hives) all over your body.
 - ◆ Severe lightheadedness.

Call your doctor now or seek immediate medical care if after getting the flu vaccine:

- You think you are having a reaction to the flu vaccine, such as a new fever.

Watch closely for changes in your health, and be sure to contact your doctor if you have any problems.

Where can you learn more?

Go to <http://www.kp.org>

Enter **N880** in the search box to learn more about "**Influenza (Flu) Vaccine: Care Instructions.**"

Current as of: August 1, 2016

Content Version: 11.3

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Patient Instructions (continued)

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Smith, Pepper (MR # 000004779300)

Page 1 of 5

After Visit Summary
11/16/2017Pepper Smith
MRN: 000004779300**Visit and Patient Information****Visit Information**

Date & Time	Provider	Department
11/16/2017 9:50 AM	ANALIZA LONTOK SANCHEZ DO, D.O.	Ucchchar Ucc

Visit Summary**Vitals**

BP	Pulse	Temp	Resp	Ht
132/89	92	98.3 °F (36.8 °C) (Oral)	20	5' 3" (1.6 m)
Wt	LMP	SpO2	BMI	
242 lb (109.8 kg)	(LMP Unknown)	98%	42.87 kg/m ²	

BMI and BSA Data

Body Mass Index: 42.87 kg/m ²	Body Surface Area: 2.21 m ²
--	--

Health Problems Reviewed

UPPER RESPIRATORY TRACT INFECTION (URI)

Patient Instructions

Your current symptoms are consistent with a cold or flu which is typically caused by viral infection. Antibiotics won't be helpful in these conditions.

It is most helpful at this time to:

-Get plenty of rest and drink lots of fluids

-For fever and sore throat, aches and pain, you may use Advil or Ibuprofen 400mg to 600mg Every 6-8 hours (maximum dose is 2400 mg in 24 hours or Acetaminophen 500-1000mg four times daily, maximum dose is 3000 mg a day (watch out for Acetaminophen in the multi-symptoms cold medication(s))

-For nasal congestion, you may try hot drinks like soup and tea, or use steam, or use low dose nasal decongestant like Sudafed PE or Mucinex-D as needed (don't take pseudoephedrine if you have high blood pressure or heart disease). You may use sinus rinse (like Neilmed or Netty-pot) 4-5 times a day for sinus congestion.

-For cough you may try Mucinex DM (may last 12 or 24 hours) or Robitussin DM (take every 4-6 hours) or Delsym (last 12 hours), or Dayquil (works for congestion also) or Nyquil or most over the counter cough formula.

Mucinex or guaifenesin helps loosen phlegm so you can cough it out but sometimes it may cause more nasal drip.

If you cough because of excessive nasal drips, make sure your cough medication(s) has an antihistamine (as in Nyquil, Dimetapp, or most of the night time cough medication(s)).

Dextromethophan or the DM part or your cough medicine is a cough suppressant only.

If you have severe cough you may request for a prescription cough medication(s) which may contain codeine or hydrocodone which is a stronger cough suppressant which may cause drowsiness. Do be

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Page 1 of 5

Smith, Pepper (MR # 000004779300)

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Patient Instructions (continued)

careful when you take these products. Please avoid driving if you take them.

If you have throat irritation which make you cough, you may benefit from another type of cough suppressant called Tessalon perles. This requires a prescription.

-For hoarseness, please rest your voice. Don't talk if you don't really have to. Drink lots of liquid (warm liquid is preferred). We recommend at least 2 quarts of liquid a day.

-You may also use extra vitamin C 2 grams daily for about 4-5 days if you only start with cold symptoms in the last 1-2 days. You may also take Zinc lozenges at the recommended dose up to about 50 mg a day. These treatment may sometimes help you reduce the duration of your cold.

-Sometimes lingering cough is due to allergies. If you tend to have a cough in certain season of the year, you may want to take an antihistamine like Cetirizine or Loratidine daily and add some Benadryl or Chlorpheniramine at night for excessive nasal drip.

If your fever is persistent for more than 3-5 days or if you develop new fever, or sinus pain, ear pain, shortness of breath or wheezing, please follow up for reevaluation.

Your Kaiser Permanente Care Instructions**Influenza (Flu) Vaccine: Care Instructions****Your Care Instructions**

Influenza (flu) is an infection in the lungs and breathing passages. It is caused by the influenza virus. There are different strains, or types, of the flu virus every year. The flu comes on quickly. It can cause a cough, stuffy nose, fever, chills, tiredness, and aches and pains. These symptoms may last up to 10 days. The flu can make you feel very sick, but most of the time it doesn't lead to other problems. But it can cause serious problems in people who are older or who have a long-term illness, such as heart disease or diabetes.

You can help prevent the flu by getting a flu vaccine every year, as soon as it is available. You cannot get the flu from the vaccine. The vaccine prevents most cases of the flu. But even when the vaccine doesn't prevent the flu, it can make symptoms less severe and reduce the chance of problems from the flu.

Sometimes, young children and people who have an immune system problem may have a slight fever or muscle aches or pains 6 to 12 hours after getting the shot. These symptoms usually last 1 or 2 days.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Who should get the flu vaccine?

Everyone age 6 months or older should get a flu vaccine each year. It lowers the chance of getting and spreading the flu. The vaccine is very important for people who are at high risk for getting other health problems from the flu. This includes:

- Anyone 50 years of age or older.
- People who live in a long-term care center, such as a nursing home.
- All children 6 months through 18 years of age.
- Adults and children 6 months and older who have long-term heart or lung problems, such as

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Patient Instructions (continued)

asthma.

- Adults and children 6 months and older who needed medical care or were in a hospital during the past year because of diabetes, chronic kidney disease, or a weak immune system (including HIV or AIDS).
- Women who will be pregnant during the flu season.
- People who have any condition that can make it hard to breathe or swallow (such as a brain injury or muscle disorders).
- People who can give the flu to others who are at high risk for problems from the flu. This includes all health care workers and close contacts of people age 65 or older.

Who should not get the flu vaccine?

The person who gives the vaccine may tell you not to get it if you:

- Have a severe allergy to eggs or any part of the vaccine.
- Have had a severe reaction to a flu vaccine in the past.
- Have had Guillain-Barré syndrome (GBS).
- Are sick with a fever. (Get the vaccine when symptoms are gone.)

How can you care for yourself at home?

- If you or your child has a sore arm or a slight fever after the shot, take an over-the-counter pain medicine, such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin). Read and follow all instructions on the label. Do not give aspirin to anyone younger than 20. It has been linked to Reye syndrome, a serious illness.
- Do not take two or more pain medicines at the same time unless the doctor told you to. Many pain medicines have acetaminophen, which is Tylenol. Too much acetaminophen (Tylenol) can be harmful.

When should you call for help?

Call 911 anytime you think you may need emergency care. For example, call if after getting the flu vaccine:

- You have symptoms of a severe reaction to the flu vaccine. Symptoms of a severe reaction may include:
 - ◆ Severe difficulty breathing.
 - ◆ Sudden raised, red areas (hives) all over your body.
 - ◆ Severe lightheadedness.

Call your doctor now or seek immediate medical care if after getting the flu vaccine:

- You think you are having a reaction to the flu vaccine, such as a new fever.

Watch closely for changes in your health, and be sure to contact your doctor if you have any problems.

Where can you learn more?

Go to <http://www.kp.org>

Enter **N880** in the search box to learn more about "**Influenza (Flu) Vaccine: Care Instructions.**"

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Smith, Pepper (MR # 000004779300)
Patient Instructions (continued)

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Allergies

Allergies as of 11/16/2017		Reviewed On: 11/2/2017 By: Ozaeta, Andrea (M.A.), M.A.		
No Known Drug Allergies	Severity Not Specified	Noted 06/01/2005	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

Medications

Upcoming Administrations

None

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed
 QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

Orders

New Orders

Normal Orders This Visit

GROUP A STREP SCREEN POCT [87880 CPT(R)]**VACC INFLUENZA 4 YRS-ADULT, TRIVALENT, PRES FREE, 0.5 ML IM [90656 CPT(R)]**

General Information

Protect yourself from the flu. Get vaccinated.

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit kp.org/flu or call 1-866-70-NOFLU (1-866-706-6358).

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 Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

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Smith, Pepper (MR # 000004779300)

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Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at www.kp.org to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at www.kp.org/refill

Contains Confidential Information - Dispose of Properly.
Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

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END OF ENCOUNTER

11/24/2017 - Telephone Appointment Visit in FAMILY MEDICINE KP CARE NOW

Visit Information

Provider Information

Encounter Provider

Authorizing Provider

11/24/2017 - Telephone Appointment Visit in FAMILY MEDICINE KP CARE NOW (continued)

Visit Information (continued)

Cuk, Olivera (M.D.), M.D.

Cuk, Olivera (M.D.), M.D.

Department

Name	Address	Phone
FAMILY MEDICINE KP CARE NOW	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Level of Service

Level of Service
PHYS TAV, EST PAT, 5-10 MIN OF MEDICAL DISCUSSION

Reason for Visit

Chief Complaint

- SINUS CONGESTION

Visit Diagnosis

- SINUSITIS [J32.9]

Clinical Notes

Progress Notes

Cuk, Olivera (M.D.), M.D. at 11/24/2017 1119

Author: Cuk, Olivera (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 11/24/2017 11:21 AM	Encounter Date: 11/24/2017	Creation Time: 11/24/2017 11:19 AM
Status: Signed	Editor: Cuk, Olivera (M.D.), M.D. (Physician)	

TELEPHONE APPOINTMENT VISIT (TAV) -- 11:19 AM

Pepper Smith is a 46 year old female

Reason for TAV: SINUS CONGESTION

There are no preventive care reminders to display for this patient.

PHONE VISIT DOCUMENTATION:

Patient has congestion and cough for last 2 weeks, seen in the office and Cheratussin was prescribed which helped with cough. Last few days patient has lot of sinus pressure, congestion and greenish nasal secretion.

ASSESSMENT:

Encounter Diagnoses

Code	Name	Primary?
• J32.9	SINUSITIS	

11/24/2017 - Telephone Appointment Visit in FAMILY MEDICINE KP CARE NOW (continued)**Clinical Notes (continued)****PLAN:****Orders Placed This Encounter**

- Codeine-guaiFENesin (GUAIFENESIN AC) 10-100 mg/5 mL Oral Liqd
- Azithromycin (ZITHROMAX) 250 mg Oral Tab

Time spent with patient or guardian over the phone was 7 minutes.

Electronically signed by:

OLIVERA CUK MD

11/24/2017

11:19 AM

Electronically signed by Cuk, Olivera (M.D.), M.D. at 11/24/2017 11:21 AM

Other Orders**Medications****Codeine-guaiFENesin (GUAIFENESIN AC) 10-100 mg/5 mL Oral Liqd [1554006869] (Expired)**

Electronically signed by: **Cuk, Olivera (M.D.), M.D. on 11/24/17 1115**

Status: **Expired**

Ordering user: Cuk, Olivera (M.D.), M.D. 11/24/17 1115

Authorized by: Cuk, Olivera (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 11/24/17 - 05/23/18 2359

Class: Fill Later

Diagnoses

SINUSITIS [J32.9]

Provider Details**Provider**

Cuk, Olivera (M.D.), M.D.

NPI

1285944272

Questionnaire**Question**

Is this medication for a workers' compensation condition?

Answer

No

Reordered from: Codeine-guaiFENesin (GUAIFENESIN AC) 10-100 mg/5 mL Oral Liqd

Indications

SINUSITIS [J32.9 (ICD-10-CM)]

Azithromycin (ZITHROMAX) 250 mg Oral Tab [1554006870] (Expired)

Electronically signed by: **Cuk, Olivera (M.D.), M.D. on 11/24/17 1115**

Status: **Expired**

Ordering user: Cuk, Olivera (M.D.), M.D. 11/24/17 1115

Authorized by: Cuk, Olivera (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 11/24/17 - 12/24/17 2359

Class: Fill Later

Diagnoses

SINUSITIS [J32.9]

Provider Details**Provider**

Cuk, Olivera (M.D.), M.D.

NPI

1285944272

Questionnaire**Question**

Is this medication for a workers' compensation condition?

Answer

No

11/24/2017 - Telephone Appointment Visit in FAMILY MEDICINE KP CARE NOW (continued)**Other Orders (continued)****Indications**

SINUSITIS [J32.9 (ICD-10-CM)]

END OF ENCOUNTER**02/05/2018 - Patient Message in INTERNAL MEDICINE GREEN1****Visit Information****Provider Information****Encounter Provider**

Stahl, Jerusha Emily (M.D.), M.D.

Department

Name	Address	Phone
INTERNAL MEDICINE GREEN1	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Reason for Visit**Chief Complaint**

- APPOINTMENT REQUEST, ROUTINE

Clinical Notes**Telephone Encounter****Mejia, Farideh (R.N.), R.N. at 2/6/2018 1217**

Author: Mejia, Farideh (R.N.), R.N.
 Filed: 2/6/2018 12:17 PM
 Status: Signed
 From: Pepper Smith
 To: Stahl, Jerusha Emily (M.D.), M.D.
 Sent: 2/5/2018 9:23 AM PST
 Subject: Appointment Bloodwork

Service: —
 Encounter Date: 2/5/2018
 Editor: Mejia, Farideh (R.N.), R.N. (REGISTERED NURSE)

Author Type: REGISTERED NURSE
 Creation Time: 2/6/2018 12:17 PM

Hi Dr.Stahl,

I've tried making an appointment with you however nothings been available.I?m not sure if you know but I did have the hysterectomy done in August 2017.

I?d like to check my blood,anemia and pre diabetic status.I?m going to go to Urgent Care today.I don?t think I have a cold I think it?s acid reflux and nasal drip,I?m doing a lot of coughing and sore throat for the entire weekend.

So if I could do blood work while I?m there that would be great.

Thank you
 Pepper Smith

Electronically signed by Mejia, Farideh (R.N.), R.N. at 2/6/2018 12:17 PM

02/05/2018 - Patient Message in INTERNAL MEDICINE GREEN1 (continued)**Clinical Notes (continued)****Messages****RE: Appointment Bloodwork**

From	To	Sent and Delivered
Farideh (R.N.) Mejia, R.N.	Pepper Smith	2/6/2018 12:23 PM
Last Read in kp.org		
6/1/2018 10:41 AM by Pepper Smith		

Dear Ms. Smith,

Thank you for your email. My name is Farideh and I am the registered nurse assisting Dr. Stahl today. Unfortunately Dr. Stahl does not have any available appointments until April. You may schedule a physical exam with a Nurse Practitioner as early as this week, labs may be completed during your physical exam.

Per chart review, you did not come in to the urgent care for the symptoms you wrote in the message.

You may speak to a doctor regarding your cough via a telephone appointment. Please contact the appointment center at (800) 954-8000 and request a KP Now telephone appointment for your cough.

You may also call for a Same Day appointment as early as 7:00am the day you wish to be seen, if you wish to be seen in person. If Same Day appointment is not available, you may walk into the Urgent Care Department at the West Los Angeles Medical Center at 6041 Cadillac Avenue, Los Angeles. Urgent Care is open Monday - Friday 9:00am to 9:00pm and weekends or holidays 8:00am to 9:00pm.

Sincerely,
FARIDEH MEJIA RN on behalf of Dr. Stahl

Appointment Bloodwork

From	To	Sent
Pepper Smith	Jerusha Emily (M.D.) Stahl, M.D.	2/5/2018 9:23 AM

Hi Dr.Stahl,

I've tried making an appointment with you however nothings been available.I'm not sure if you know but I did have the hysterectomy done in August 2017.

I'd like to check my blood,anemia and pre diabetic status.I'm going to go to Urgent Care today.I don?t think I have a cold I think it?s acid reflux and nasal drip,I'm doing a lot of coughing and sore throat for the entire weekend.

02/05/2018 - Patient Message in INTERNAL MEDICINE GREEN1 (continued)**Messages (continued)**

So if I could do blood work while I'm there that would be great.

Thank you
Pepper Smith

END OF ENCOUNTER**02/06/2018 - Office Visit in URGENT CARE - LOS ANGELES****Visit Information****Provider Information****Encounter Provider**

Kai, Patricia Ann Custodio (N.P.), N.P.

Authorizing Provider

Kai, Patricia Ann Custodio (N.P.), N.P.

Department**Name**

URGENT CARE - LOS ANGELES

Address4700 W SUNSET BLVD
Los Angeles CA 90027-6082**Phone**

833-574-2273

Follow-up and Dispositions

- Return in about 1 week (around 2/13/2018) for ROUTINE APPOINTMENT WITH PCP.

Level of Service**Level of Service**

OUTPT EST LEVEL 4

Reason for Visit**Chief Complaint**

- URI SYMPTOMS (x5days)

Visit Diagnoses

- LEFT OTITIS MEDIA [H66.92]
- ACUTE FRONTAL SINUSITIS [J01.10]
- COUGH [R05]

Vitals**Vital Signs**

Most recent update: 2/6/2018 9:58 PM

BP	Pulse	Temp	Resp	Ht
143/77	90	99.7 °F (37.6 °C) (Oral)	18	5' 3" (1.6 m)

Wt	SpO2	Breastfeeding	BMI
242 lb (109.8 kg)	100%	No	42.87 kg/m ²

Pain Information (Last Filed)

Score	Location	Comments	Edu?
8 (scale 0-10)	HEAD	None	None

02/06/2018 - Office Visit in URGENT CARE - LOS ANGELES (continued)**Vitals (continued)****Clinical Notes****Nursing Note****Celiz, Alicia J (R.N.), R.N. at 2/6/2018 2156**

Author: Celiz, Alicia J (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 2/6/2018 9:57 PM	Encounter Date: 2/6/2018	Creation Time: 2/6/2018 9:56 PM
Status: Signed	Editor: Celiz, Alicia J (R.N.), R.N. (REGISTERED NURSE)	

- Updates BMI - Take Height AND Weight

Electronically signed by Celiz, Alicia J (R.N.), R.N. at 2/6/2018 9:57 PM

Rho, June (R.N.), R.N. at 2/6/2018 2219

Author: Rho, June (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 2/6/2018 10:20 PM	Encounter Date: 2/6/2018	Creation Time: 2/6/2018 10:19 PM
Status: Signed	Editor: Rho, June (R.N.), R.N. (REGISTERED NURSE)	

10:19 PM An After Visit Summary/dmi was printed and given to the patient. amb out of ucc with steady gait

Electronically signed by Rho, June (R.N.), R.N. at 2/6/2018 10:20 PM

Progress Notes**Kai, Patricia Ann Custodio (N.P.), N.P. at 2/6/2018 2201**

Author: Kai, Patricia Ann Custodio (N.P.), N.P.	Service: —	Author Type: NURSE PRACTITIONER (N.P.)
Filed: 2/6/2018 10:49 PM	Encounter Date: 2/6/2018	Creation Time: 2/6/2018 10:01 PM
Status: Signed	Editor: Kai, Patricia Ann Custodio (N.P.), N.P. (NURSE PRACTITIONER (N.P.))	

URGENT CARE NOTE

Date: 2/6/2018

Pepper Smith is a 46 year old female:

Chief Complaint

Patient presents with

- URI SYMPTOMS
x5days

Pt reports coughing and runny nose x 5 days, no has sore throat. Feels left ear is congested and on and off chills. + head pressure around nose and eyebrows. Has not taken any meds for sx.

Reviewed PMH and allergies with pt.

Review of Systems

Constitutional: Positive for chills, fever and malaise/fatigue.

Skin: Negative.

HENT: Positive for congestion, ear pain and sore throat.

02/06/2018 - Office Visit in URGENT CARE - LOS ANGELES (continued)**Clinical Notes (continued)**

Eyes: Negative.
 Cardiovascular: Negative.
 Respiratory: Positive for cough. Negative for sputum production.
 Gastrointestinal: Negative.
 Genitourinary: Negative.
 Musculoskeletal: Negative. Negative for myalgias.
 Neurological: Positive for headaches. Negative for weakness.
 Psychiatric/Behavioral: Negative.

Vitals

BP (!) 143/77 | Pulse 90 | Temp 99.7 °F (37.6 °C) (Oral) | Resp 18 | Ht 5' 3" (1.6 m) | Wt 242 lb (109.8 kg)
 | LMP (LMP Unknown) | SpO2 100% | Breastfeeding? No | BMI 42.87 kg/m²

BP Readings from Last 3 Encounters:

02/06/18 (!) 143/77
 11/16/17 132/89
 11/02/17 130/77

Pulse Readings from Last 3 Encounters:

02/06/18 90
 11/16/17 92
 11/02/17 81

Physical Exam

Constitutional: She is oriented to person, place, and time and well-developed, well-nourished, and in no distress.

HENT:

Head: Normocephalic and atraumatic.

Right Ear: Hearing, tympanic membrane, external ear and ear canal normal. No tenderness.

Left Ear: Hearing and ear canal normal. There is drainage (**yellow pus**) and tenderness. Tympanic membrane is bulging.

Nose: Mucosal edema, rhinorrhea and sinus tenderness present. Right sinus exhibits frontal sinus tenderness. Right sinus exhibits no maxillary sinus tenderness. Left sinus exhibits frontal sinus tenderness. Left sinus exhibits no maxillary sinus tenderness.

Mouth/Throat: Uvula is midline and mucous membranes are normal. No oropharyngeal exudate, posterior oropharyngeal edema, posterior oropharyngeal erythema or tonsillar abscesses.

Thick frothy postnasal drip seen**Nonproductive cough during exam**

Eyes: Conjunctivae are normal. Pupils are equal, round, and reactive to light.

Neck: Normal range of motion. Neck supple. No thyromegaly present.

Cardiovascular: Normal rate and normal heart sounds.

Pulmonary/Chest: Effort normal and breath sounds normal. No respiratory distress. She has no wheezes.

Neurological: She is alert and oriented to person, place, and time. Gait normal.

Skin: Skin is warm and dry. No rash noted.

02/06/2018 - Office Visit in URGENT CARE - LOS ANGELES (continued)**Clinical Notes (continued)**

Psychiatric: Mood, memory, affect and judgment normal.
Nursing note and vitals reviewed.

ASSESSMENT:

H66.92 LEFT OTITIS MEDIA
J01.10 ACUTE FRONTAL SINUSITIS
R05 COUGH

PLAN:**Orders Placed This Encounter**

- Amoxicillin 500 mg Oral Cap - TID x 10 days
- Codeine-guaiFENesin (CHERATUSSIN AC) 10-100 mg/5 mL Oral Liqd - as needed for cough at night per pt request, drowsiness and safety discussed with use
- Acetaminophen Tab 1,000 mg (TYLENOL) - given in back office

- Information given about current problem. Discussed worsening signs and symptoms as well as when and where to seek help for these matters. Also discussed supportive care remedies.

- The diagnosis, treatment plan and treatment options, and possible risks have been discussed with the patient. The patient has been advised to follow up with PCP, return to the URGENT CARE or EMERGENCY DEPARTMENT, as necessary at any time if there is NO IMPROVEMENT or WORSENING OF SYMPTOMS in 4-5 days.

The patient indicates understanding of the explanations and agrees with the plan. No other questions or concerns at this time.

Electronically signed by:

Patricia Kai, FNP-BC

LAMC Urgent Care
(323) 783-5240 clinic
2/6/2018
10:12 PM

Electronically signed by Kai, Patricia Ann Custodio (N.P.), N.P. at 2/6/2018 10:49 PM

Other Orders**Medications****Acetaminophen Tab 1,000 mg (TYLENOL) [1554006874] (Completed)**

Electronically signed by: Kai, Patricia Ann Custodio (N.P.), N.P. on 02/06/18 2212

Status: **Completed**

Ordering user: Kai, Patricia Ann Custodio (N.P.), N.P. 02/06/18 Ordering provider: Kai, Patricia Ann Custodio (N.P.), N.P.

02/06/2018 - Office Visit in URGENT CARE - LOS ANGELES (continued)**Other Orders (continued)**

2212

Authorized by: Kai, Patricia Ann Custodio (N.P.), N.P.
Frequency: Routine X1 02/06/18 2215 - 1 occurrence
DiagnosesOrdering mode: Standard
Class: Back OfficeLEFT OTITIS MEDIA [H66.92]
ACUTE FRONTAL SINUSITIS [J01.10]**Provider Details**

Provider	NPI
Kai, Patricia Ann Custodio (N.P.), N.P.	1659654663

IndicationsLEFT OTITIS MEDIA [H66.92 (ICD-10-CM)]
ACUTE FRONTAL SINUSITIS [J01.10 (ICD-10-CM)]**Amoxicillin 500 mg Oral Cap [1554006872] (Expired)**Electronically signed by: **Kai, Patricia Ann Custodio (N.P.), N.P. on 02/06/18 2210** Status: **Expired**Ordering user: Kai, Patricia Ann Custodio (N.P.), N.P. 02/06/18 2210
Authorized by: Kai, Patricia Ann Custodio (N.P.), N.P.

Ordering mode: Standard

Frequency: Routine 02/06/18 - 03/08/18 2359

Class: Fill Now

Diagnoses

LEFT OTITIS MEDIA [H66.92]
ACUTE FRONTAL SINUSITIS [J01.10]**Provider Details**

Provider	NPI
Kai, Patricia Ann Custodio (N.P.), N.P.	1659654663

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

IndicationsLEFT OTITIS MEDIA [H66.92 (ICD-10-CM)]
ACUTE FRONTAL SINUSITIS [J01.10 (ICD-10-CM)]**Codeine-guaiFENesin (CHERATUSSIN AC) 10-100 mg/5 mL Oral Liqd [1554006873] (Discontinued)**Electronically signed by: **Kai, Patricia Ann Custodio (N.P.), N.P. on 02/06/18 2210** Status: **Discontinued**Ordering user: Kai, Patricia Ann Custodio (N.P.), N.P. 02/06/18 2210
Authorized by: Kai, Patricia Ann Custodio (N.P.), N.P.

Ordering mode: Standard

Frequency: Routine 02/06/18 - 05/31/18

Class: Fill Now

Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1516

Diagnoses

COUGH, UNSPECIFIED [R05]

Provider Details

Provider	NPI
Kai, Patricia Ann Custodio (N.P.), N.P.	1659654663

Questionnaire

Question	Answer
Is this medication for a workers' compensation condition?	No

Indications

COUGH [R05 (ICD-10-CM)]

02/06/2018 - Office Visit in URGENT CARE - LOS ANGELES (continued)

Other Orders (continued)

Smith, Pepper (MR # 000004779300)

Page 1 of 2

After Visit Summary
2/6/2018Pepper Smith
MRN: 000004779300**Visit and Patient Information****Visit Information**

Date & Time	Provider	Department
2/6/2018 10:10 PM	PATRICIA ANN CUSTODIO KAI NP, N.P.	Ucclal27 Aft1

Visit Summary**Vitals**

BP	Pulse	Temp	Resp	Ht
(!) 143/77	90	99.7 °F (37.6 °C) (Oral)	18	5' 3" (1.6 m)

Wt	LMP	SpO2	Breastfeeding?	BMI
242 lb (109.8 kg)	(LMP Unknown)	100%	No	42.87 kg/m ²

BMI and BSA DataBody Mass Index: 42.87 kg/m² Body Surface Area: 2.21 m²**Health Problems Reviewed**LEFT OTITIS MEDIA
ACUTE FRONTAL SINUSITIS
COUGH**Patient Instructions**

None

Allergies**Allergies as of 2/6/2018**Reviewed On: 2/6/2018 By: Kai, Patricia Ann
Custodio (N.P.), N.P.

No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
	Not Specified	06/01/2005		

Medications**NEW Medications**Amoxicillin 500 mg Oral Cap
Codeine-guaiFENesin (CHERATUSSIN AC) 10-100 mg/5 mL Oral Liqd**Clinic Administered Medications Ordered This Visit**

Acetaminophen Tab 1,000 mg (TYLENOL)

Upcoming Administrations

Due	Acetaminophen Tab 1,000 mg (TYLENOL)	Last Admin
2/6/2018		(none)

Visit Medication List

Patient reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

	Dosage
Amoxicillin 500 mg Oral Cap (Taking)	1 CAP PO TID FOR 10 DAYS
Codeine-guaiFENesin (CHERATUSSIN AC) 10-100 mg/5 mL Oral Liqd (Taking)	Take 5ml PO qhs PRN cough

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Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 1 of 2

02/06/2018 - Office Visit in URGENT CARE - LOS ANGELES (continued)

Smith, Pepper (MR # 000004779300)

Page 2 of 2

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed

QHS = Every night at bedtime, AC = Before meals, PC = After meals, c = With, s = Without

Orders

General Information

Protect yourself from the flu. Get vaccinated.

The flu is a serious, contagious illness caused by influenza viruses. Anyone can get the flu. It can cause mild to severe illness. The best way to prevent the flu is by getting a flu shot each year. The CDC and Kaiser Permanente recommend everyone 6 months and older get a flu shot every year.

Flu shot clinics open in September. No appointment is necessary.

Flu shots are available at no charge to members at Kaiser Permanente medical facilities.

For information about hours, times, and locations, please visit kp.org/flu or call 1-866-70-NOFLU (1-866-706-6358).

Adults should participate in at least 30 minutes, and children at least 60 minutes, of moderate exercise (such as brisk walking) for five or more days each week, unless instructed otherwise by your provider. For more information on the health benefits of walking please refer to <http://www.everybodywalk.org>. THRIVE!

Register at www.kp.org to email your physician, renew prescriptions, request appointments, learn more about your personal health, or obtain tips for healthy living!

Save money and time! Get your refills for home delivery at www.kp.org/refill

Contains Confidential Information - Dispose of Properly.
Kaiser Permanente, SCPMG: Smith, Pepper (000004779300)

Page 2 of 2

END OF ENCOUNTER

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2

Visit Information

Provider Information

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Visit Information (continued)****Encounter Provider**

Stahl, Jerusha Emily (M.D.), M.D.

Authorizing Provider

Stahl, Jerusha Emily (M.D.), M.D.

Department**Name**

INTERNAL MEDICINE AQUA2

Address6041 CADILLAC AVE
Los Angeles CA 90034-1702**Phone**

833-574-2273

Questionnaires**ALCOHOL SCREENING PROACTIVE CARE PCM AMB SCAL**

If patient is LESS THAN 65 YEARS OLD AND FEMALE: How many times in the past year have you had 4 or more drinks per day?

zero or neverEntered by Ocegueda, Patricia (M.A.), M.A.
Entered on 5/31/2018 2:42 PM**Level of Service****Level of Service****WELL CARE EST 40 TO 64 YRS****Reason for Visit****Chief Complaint**

- PHYSICAL EXAMINATION

Visit Diagnoses

Name	Code	Chronic?
SCREENING	Z13.9	No
SCREENING MAMMOGRAM FOR BREAST CANCER	Z12.31	No
SEVERE OBESITY, BMI 40-44.9, ADULT	E66.01, Z68.41	Yes
ROUTINE ADULT HEALTH CHECK UP EXAM (primary)	Z00.00	No
ROSACEA	L71.9	Yes

Vitals**Vital Signs**

Most recent update: 5/31/2018 2:41 PM

BP	Pulse	Temp	Ht	Wt
123/79 (BP Location: RA-RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult)	96	98.1 °F (36.7 °C) (Tympanic)	5' 3" (1.6 m)	253 lb 15.5 oz (115.2 kg)

Breastfeeding	BMI
No	44.99 kg/m ²

Clinical Notes (group 1 of 2)**Nursing Note****Ocegueda, Patricia (M.A.), M.A. at 5/31/2018 1442**

Clinical Notes (group 1 of 2) (continued)

Author: Ocegueda, Patricia (M.A.), M.A.	Service: —	Author Type: MEDICAL ASSISTANT
Filed: 5/31/2018 2:43 PM	Encounter Date: 5/31/2018	Creation Time: 5/31/2018 2:42 PM
Status: Signed	Editor: Ocegueda, Patricia (M.A.), M.A. (MEDICAL ASSISTANT)	

Hand hygiene was done and discussed with the pt.

Two identifier were used to verify the pt, i.e name, DOB, either phone # listed in HC

Patient's vital signs, medication, pharmacy of choice, smoking history, chief complaint, allergies and history taken, reviewed; documented.

Estimated body mass index is 44.99 kg/m² as calculated from the following:

Height as of this encounter: 5' 3" (1.6 m).

Weight as of this encounter: 253 lb 15.5 oz (115.2 kg).

PATRICIA OCEGUEDA MA
Internal Medicine WLA

Electronically signed by Ocegueda, Patricia (M.A.), M.A. at 5/31/2018 2:43 PM

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Clinical Notes (group 2 of 2)

Procedures

Filed on 8/13/2018 0650

Procedure Orders

1. MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS [1554006882]
ordered by Stahl, Jerusha Emily (M.D.), M.D. at 05/31/18 1457

- MAMMO SCREENING BILAT SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

BILATERAL DIGITAL SCREENING MAMMOGRAM SEQUENTIAL ORDER: 8/9/2018

CLINICAL: 40-49 no personal or family history of breast cancer.

Comparison is made to exam dated: 10/4/2016 West Los Angeles Medical Center.

There are scattered fibroglandular elements in both breasts that could

obscure a lesion on mammography.

No significant masses, calcifications, or other findings are seen in either breast.

There has been no significant interval change.

IMPRESSION: NEGATIVE

There is no mammographic evidence of malignancy. A routine screening mammogram is recommended within 2 years.

Kaiser Permanente regional guidelines recommend annual screening mammography for high risk patients and screening mammography within 2 years for normal low risk patients. Determination of risk assessment by

radiology is limited and ultimately should be determined by the patient's primary care provider in collaboration with the patient.

Mammograms do not detect all breast cancer. Up to 15 percent of breast

cancer can't be detected by mammography. Patients with palpable abnormalities may require further investigation.

Disposition and Responsibility

A letter with these results will be sent to the patient by the Mammography Department.

Tina L. Hardley M.D.

tlh/penrad:8/12/2018 09:05:35

Imaging Technologist: Sheng-Hui Chou RT(R) (M), West Los Angeles

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Clinical Notes (group 2 of 2) (continued)

Medical
Center
letter sent: Low Risk Follow Up Letter
Mammogram BI-RADS: 1 Negative

Electronically signed by Hardley, Tina Lynelle (M.D.), M.D. at 8/13/2018 6:50 AM

Progress Notes

Stahl, Jerusha Emily (M.D.), M.D. at 5/31/2018 1454

Author: Stahl, Jerusha Emily (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 6/1/2018 8:48 AM	Encounter Date: 5/31/2018	Creation Time: 5/31/2018 2:54 PM
Status: Signed	Editor: Stahl, Jerusha Emily (M.D.), M.D. (Physician)	

5/31/2018

Chief Complaint

Patient presents with

- PHYSICAL EXAMINATION

No outpatient prescriptions have been marked as taking for the 5/31/18 encounter (Office Visit) with Stahl, Jerusha Emily (M.D.), M.D..

Subjective

Pepper Smith is a 47 year old female with cc of PHYSICAL EXAMINATION

Wt Readings from Last 3 Encounters:

05/31/18	115.2 kg (253 lb 15.5 oz)
02/06/18	109.8 kg (242 lb)
11/16/17	109.8 kg (242 lb)

BP Readings from Last 3 Encounters:

05/31/18	123/79
02/06/18	(!) 143/77
11/16/17	132/89

Had hysterectomy last summer - best thing she has ever done - very happy
up 20 lbs since her surgery
Feels it a lot more now, feels uncomfortable, clothes don't fit

Bad habits, husband is off work now so she is eating more with him at home
Started walking last week

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Clinical Notes (group 2 of 2) (continued)

Stopped drinking soda
 Does drink juice - apple juice, grapefruit juice, pineapple juice
 Eats out during the day, at home at night
 Doesn't always eat lunch
 Snacking - eating nuts instead of cookies/cakes
 starbucks every morning - grande latte (not nonfat)

Went to an outside bariatric surgeon

Breasts are very uncomfortable when sleeping - trying to sleep on her back
 More back pain in general

Having chest pains - shocking pain, quick sharp pains

White sty in her eye in the past month - doesn't bother her
 Ears bothering her

Redness to her cheeks and some acne

Past Surgical History:

Procedure	Laterality	Date
• LAPAROSCOPIC HYSTERECTOMY <i>Procedure: ABDOMINAL HYSTERECTOMY LAPAROSCOPIC; Lateralitiy: N/A; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.</i>	N/A	8/17/2017
• LAPAROSCOPIC SALPINGECTOMY <i>Procedure: SALPINGECTOMY LAPAROSCOPIC; Lateralitiy: Left; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.</i>	Left	8/17/2017
• CYSTOSCOPY PROCEDURES <i>Procedure: CYSTOSCOPY; Lateralitiy: N/A; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.</i>	N/A	8/17/2017
• LAPAROSCOPIC LYSIS OF INTRA-ABDOMINAL ADHESION <i>Procedure: INTRA ABDOMINAL LYSIS OF ADHESIONS LAPAROSCOPIC; Lateralitiy: N/A; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.</i>	N/A	8/17/2017
• LIGATION OF FALLOPIAN TUBE		
• SALPINGECTOMY COMPLETE <i>two ectopic pregnancies after BTL</i>	Right	

Family History

Problem	Relation	Age of Onset
• Glaucoma	Father	
• COPD <i>heavy smoker</i>	Father	
• gallbladder ca [Other] [OTHER] <i>pancreatic mets</i>	Mother	
• Crohn's Disease	Daughter	

Social History

Social History
 • Marital status: Married
 Spouse name: No social history on file - go to History activity and

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Clinical Notes (group 2 of 2) (continued)**

- Number of children: enter appropriate social history
4
- Years of education: No social history on file - go to History activity and enter appropriate social history

Occupational History

- DMV

Social History Main Topics

- Smoking status: Never Smoker
- Smokeless tobacco: Never Used
- Alcohol use: No
Comment: occassional
- Drug use: No
- Sexual activity: Yes
Partners: Male

Other Topics

Concern

- No social history on file - go to History activity and enter appropriate social history

Social History Narrative

- No social history on file - go to History activity and enter appropriate social history

BP 123/79 (BP Location: RA-RIGHT ARM, BP Patient Position: SITTING, Cuff Size: Large Adult) | Pulse 96 | Temp 98.1 °F (36.7 °C) (Tympanic) | Ht 1.6 m (5' 3") | Wt 115.2 kg (253 lb 15.5 oz) | LMP (Exact Date) | Breastfeeding? No | BMI 44.99 kg/m²

Gen well appearing in nad

HEENT MMM PERRL EOMI OP clear

Neck supple no lad

Lungs clear b/l

Heart RRR s1,s2 no murmur

Abd soft ntnd +BS

Ext no c/c/

Ears clear b/l

Assessment and Plan:

ROUTINE ADULT HEALTH CHECK UP EXAM (primary encounter diagnosis)

Note:

SCREENING

Note:

Plan: VITAMIN D, 25-HYDROXY

TSH

CREATININE

ALT

HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING

LIPID PANEL

CBC NO DIFFERENTIAL

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Clinical Notes (group 2 of 2) (continued)**

SCREENING MAMMOGRAM FOR BREAST CANCER

Note:

Plan: MAMMO BILAT SCREENING SEQUENTIAL W OR WO COMPUTER AIDED DETECTION ANALYSIS

SEVERE OBESITY, BMI 40-44.9, ADULT

Note: discussed wt loss, healthy balance class, meds as an option

Would like to go to our preop for bari surgery orientation, and will look into healthy balance. I advised could have her seen for consult in bari med clinic if she wants in the future

Plan: REFERRAL HEALTH EDUCATION

ROSACEA

Note:

Plan: metroNIDAZOLE (METROGEL) 0.75 % Top Gel

Orders Placed This Encounter

- XR MAMMOGRAM SCREENING BILATERAL, SEQUENTIAL
- VITAMIN D, 25-HYDROXY
- TSH
- CREATININE
- ALT
- HEMOGLOBIN A1C, SCREENING OR PREDIABETIC MONITORING
- LIPID PANEL
- CBC NO DIFFERENTIAL
- REFERRAL HEALTH EDUCATION
- metroNIDAZOLE (METROGEL) 0.75 % Top Gel

Electronically signed by Stahl, Jerusha Emily (M.D.), M.D. at 6/1/2018 8:48 AM

Labs

LIPID PANEL [1554006878] (Cancel Pend)Electronically signed by: **Ocegueda, Patricia (M.A.), M.A. on 05/31/18 1445**Status: **Cancel Pend**

Ordering user: Ocegueda, Patricia (M.A.), M.A. 05/31/18 1445

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Frequency: Routine 05/31/18 -

Quantity: 1

Pended by: Ocegueda, Patricia (M.A.), M.A. 05/31/18 1445

Provider Details

Provider	NPI
Ocegueda, Patricia (M.A.), M.A.	—
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

CBC NO DIFFERENTIAL [1554006879] (Cancel Pend)

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)**Labs (continued)**

Electronically signed by: **Ocegueda, Patricia (M.A.), M.A. on 05/31/18 1445** Status: **Cancel Pend**
 Ordering user: Ocegueda, Patricia (M.A.), M.A. 05/31/18 1445 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Frequency: Routine 05/31/18 - Quantity: 1
 Pended by: Ocegueda, Patricia (M.A.), M.A. 05/31/18 1445

Provider Details

Provider	NPI
Ocegueda, Patricia (M.A.), M.A.	—
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

VITAMIN D, 25-HYDROXY [1554006875] (Final result)

Electronically signed by: **Stahl, Jerusha Emily (M.D.), M.D. on 05/31/18 1457** Status: **Completed**
 This order may be acted on in another encounter.
 Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1457 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 05/31/18 - Class: Normal
 Quantity: 1 Lab status: Final result
 Released by: Interface, Scal_Lab_Cerner 05/31/18 1457

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220181510 52888	—	BLOOD	T162477 05/31/18 1542

VITAMIN D, 25-HYDROXY [1554006875] (Abnormal)

Resulted: 06/02/18 1606, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: T162477 05/31/18 1542 Resulting lab: SHERMAN WAY REGIONAL LABORATORY
 Narrative:
 RMS ACCN: 634926605
 Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723

Components

Component	Value	Reference Range	Flag	Lab
VITAMIN D, 25-HYDROXY, D3	10	ng/mL	—	956
VITAMIN D, 25-HYDROXY, D2	<4	ng/mL	—	956
25-HYDROXYVITAMIN D	10	30 - 100 ng/mL	L ▼	956

Comment:

There is general consensus (Endocrine Society, Natl Osteoporosis FDN, K_DOQI) that 25-OH Vitamin D measurements > 30 ng/mL are desirable. However, most Americans are deficient by this standard (NHanes III).

Levels <10 ng/mL are consistent with a diagnosis of Rickets/Osteomalacia.

Infants normally produce Vitamin D metabolites that falsely elevate 25-OH Vitamin D measurements. Please order D,25-Hydroxy, Neonatal [82306D] for these patients.

This test was developed and its performance characteristics determined by each applicable laboratory in the Southern California Permanente Medical Group Laboratory System where the test is performed. It has not been cleared or approved by the FDA. Each applicable laboratory is regulated under CLIA as qualified to perform high-complexity testing. This test is used for clinical purposes. It should not be regarded as investigational or for research.

05/31/2018 - Office Visit in INTERNAL MEDICINE AQUA2 (continued)

Labs (continued)

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	David Quam, MD	11668 Sherman Way NORTH HOLLYWOOD CA 91605	06/21/17 2320 - 03/28/19 2317

VITAMIN D, 25-HYDROXY [1554006875]

Resulted: 05/31/18 1914, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Narrative:

RMS ACCN: 634926605

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1101
 Stahl, Jerusha Emily (M.D.), M.D. on 06/08/18 1058
 Stahl, Jerusha Emily (M.D.), M.D. on 06/04/18 0723

Indications

SCREENING [Z13.9 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 11:01
 Stahl, Jerusha Emily (M.D.), M.D. on 6/8/2018 10:58
 Stahl, Jerusha Emily (M.D.), M.D. on 6/4/2018 07:23

TSH [1554006876] (Final result)

Electronically signed by: Stahl, Jerusha Emily (M.D.), M.D. on 05/31/18 1457

Status: Completed

This order may be acted on in another encounter.

Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 05/31/18 1457

Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 05/31/18 -

Class: Normal

Quantity: 1

Lab status: Final result

Released by: Interface, Scal_Lab_Cerner 05/31/18 1457

Diagnoses

SCREENING [Z13.9]

Provider Details

Provider	NPI
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Specimen Information

ID	Type	Source	Collected By
C0000220181510 52890	—	BLOOD	T162477 05/31/18 1542

TSH [1554006876]

Resulted: 05/31/18 2051, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: T162477 05/31/18 1542

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 634926604

Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 06/01/18 0741

Components

Component	Value	Reference Range	Flag	Lab
TSH	1.80	0.35 - 4.00	—	956