

02/25/2022 - Orthopedic Office Visit in ORTHOPEDICS (continued)**Visit Information (continued)**

Los Angeles CA 90034-1702

Level of Service

Level of Service

LOS NOT REQUIRED

Reason for Visit**Chief Complaint**

- MISSED APPOINTMENT, onset date 2/25/2022

Visit Diagnosis

- NO SHOW [ADMIN CODE]

Clinical Notes**Progress Notes****Richard, Curtis L Jr (P.A.), P.A. at 2/25/2022 1307**

Author: Richard, Curtis L Jr (P.A.), P.A.	Service: —	Author Type: PHYSICIAN ASSISTANT (P.A.)
Filed: 2/25/2022 1:09 PM	Encounter Date: 2/25/2022	Creation Time: 2/25/2022 1:07 PM
Status: Signed	Editor: Richard, Curtis L Jr (P.A.), P.A. (PHYSICIAN ASSISTANT (P.A.))	

MISSED APPOINTMENT NOTE

Pepper Smith is a 50 year old female who did not keep appointment on this encounter date. Since there was no face to face visit, Medication Reconciliation/Review was not done. The Reviewed button was clicked solely to fulfill workflow requirements to close the chart.

Electronically signed by Richard, Curtis L Jr (P.A.), P.A. at 2/25/2022 1:09 PM

END OF ENCOUNTER**04/13/2022 - Call Center Telephone Encounter 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**

04/13/2022 - Call Center Telephone Encounter in INTERNAL MEDICINE GREEN1 (continued)

Reason for Visit (continued)

- IMMUNIZATION

Visit Diagnosis

- SCREENING [Z13.9]

Clinical Notes

Telephone Encounter

Filed on 4/13/2022 1156

MESSAGE FROM CALL CENTER: =====

Message Type: Immunization, Message Priority: Normal - Message sent: 04/13/2022 11:56:38 AM
To: STAHL, JERUSHA EMILY (M.D.), Facility: WLA, Department: MED

Adult

Reason for Request:

needs Hep b immunization - per member

Remind member to register on KP.ORG:

CONTACT INFORMATION:

Contact Name, Relationship to Member: Pepper Smith, Self
Contact Instructions: cb anytime
Phone Today/Tomorrow: 323-445-2714
Preferred Language: English

CALLBACK PERMISSION:

Permission to leave voice mail message
If active on KP.ORG, do you authorize a response to this message via secured email

=====

Wed Apr 13 11:56:39 PDT 2022 AGENT (AGENT) : Veronica Caldera W597622 Contact Center:
Woodland Hills

Vera, Evelyn Hexemany (L.V.N.), L.V.N. at 4/15/2022 1434

Author: Vera, Evelyn Hexemany (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 4/15/2022 2:40 PM	Encounter Date: 4/13/2022	Creation Time: 4/15/2022 2:34 PM
Status: Signed	Editor: Vera, Evelyn Hexemany (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

Reason for Message: **Lab Request**

Reason for **lab request**:
Monitoring lab levels for Hep b immunity.

04/13/2022 - Call Center Telephone Encounter in INTERNAL MEDICINE GREEN1 (continued)

Clinical Notes (continued)

Action:

Pended for Physician/Provider review and signature.

Date of Last Appointment with JERUSHA EMILY STAHL MD, M.D.: Last Appointment With PCP

Appointment Date: 9/7/21
Visit Type: Office Visit
Specialty: Internal Medicine
Department: INTWLWLA MEDU AQUA2
Provider: STAHL, JERUSHA EMILY (M.D.)

EVELYN HEXEMANY VERA LVN
4/15/2022 2:39 PM

Electronically signed by Vera, Evelyn Hexemany (L.V.N.), L.V.N. at 4/15/2022 2:40 PM

Stahl, Jerusha Emily (M.D.), M.D. at 4/15/2022 1500

Author: Stahl, Jerusha Emily (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 4/15/2022 3:00 PM	Encounter Date: 4/13/2022	Creation Time: 4/15/2022 3:00 PM
Status: Signed	Editor: Stahl, Jerusha Emily (M.D.), M.D. (Physician)	

approved

Electronically signed by Stahl, Jerusha Emily (M.D.), M.D. at 4/15/2022 3:00 PM

Acuna, Marcela (R.N.), R.N. at 4/19/2022 1200

Author: Acuna, Marcela (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 4/19/2022 12:00 PM	Encounter Date: 4/13/2022	Creation Time: 4/19/2022 12:00 PM
Status: Signed	Editor: Acuna, Marcela (R.N.), R.N. (REGISTERED NURSE)	

see email encounter 04/15/2022

Electronically signed by Acuna, Marcela (R.N.), R.N. at 4/19/2022 12:00 PM

Labs

HEPATITIS B VIRUS SURFACE ANTIBODY (HBSAB), QUANTITATIVE [1554007146] (Final result)

Electronically signed by: Stahl, Jerusha Emily (M.D.), M.D. on 04/15/22 1500	Status: Completed
This order may be acted on in another encounter.	
Ordering user: Stahl, Jerusha Emily (M.D.), M.D. 04/15/22 1500	Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
Ordering mode: Standard	Class: Normal
Frequency: Routine 04/15/22 -	Lab status: Final result
Quantity: 1	
Released by: Stahl, Jerusha Emily (M.D.), M.D. 04/15/22 1500	
Diagnoses	
SCREENING [Z13.9]	

Provider Details

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

04/13/2022 - Call Center Telephone Encounter in INTERNAL MEDICINE GREEN1 (continued)**Labs (continued)****Questionnaire**

Question	Answer
Result Release to patient?	Immediate

Specimen Information

ID	Type	Source	Collected By
C0000220221110 73415	—	BLOOD	E852088 04/21/22 1704

HEPATITIS B SURFACE AB , QUANT [1554007146]

Resulted: 04/22/22 0158, Result status: Final result

Order status: Completed
 Collected by: E852088 04/21/22 1704
 Narrative:
 RMS ACCN: 720481170
 Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 04/22/22 0729

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

Components

Component	Value	Reference Range	Flag	Lab
HEP B SURFACE AB	15.03	>=12.00 mIU/mL	—	956

Comment:

Please see below for interpretive criteria:

NON-REACTIVE: < 8.00 mIU/mL Individual is considered not immune to HBV infection.

GRAYZONE: >= 8.00 to < 12.00 mIU/mL The immune status of the individual should be further assessed by considering other factors such as clinical status, follow-up testing, associated risk factors, and the use of additional diagnostic information.

REACTIVE: >= 12.00 mIU/mL Individual is considered immune to HBV infection.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present

HEPATITIS B SURFACE AB , QUANT [1554007146]

Resulted: 04/22/22 0026, Result status: In process

Order status: Completed
 Collected by: E852088 04/21/22 1704
 Narrative:
 RMS ACCN: 720481170

Filed on: 09/29/22 0336

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 04/22/22 0729

Stahl, Jerusha Emily (M.D.), M.D. on 04/22/22 0729

Indications

SCREENING [Z13.9 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 4/22/2022 07:29

Stahl, Jerusha Emily (M.D.), M.D. on 4/22/2022 07:29

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



4/13/2022 INTERNAL MEDICINE GREEN1

Today's Visit

You spoke with JERUSHA EMILY STAHL MD, M.D. on Wednesday April 13, 2022. The following issues were addressed:

- SCREENING

What's Next

APR 21 2022 Office Visit with STACY YOENHEE CHUN OT, O.T. THURSDAY APRIL 21 4:30 PM
OCCUPATIONAL THERAPY
6041 CADILLAC AVE
LOS ANGELES CA 90034-1702
323-857-2476

Medications

New Orders

Normal Orders This Visit

HEPATITIS B VIRUS SURFACE ANTIBODY (HBSAB), QUANTITATIVE [86317 CPT(R)]

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

Allergies as of 4/13/2022

Reviewed by Azatyan, Harut (L.V.N.), L.V.N. on 2/23/2022

Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	06/01/2005		

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

General Information

SKIP THE TRIP. Have our pharmacy come to you!

New and refill prescriptions mailed to your home.

WHEN USING THE MAIL ORDER OPTION FOR OBTAINING PRESCRIPTIONS:

04/13/2022 - Call Center Telephone Encounter in INTERNAL MEDICINE GREEN1 (continued)

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

4 WAYS TO RECEIVE PRESCRIPTIONS BY MAIL:

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

For questions, call member services at

[800-464-4000](tel:8004644000) or TTY [711](tel:711)
[800-788-0616](tel:8007880616) (Spanish)
[800-757-7585](tel:8007577585) (Chinese dialects)

Hours

Open 7 days a week
 24 hours a day
 Closed holidays

Medicare members

[800-443-0815](tel:8004430815) or TTY [711](tel:711)

Hours

Open 7 days a week
 from 8 a.m. to 8 p.m.

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.

04/13/2022 - Call Center Telephone Encounter in INTERNAL MEDICINE GREEN1 (continued)

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!

Thrive Local

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

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

END OF ENCOUNTER

04/15/2022 - Patient Message in INTERNAL MEDICINE AQUA2

Visit Information

Provider Information

04/15/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)**Visit Information (continued)****Encounter Provider**

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

Clinical Notes**Telephone Encounter****Acuna, Marcela (R.N.), R.N. at 4/19/2022 1201**

Author: Acuna, Marcela (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 4/19/2022 12:09 PM	Encounter Date: 4/15/2022	Creation Time: 4/19/2022 12:01 PM
Status: Signed	Editor: Acuna, Marcela (R.N.), R.N. (REGISTERED NURSE)	

Bariatrics team,
Kindly assist with f/u appointment request.
Thank you

Electronically signed by Acuna, Marcela (R.N.), R.N. at 4/19/2022 12:09 PM

Hidalgo, Jasmine at 4/19/2022 1221

Author: Hidalgo, Jasmine	Service: —	Author Type: —
Filed: 4/19/2022 12:21 PM	Encounter Date: 4/15/2022	Creation Time: 4/19/2022 12:21 PM
Status: Signed	Editor: Hidalgo, Jasmine	

1st Attempt to reach Pt to help schedule wt loss f/u appt . L/M with contact information and instructions to schedule f/u appt.

Jasmine Hidalgo
Bariatric Medicine Department
Administrative Specialist II

Electronically signed by Hidalgo, Jasmine at 4/19/2022 12:21 PM

Hidalgo, Jasmine at 4/20/2022 1640

Author: Hidalgo, Jasmine	Service: —	Author Type: —
Filed: 4/20/2022 4:41 PM	Encounter Date: 4/15/2022	Creation Time: 4/20/2022 4:40 PM
Status: Signed	Editor: Hidalgo, Jasmine	

2nd Attempt to reach patient to schedule wt loss f/u appt. L/M with contact information to schedule follow up appointment.

Jasmine Hidalgo
Bariatric Medicine Department
Administrative Specialist II

04/15/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)**Clinical Notes (continued)**

Electronically signed by Hidalgo, Jasmine at 4/20/2022 4:41 PM

Messages**Follow-up from past visit/message**

From	To	Sent and Delivered
Marcela (R.N.) Acuna, R.N. Last Read in kp.org 4/19/2022 1:15 PM by Pepper Smith	Pepper Smith	4/19/2022 12:09 PM

Hello Ms. Smith,

My name is MARCELA ACUNA RN and I work with your Personal Doctor, Dr. Stahl. Before ordering the Hep B vaccine, a titer is needed to determine whether you still have immunity. This test has been ordered for you. You can walk-in to any Kaiser Permanente lab to have this testing completed -- you do not need an appointment.

No fasting or other preparation is required.

For your convenience, the laboratory locations and hours for the West Los Angeles service area are listed below.

I have also sent a request to our weight management department to contact you for a follow up appointment.

Sincerely,
MARCELA ACUNA RN on behalf of your Personal Doctor

West Los Angeles Laboratory Locations and Hours**Location Address Hours**

West Los Angeles 6041 Cadillac Ave

Los Angeles, CA 90034 Mon-Fri: 6:30 am-7:00 pm

Sat: 6:30 am-2:00 pm

Sun: 6:30 am-12:30 pm

Culver Marina 12001 W. Washington Blvd

Los Angeles, CA 90066 Mon-Fri: 7:30 am-5:00 pm

Inglewood 110 N. La Brea Ave

Inglewood, CA 90302 Mon-Fri: 8:00 am-6:00 pm

Playa Vista 5300 McConnell Ave,

Los Angeles, CA 90066

04/15/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)

Messages (continued)

Mon-Fri: 7:30 am- 5:00 pm

South Los Angeles 1550 W. Manchester Ave
Los Angeles, CA 90047 Mon-Fri:7:30 am-5:00 pm
Venice 5971 Venice Blvd
Los Angeles, CA 90034 Mon-Fri: 8:30 am-5:00 pm
Santa Monica 10Th Street Medical Bldg.
1450 10th St, 2nd floor,
Santa Monica, CA 90401 Mon-Fri: 7:30 am – 4:30 pm
Baldwin Hills Crenshaw 3782 W .Martin Luther King Jr. Blvd.
Los Angeles, CA 90008 Mon – Fri:7:00 am-5:00 pm

If you have any questions please call the Laboratory mainline at 323-857-2792

Follow-up from past visit/message

From Pepper Smith	To Jerusha Emily (M.D.) Stahl, M.D.	Sent 4/15/2022 11:34 AM
----------------------	--	----------------------------

Hello,

I'm trying to get in to get a Hep B vaccination. You had no appts and they sent your office a message for me. The Hep B is for a training I'm taking on 4/24/2022

I also wanted to know what happened to the weight program. After the Zoom call I never heard anything.

Thank you
Pepper Smith
(323)445-2714
Pepper360@gmail.com

END OF ENCOUNTER

04/21/2022 - Non Nursing - Allied Health in OCCUPATIONAL THERAPY

Visit Information

Provider Information

Encounter Provider

Chun, Stacy Yoenhee (O.T.), O.T.

Department

04/21/2022 - Non Nursing - Allied Health in OCCUPATIONAL THERAPY (continued)

Visit Information (continued)

Name	Address	Phone
OCCUPATIONAL THERAPY	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-2476

Reason for Visit

Chief Complaint

- HAND PAIN

Visit Diagnoses

- LEFT LITTLE FINGER MIDDLE PHALANX FX, NDISPL ROUT SUBSEQ [S62.657D]
- LEFT MIDDLE FINGER MIDDLE PHALANX FX, DISPL ROUT SUBSEQ [S62.623D]
- ORTHOPEDIC AFTERCARE [Z47.89]

04/21/2022 - Non Nursing - Allied Health in OCCUPATIONAL THERAPY (continued)

Clinical Notes

Progress Notes

Chun, Stacy Yoenhee (O.T.), O.T. at 4/21/2022 1635

Author: Chun, Stacy Yoenhee (O.T.), O.T.	Service: —	Author Type: THERAPIST, OCCUPATIONAL
Filed: 4/21/2022 5:18 PM	Encounter Date: 4/21/2022	Creation Time: 4/21/2022 4:35 PM
Status: Signed	Editor: Chun, Stacy Yoenhee (O.T.), O.T. (THERAPIST, OCCUPATIONAL)	

Patient was discharged from OT on 4/12/2022 due to patient did not return to therapy for more than 30 days. However, patient called, made a follow up appointment, and came to OT clinic today for continue OT services.

Chart review was performed. Patient seen for continued skilled OT services. Patient verified with two patient identifier, patient repeated name back to therapist and verified birth date. Patient provided consent for all aspects of the physical exam and treatment including exposure of associated body regions and palpation of relevant body structures. Patient was informed they can request to stop the exam/treatment at any time.

Number of visits: 2

Initial evaluation date: 2/1/2022

THERAPY PROGRESS REPORT + RECERTIFICATION**REHABILITATION PLAN OF CARE 4/21/2022**

Referring Provider: Buranday, Jason Aquino P.A.

Referring Diagnosis:

Diagnosis

S62.657D (ICD-10-CM) - LEFT LITTLE FINGER MIDDLE PHALANX FX, NDISPL ROUT
SUBSEQ

S62.623D (ICD-10-CM) - LEFT MIDDLE FINGER MIDDLE PHALANX FX, DISPL ROUT
SUBSEQ

Z47.89 (ICD-10-CM) - ORTHOPEDIC AFTERCARE

Reason: OT for Left middle and small finger ROM, ADLs, strengthening S/P fracture

Treating Impairment/Dysfunction: Pain, swelling and loss of ROM of left middle finger

DOI: 12/29/2021

Long-Term Goals:

1. AROM of left middle finger will increase to WFL in 12 weeks (NOT MET)
2. Pain not to exceed 0/10 with all daily activities in 12 weeks (NOT MET)

Rehab Potential: good

Plan of care:

splint

physical agent modalities: as needed

Paraffin

heat

Electrical stimulation

ice

taping

04/21/2022 - Non Nursing - Allied Health in OCCUPATIONAL THERAPY (continued)**Clinical Notes (continued)**

ultrasound
 edema management
 home exercise program
 soft tissue treatments: soft tissue massage
 therapeutic exercises

Frequency: once per 3 weeks

Duration: 12 weeks

Recertification due: 7/14/22

Re-evaluation to be completed at end of plan of care, unless indicated sooner otherwise.

=====

Progress report interval: 4/21/2022 to 4/21/2022

Subjective: Patient stated "The finger is much better but still tender at the fingertip. In the evening while sleeping, the three fingers [MF/RF/SF] are numb and sore. I'll wake up with my fingers numb. I was doing a typing test and the hand was very painful afterwards."

Objective:

Pain level @ left hand: 0/10 with rest, 4/10 with activity

Significant points of tenderness:

Mild tenderness at left middle finger terminal tendon

Tinel's at left cubital tunnel: (+)ve

Tinel's at left guyon's canal: (-)ve

AROM of left SF is WNL

AROM

Middle finger	Left	Right
MP	0/80	85
PIP	+10/95	+15/105
DIP	*-15/50	75

*active DIP extension lag

Patient seen for:

Applied hot pack for 5 minutes to left hand. No adverse reaction to heat application.

Continue donning mallet splint or oval 8 splint to prevent DIP flexion (Don at all times, no exceptions).

Educated patient on etiology of cubital tunnel syndrome. Patient educated to avoid these risk factors: 1.

Positioning your elbow in a flexed position during sleep and during functional activity 2. Leaning on the elbow. Provided patient with heelbo elbow pad to reduce compression of ulnar nerve at the elbow.

Initiated ergonomic education, in regards to computer. Recommended patient bring in workstation photos for ergonomic assessment.

04/21/2022 - Non Nursing - Allied Health in OCCUPATIONAL THERAPY (continued)

Clinical Notes (continued)

Manual therapy: myofascial release left MF terminal tendon. Educated patient on how to perform myofascial release with lotion for 1-3 minutes x1-2/day.

Reviewed and reinforced home exercise program: forearm flexor stretch Holding 10 sec x3-4 reps/hour, passive left MF MP flexion stretch Hold 10 sec x10 reps x2-3/day, passive left MF PIP flexion stretch Hold 10 sec x10 reps x2-3/day, apply ice pack for 10 minutes x2-3/day.

Assessment : (including progress towards goals): --. Response to treatment- --

4 months s/p left SF and MF middle phalanx fractures. Patient returns to therapy with persisting swan neck deformity of left MF. Recommended patient continue with DIP extension splinting for as long as possible to tighten extensor tendon. Patient also complaints of persisting tingling/numbness at left MF, RF and SF, with positive tinel's at left cubital tunnel. Patient has not yet met long-term goals for occupational therapy. Patient will benefit from additional therapy to facilitate increased ROM and improved painfree functional use of left hand.

Plan: (see plan of care above) Add strengthening exercises

Total Timed Code Treatment Minutes: 20 minutes

Hot pack: 5 minutes

Orthotic management: 10 minutes

Manual therapy: 5 minutes

Therapeutic exercises: 10 minutes

Total Treatment Time Minutes: 30 minutes

Electronically signed by:

STACY YOENHEE CHUN OTR/L, CHT

4/21/2022

5:05 PM

Electronically signed by Chun, Stacy Yoenhee (O.T.), O.T. at 4/21/2022 5:18 PM

04/21/2022 - Non Nursing - Allied Health in OCCUPATIONAL THERAPY (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



4/21/2022 4:30 PM OCCUPATIONAL THERAPY

Today's Visit

You saw STACY YOENHEE CHUN OT, O.T. on Thursday April 21, 2022. The following issues were addressed:

- FINGER FRACTURE
- FINGER FRACTURE
- ORTHOPEDIC AFTERCARE

What's Next

MAY 16 2022	Office Visit with STACY YOENHEE CHUN OT, O.T. Monday May 16 10:00 AM	OCCUPATIONAL THERAPY 6041 CADILLAC AVE LOS ANGELES CA 90034-1702 323-857-2476
-------------	---	--

Medications

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

Allergies as of 4/21/2022

Reviewed by Azatyan, Harut (L.V.N.), L.V.N. on 2/23/2022

Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005	

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

General Information

SKIP THE TRIP. Have our pharmacy come to you!

New and refill prescriptions mailed to your home.

WHEN USING THE MAIL ORDER OPTION FOR OBTAINING PRESCRIPTIONS:

04/21/2022 - Non Nursing - Allied Health in OCCUPATIONAL THERAPY (continued)

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

4 WAYS TO RECEIVE PRESCRIPTIONS BY MAIL:

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

For questions, call member services at

[800-464-4000](tel:8004644000) or TTY [711](tel:711)
[800-788-0616](tel:8007880616) (Spanish)
[800-757-7585](tel:8007577585) (Chinese dialects)

Hours

Open 7 days a week
 24 hours a day
 Closed holidays

Medicare members

[800-443-0815](tel:8004430815) or TTY [711](tel:711)

Hours

Open 7 days a week
 from 8 a.m. to 8 p.m.

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.

04/21/2022 - Non Nursing - Allied Health in OCCUPATIONAL THERAPY (continued)

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!

Thrive Local

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

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

END OF ENCOUNTER

05/26/2022 - Orders Only in SCAL ML E-VISITS ADMIN DEPT

Visit Information

Provider Information

05/26/2022 - Orders Only in SCAL ML E-VISITS ADMIN DEPT (continued)**Visit Information (continued)****Encounter Provider**

Scal E-Visit, Provider (M.D.), M.D.

Department

Name	Address	Phone
SCAL ML E-VISITS ADMIN DEPT	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-2000

Reason for Visit**Visit Diagnosis**

- VACCINATION FOR SARS-COV-2 [Z23]

Other Orders**Immunization/Injection****VACC COVID-19, BOOSTER DOSE APPT [1554007147] (Active)**Status: **Active**

Electronically signed by: **Scal E-Visit, Provider (M.D.), M.D. on 05/26/22 1650**
 Ordering user: Scal E-Visit, Provider (M.D.), M.D. 05/26/22 1650 Authorized by: Scal E-Visit, Provider (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 05/26/22 - Class: Back Office
 Quantity: 1
 Diagnoses
 VACCINATION FOR SARS-COV-2 [Z23]

Provider Details

Provider	NPI
Scal E-Visit, Provider (M.D.), M.D.	—

Questionnaire

Question	Answer
Result Release to patient?	Immediate

Indications

VACCINATION FOR SARS-COV-2 [Z23 (ICD-10-CM)]

END OF ENCOUNTER**06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE****Visit Information****Provider Information**

Encounter Provider	Authorizing Provider
Markosian, Aliss (D.O.), D.O.	Markosian, Aliss (D.O.), D.O.

Department

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

Level of Service

Level of Service
OUTPT NEW LEVEL 4

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)**Visit Information (continued)****Reason for Visit****Chief Complaints**

- HEAD INJURY (DOI:6/02/22)
- STRESS

Visit Diagnoses

Name	Code	Chronic?
OCCUPATIONAL PROBLEMS OR WORK CIRCUMSTANCES	Z56.9	No
MYOFASCIAL PAIN SYNDROME	M79.18	Yes

Vitals**Vital Signs**

Most recent update: 6/3/2022 3:56 PM

BP 138/76	Pulse 75	Temp 97.5 °F (36.4 °C) (Tympanic)
--------------	-------------	--------------------------------------

Pain Information (Last Filed)

Score	Location	Comments	Edu?
8 (scale 0-10)	HEAD - headache	None	None

Clinical Notes**Nursing Note****Trujillo, Ines A.A (L.V.N.), L.V.N. at 6/3/2022 1551**

Author: Trujillo, Ines A.A (L.V.N.), L.V.N. Service: — Author Type: LICENSED VOCATIONAL NURSE
 Filed: 6/3/2022 3:51 PM Encounter Date: 6/3/2022 Creation Time: 6/3/2022 3:51 PM
 Status: Signed Editor: Trujillo, Ines A.A (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)

PROACTIVE CARE ACTIONS

Proactive Office Encounter Actions:

Care Gaps

- Blood Pressure Needed
- Update Tobacco, Smokeless Tobacco, or E-Cigarette/Vaping Use

Immunization Care Gaps

- Covid-19 Immunization Booster Dose Due
- Shingrix First Dose Immunization Due

Electronically signed by Trujillo, Ines A.A (L.V.N.), L.V.N. at 6/3/2022 3:51 PM

Progress Notes**Markosian, Aliss (D.O.), D.O. at 6/3/2022 1607**

Author: Markosian, Aliss (D.O.), D.O. Service: — Author Type: PHYSICIAN (D.O.)

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Clinical Notes (continued)

Filed: 6/6/2022 11:07 AM
Status: SignedEncounter Date: 6/3/2022
Editor: Markosian, Aliss (D.O.), D.O. (PHYSICIAN (D.O.))

Creation Time: 6/3/2022 4:07 PM

DOCTOR'S FIRST REPORT OF OCCUPATIONAL INJURY OR ILLNESS**--- This document is for State Form (DFR) ---**

Pepper Smith is a 51 year old right handed female

MECHANISM OF INJURY:

Sprain/strain

Origin of Injury:

Pepper Smith is a 51 year old female who works as MANAGER

MOI: customer yelling and screaming threats to patient in lobby taking pictures, no mgmt assistance. Patient felt tense and stressed and got an instant headache. Patient reports pre existing neck, left shoulder and arm pain flared up as a result

Date of Injury: Activity Rx/Forms

Injury Date: 6/2/22

Work status: Activity RX/Forms: Only available in RTF version.

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 by this provider.

X-rays performed relative to this visit: none

Diagnostic tests: none

Chief Complaint:

HEAD INJURY and STRESS

Nursing notes reviewed by ALISS MARKOSIAN DO.

Current Complaints Today:**Patient Complaints:**

Pepper Smith is a 51 year old female who works as MANAGER comes in 6/3/2022 complaining of work stress.

1. Duration: since doi
2. Location: same as above

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Clinical Notes (continued)

3. Quality: anxious, depressed, difficulty sleeping, headache
4. Severity: severe
5. Timing: constant
6. Context: Injured at work: Yes
7. Modifying factors:
 - Aggravated by: none
 - Relieved by: none
8. Associated signs and symptoms: no fever, chills, or weight loss

The patient is reporting a stress claim

Reports stress from work as a result of above.

The patient is reporting the following symptoms as above.

The patient denies any suicidal ideation. They deny any attempts to hurt themselves or others. They deny any plans. The patient reports family/friend support at home. They deny having any firearms at home.

No numbness or tingling, b/b changes, saddle anesthesia

Reporting pre existing claim for head, neck, left shoulder and arm under 2020 claim. Was doing well until stressed and all sx flared up.

REVIEW OF SYSTEMS:

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

General: No fever, chills, or sweats

Eyes: No eye pain, blurry vision, double vision, or visual disturbances

Ears, Nose, Throat, and Mouth: No pain, hearing loss, or ear ringing

Cardiovascular: No chest pain or palpitations

Respiratory: No wheezing, cough, or shortness of breath

Gastrointestinal: No nausea, vomiting, or abdominal pain and No rectal bleeding or black stools

Genitourinary: No painful urination

Skin: No rash, redness, or swelling

Neurologic: No numbness or tingling of extremities

Endocrine: No unexplained weight loss, excessive thirst or excessive urination

Hematology: No easy bruising or bleeding

Allergy: No known environmental allergies

Past Medical, Family, and Surgical History:

Reviewed Electronic Medical Records: Yes

PRIOR NON-WORK RELATED?: hx of anxiety attack due to stress, never needed to seek tx for it.

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.

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Clinical Notes (continued)

SOCIAL HISTORY:

Work Status before this visit: Full Duty

Claim Information: pending.

OBJECTIVE FINDINGS:

Vital Signs:

BP 138/76 | Pulse 75 | Temp 97.5 °F (36.4 °C) (Tympanic) | LMP 06/05/2017

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

Constitutional: Well developed and well nourished and Alert and conversant

Ears, Nose, Throat, and Mouth: No signs of trauma, or deformity

Eyes: Conjunctivae and EOMs are normal

Respiratory: No respiratory distress

Neurological: No muscle wasting, tremor, or coordination deficits

Skin: Clear warm and dry

Psychiatric: Pleasant, alert, no distress, mood and affect normal

PHYSICAL EXAMINATION:

BP 138/76 | Pulse 75 | Temp 97.5 °F (36.4 °C) (Tympanic) | LMP 06/05/2017

spurling negative

Neck rom full

No c spine midline tenderness to palpation

Tenderness to palpation c spine ps, trap and peri scap muscles

Full left shoulder rom

X-ray and laboratory ordered today:

no

DIAGNOSIS:

Z56.9 OCCUPATIONAL PROBLEMS OR WORK CIRCUMSTANCES

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

Diagnosis:

ASSESSMENT

@ID@ who works as MANAGER comes in 6/3/2022 complaining of work stress.

(Z56.9) OCCUPATIONAL PROBLEMS OR WORK CIRCUMSTANCES

Plan:

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Clinical Notes (continued)

- RFA Psych
- Activity Rx: TTD
- return to care prn

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):

The medication(s)/supplies/radiological studies ordered this visit:

Orders Placed This Encounter

REFERRAL PSYCHIATRY

Order Comments:

I would like this patient to be referred for psychology consult . I will defer causation and would request the psychologist to address causation and provide further treatment as well as address work status on an ongoing basis. I would also like the psychologist to refer the patient to psychiatry if they feel the patient needs medications for treatment of their psychological injury.

Referral Priority:Routine

Referral Type:Outpatient Service

Referral Reason:Specialty Services Required

Referral Location:*LOS ANGELES (LAMC)

Treatment and Supplies:

Assessment

Pepper Smith is a 51 year old female who works as MANAGER who comes into occupational medicine clinic 06/03/22 complaining of below. After reviewing patient's chart and the history and physical completed today, his/her symptoms are likely related to below.

Defer psych causation and tx

Regarding neck, shoulder and arm pain relating to flare up of 2020 claim, Will sched follow up for patient to be seen under fm

Diagnosis:

(Z56.9) OCCUPATIONAL PROBLEMS OR WORK CIRCUMSTANCES

(M79.18) MYOFASCIAL PAIN SYNDROME

Plan

- follow up with Dr Pandya under 2020 claim for flare up of sx

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Clinical Notes (continued)

- ref psych
- off work due to stress per patient report
- return to care prn

FACTORS OF CARE:

Treatment Plans and Integration: Discussion with patient regarding return to work (full, modified or off work)

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 .

IF HOSPITALIZED AS INPATIENT, GIVE HOSPITAL NAME, LOCATION, AND DATE ADMITTED:

WORK STATUS:

See Below

---End of FORM---

Review of Systems

Physical Exam

ALISS MARKOSIAN DO
6/3/2022, 4:11 PM

Contact Information:

Electronically signed by Markosian, Aliss (D.O.), D.O. at 6/6/2022 11:07 AM

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)**Other Orders****EDUCATIONAL ONLINE****OCCUPATIONAL MEDICINE ONLINE EDUCATION PROGRAMS [1554007148] (Final result)**

Electronically signed by: **Markosian, Aliss (D.O.), D.O. on 06/03/22 1600** Status: **Completed**
 Ordering user: Markosian, Aliss (D.O.), D.O. 06/03/22 1600 Authorized by: Markosian, Aliss (D.O.), D.O.
 Ordering mode: Standard
 Frequency: Routine 06/03/22 - Class: Normal
 Quantity: 1 Lab status: Final result
 Released by: Markosian, Aliss (D.O.), D.O. 06/03/22 1600
 Diagnoses

OCCUPATIONAL PROBLEMS OR WORK CIRCUMSTANCES [Z56.9]**Provider Details**

Provider	NPI
Markosian, Aliss (D.O.), D.O.	1922446921

Questionnaire

Question	Answer
Which Occupational Medicine Program?	Patient Satisfaction: Medical Office Visit (English and Spanish)
View by Date (Maximum 1 year):	9/1/2022
Result Release to patient?	Immediate

Specimen Information

ID	Type	Source	Collected By
ES20220603190 042-424	—	—	06/03/22 1600

OCCUPATIONAL MEDICINE ONLINE EDUCATION PROGRAMS [1554007148]

Resulted: 06/06/22 1725, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: 06/03/22 1600 Resulting lab: SCAL CVIS INTERFACE

Components

Component	Value	Reference Range	Flag	Lab
ONLINE EDUCATION PROGRAM	PATIENT SATISFACTI ON: MEDICAL OFFICE VISIT	—	—	1640
ONLINE EDUCATION URL	https://www. my- emmi.com/E mmiServer/F lashDetectA utoStart.jsp? message_id =000000&ac cess_code= 1519427819 6&dobd=22 &dobm=05& doby=1971	—	—	1640
ONLINE EDUCATION ACCESS CODE	1519427819 6	—	—	1640
ONLINE EDUCATION ISSUE DATE	Jun 03, 2022	—	—	1640
ONLINE EDUCATION START DATE	Jun 06, 2022	—	—	1640
ONLINE EDUCATION COMPLETION DATE	Jun 06, 2022	—	—	1640
ONLINE EDUCATION EXPIRATION DATE	Sep 01, 2022	—	—	1640

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)**Other Orders (continued)**

ONLINE EDUCATION PROGRAM STATUS	Completed	—	—	1640
---------------------------------	-----------	---	---	------

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1246 - Unknown	SCAL CVIS INTERFACE	Unknown	Unknown	09/03/09 0810 - Present
1640 - Unknown	EDUCATIONAL ONLINE	Unknown	Unknown	10/15/14 1134 - Present

**OCCUPATIONAL MEDICINE ONLINE EDUCATION PROGRAMS
[1554007148]**

Resulted: 06/03/22 1600, Result status: In process

Order status: Completed
Collected by: 06/03/22 1600Filed on: 09/29/22 1038
Resulting lab: SCAL CVIS INTERFACE**Components**

Component	Value	Reference Range	Flag	Lab
ONLINE EDUCATION PROGRAM	PATIENT SATISFACTI ON: MEDICAL OFFICE VISIT	—	—	1640
ONLINE EDUCATION URL	https://www. my- emmi.com/E mmiServer/F lashDetectA utoStart.jsp? message_id =000000&ac cess_code= 1519427819 6&dobd=22 &dobm=05& doby=1971	—	—	1640
ONLINE EDUCATION ACCESS CODE	1519427819 6	—	—	1640
ONLINE EDUCATION ISSUE DATE	Jun 03, 2022	—	—	1640
ONLINE EDUCATION START DATE	—	—	—	1640
ONLINE EDUCATION COMPLETION DATE	—	—	—	1640
ONLINE EDUCATION EXPIRATION DATE	Sep 01, 2022	—	—	1640
ONLINE EDUCATION PROGRAM STATUS	Scheduled	—	—	1640

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1246 - Unknown	SCAL CVIS INTERFACE	Unknown	Unknown	09/03/09 0810 - Present
1640 - Unknown	EDUCATIONAL ONLINE	Unknown	Unknown	10/15/14 1134 - Present

Indications

OCCUPATIONAL PROBLEMS OR WORK CIRCUMSTANCES [Z56.9 (ICD-10-CM)]

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)**Other Orders (continued)****Referral****REFERRAL PSYCHIATRY [1554007149] (Active)**

Electronically signed by: **Markosian, Aliss (D.O.), D.O. on 06/03/22 1600** Status: **Active**
 Ordering user: Markosian, Aliss (D.O.), D.O. 06/03/22 1600 Authorized by: Markosian, Aliss (D.O.), D.O.
 Ordering mode: Standard
 Frequency: Routine 06/03/22 - Class: Internal referral
 Quantity: 1
 Diagnoses
 OCCUPATIONAL PROBLEMS OR WORK CIRCUMSTANCES [Z56.9]

Provider Details

Provider	NPI
Markosian, Aliss (D.O.), D.O.	1922446921

Questionnaire

Question	Answer
Reason: For consults, do you authorize this department to book a telephone or video visit if available?	*Consult/Referral Yes

Order comments: I would like this patient to be referred for psychology consult . I will defer causation and would request the psychologist to address causation and provide further treatment as well as address work status on an ongoing basis. I would also like the psychologist to refer the patient to psychiatry if they feel the patient needs medications for treatment of their psychological injury.

Referral Details

Referred By	Diagnoses	Referred To	Type	Priority
Markosian, Aliss (D.O.), D.O. 1526 N EDGEMONT ST LOS ANGELES CA 90027-5260 Phone: 833-574-2273 Fax: 833-574-2273	OCCUPATIONAL PROBLEMS OR WORK CIRCUMSTANCES Order: Referral Psychiatry Reason: Specialty Services Required	*LOS ANGELES (LAMC) FOR REFERRALS ONLY LOS ANGELES CA 90027-5969 Specialty: Psychology	Outpatient Service	Routine

Comment: I would like this patient to be referred for psychology consult . I will defer causation and would request the psychologist to address causation and provide further treatment as well as address work status on an ongoing basis. I would also like the psychologist to refer the patient to psychiatry if they feel the patient needs medications for treatment of their psychological injury.

Question	Answer
Reason:: For consults, do you authorize this department to book a telephone or video visit if available?:	*Consult/Referral Yes

Indications

OCCUPATIONAL PROBLEMS OR WORK CIRCUMSTANCES [Z56.9 (ICD-10-CM)]

Patient Instructions

Thank you for visiting the Occupational Medicine department. We hope you had an excellent visit and we encourage you to share your experience with us. To share your experience, please contact Imran Rana, Department Administrator for Occupational Medicine. Available weekdays at (323)783-4385 or via email at Imran.Rana@kp.org. **To book future appointments please call (323)783-6621.**

Thank you for choosing Kaiser Permanente.

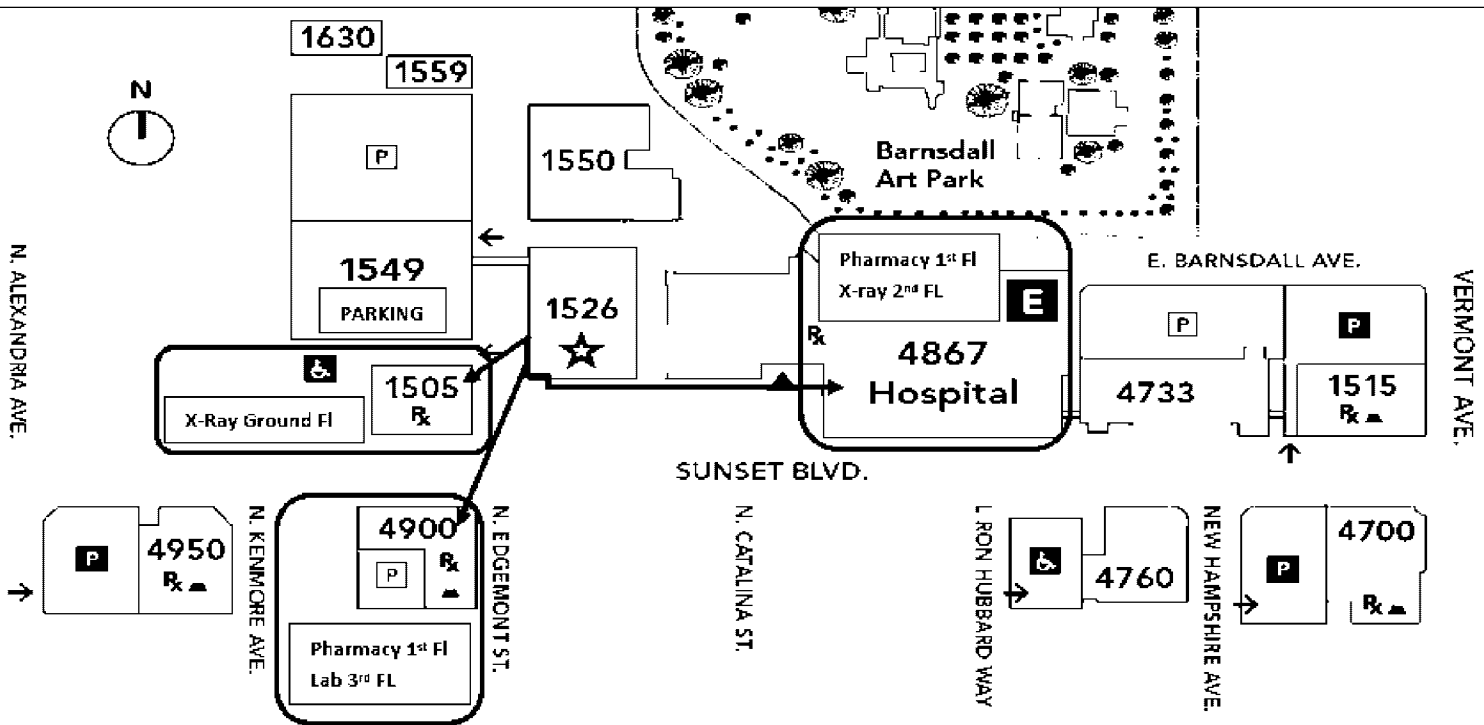
06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Patient Instructions (continued)

If you have not received a call to schedule any specialty consultation, physical therapy, occupational therapy or any other treatment or medical equipment ordered by your doctor, please call our Regional Business Unit at **(844)789-0172**.

Specialty Appointment (323)783-2583	One Call Therapy (866)389-0211	Radiology (323)783-2662
MRI Scheduling (323)783-5384	Medrisk (877)389-4580	Pharmacy Call In Order (866)206-2982

Finding your way at the Los Angeles Medical Center



Messages

Your Educational Online Program is Available for Viewing

From
 Aliss (D.O.) Markosian, D.O.
 Last Read in kp.org
 6/6/2022 4:28 PM by Pepper Smith

To
 Pepper Smith

Sent and Delivered
 6/3/2022 4:00 PM

Dear Pepper Smith

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Messages (continued)

Your healthcare team has prescribed an online education program for you.

PROGRAM:

Click on this link to begin your education program:

https://www.my-emmi.com/EmmiServer/FlashDetectAutoStart.jsp?message_id=000000&access_code=15194278196&dobd=22&dobm=05&doby=1971

Access code: 15194278196

Expiration date: Sep 01, 2022

PLEASE VIEW BY: Sep 01, 2022

This program gives you accurate, easy-to-understand information about your condition or upcoming procedure. You can watch it as many times as you want and it's easy to share with family and friends. Online education programs may be available in languages other than English. You can select alternate languages (if available) prior to viewing your program.

Need help accessing your online education program? Contact us at support@my-emmi.com or 866-294-3664.

For questions and further information concerning the program content, please contact your provider's office.

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

AFTER VISIT SUMMARY



Pepper Smith MRN: 000004779300

6/3/2022 4:40 PM OCCUPATIONAL HEALTH SERVICE

Instructions from ALISS MARKOSIAN DO, D.O.
 Your personalized instructions can be found at the end of this document.

What's Next
 You currently have no upcoming appointments scheduled.

Today's Visit

You saw ALISS MARKOSIAN DO, D.O. on Friday June 3, 2022. The following issues were addressed:

- OCCUPATIONAL PROBLEMS OR WORK CIRCUMSTANCES
- MYOFASCIAL PAIN SYNDROME

Medications

New Orders
 Normal Orders This Visit
OCCUPATIONAL MEDICINE ONLINE EDUCATION PROGRAMS [252577 Custom]
REFERRAL PSYCHIATRY [200392 Custom]

Blood Pressure **138/76** Temperature (Tympanic) **97.5 °F**
 Pulse **75**

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

Allergies as of 6/3/2022

Reviewed by Trujillo, Ines A.A (L.V.N.), L.V.N. on 6/3/2022

No Known Drug Allergies	Severity	Noted	Reaction Type	Reactions
	Not Specified	06/01/2005		

kp.org
 View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/honline/ie/>.

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Instructions from ALISS MARKOSIAN DO, D.O.

Thank you for visiting the Occupational Medicine department. We hope you had an excellent visit and we encourage you to share your experience with us. To share your experience, please contact Imran Rana, Department Administrator for Occupational Medicine. Available weekdays at (323)783-4385 or via email at Imran.Rana@kp.org.

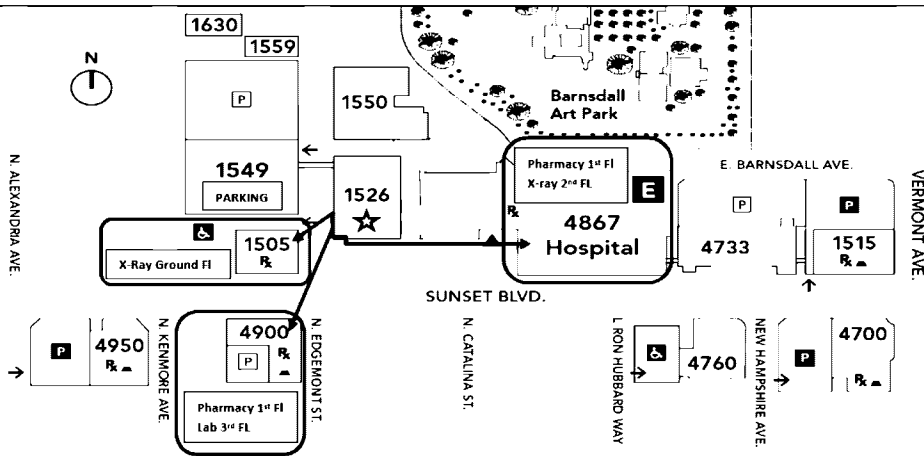
To book future appointments please call (323)783-6621.

Thank you for choosing Kaiser Permanente.

If you have not received a call to schedule any specialty consultation, physical therapy, occupational therapy or any other treatment or medical equipment ordered by your doctor, please call our Regional Business Unit at **(844)789-0172**.

Specialty Appointment (323)783-2583	One Call Therapy (866)389-0211	Radiology (323)783-2662
MRI Scheduling (323)783-5384	Medrisk (877)389-4580	Pharmacy Call In Order (866)206-2982

Finding your way at the Los Angeles Medical Center



06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)**General Information****SKIP THE TRIP. Have our pharmacy come to you!**

New and refill prescriptions mailed to your home.

WHEN USING THE MAIL ORDER OPTION FOR OBTAINING PRESCRIPTIONS:

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

4 WAYS TO RECEIVE PRESCRIPTIONS BY MAIL:

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

For questions, call member services at

[800-464-4000](tel:8004644000) or TTY [711](tel:711)
[800-788-0616](tel:8007880616) (Spanish)
[800-757-7585](tel:8007577585) (Chinese dialects)

Hours

Open 7 days a week
 24 hours a day
 Closed holidays

Medicare members

[800-443-0815](tel:8004430815) or TTY [711](tel:711)

Hours

Open 7 days a week
 from 8 a.m. to 8 p.m.

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)**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!

Thrive Local

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

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

Additional Information

Your healthcare team has prescribed an online education program for you.

06/03/2022 - Office Visit in OCCUPATIONAL HEALTH SERVICE (continued)

Additional Information (continued)

PROGRAM: PATIENT SATISFACTION: MEDICAL OFFICE VISIT
PLEASE VIEW BY: Sep 01, 2022

This program gives you accurate, easy to understand information about your condition or upcoming procedure. You will receive a kp.org message with a link to directly view this program for ease of access. You can watch it as many times as you want and it's easy to share with family and friends. Online education programs may be available in languages other than English. You can select alternate languages (if available) prior to viewing your program.

END OF ENCOUNTER

06/18/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT

Visit Information

Self Triage Sore Throat Dt Scal

06/18/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)

Visit Information (continued)

Last updated: 9/29/2022 10:40 AM PDT

06/18/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)**Visit Information (continued)**

Your answers to the following questions are part of your medical record and should reflect your current symptoms. Treatment decisions are based on your answers and can be harmful if you are not answering the questions accurately. Changing answers to questions and submitting multiple E-visits may result in the inability to treat you online.

Are you pregnant or possibly pregnant?

No

Have you had a baby in the past 6 weeks?

No

Do you have any of the following conditions?

No, I do not have any of the above conditions.

We provide a detailed clinical evaluation via this E-visit with a series of questions to direct you to the appropriate care based on your careful answers.

I would like to go through the more detailed assessment.

Do you currently have any of the following symptoms?

Fever

No

New cough or worsening of a long-standing cough

No

New loss of taste or smell (Anosmia)

No

Nausea or Vomiting

No

Headache that is different from past typical headache

No

Repeated shaking chills

No

Diarrhea (frequent loose or watery stool)

No

Sore throat

Yes

Muscle aches/pain over entire body

No

Nasal congestion or runny nose

No

Is your sore throat:

Moderate/Severe

The following symptoms indicate potential serious or concerning condition that WILL require an assessment by a clinician. Do you have any of the following?

Drizzling that is getting worse

No

Swelling of face, neck, lips, tongue or throat that is rapidly getting worse

No

The following symptoms indicate potential serious or concerning condition that WILL require an assessment by a clinician. Do you have any of the following?

Abdominal pain

No

New rash with small red/purple spots or patches

No

Severe weakness that makes walking or standing difficult

No

Fever of 103 or greater

No

When did you start having these symptoms?

6/17/2022

Check all of the following that apply to you:

65 years or older

--

Have dementia

06/18/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)**Visit Information (continued)**

--

Diabetes (Type 1 or 2)

--

Native Alaskan heritage

--

Native American heritage

--

Extremely obese (100 lbs or more overweight)

--

None of the above

Yes

How difficult is it to swallow?

More difficulty swallowing solids and a little difficulty swallowing liquids

Select the picture that best represents or closest to the way your mouth, throat, and tonsils look. If none of the pictures best represents the way your mouth, throat, and tonsils look, then select "None".

Intense, deep red throat or tonsils with or without red spots on palate. No pus.

Do you have any of the following?

Swollen glands in the front of my neck

No

Swollen glands in the back of my neck

No

Heartburn, acid taste burning up into the throat

No

Have you been exposed to any of the following within the past week?

Someone with a sore throat

No

Someone who has recently been treated for strep throat

No

Have you been exposed to someone with mononucleosis within the past week?

No

Have you had one or more documented strep infections within the last two years?

No

Are you taking an antibiotic for your sore throat now?

No

Have you had A POSITIVE COVID-19 test in the past 2 months?

No

I have reviewed and understand the instructions above. Please select from one of the following options:

I would rather talk with a provider.**Patient Instructions****Selftriage Alert Reuse Appt_Ctr_C19 Adult Regn Peq_Scal****Pepper Smith,**

It is important that you monitor your symptoms closely and call the Appointment Center at **1-833-574-2273** (TTY 711) to schedule a telephone or video visit. Inform them you have completed an E-visit.

As your trusted partner in health, please click on this link: kp.org webpage for more information on **COVID-19**. Check this webpage often for updated information as COVID-19 is constantly evolving and changing.

PLEASE DO NOT WALK IN TO ANY MEDICAL FACILITY WITHOUT SPEAKING TO A MEDICAL PROFESSIONAL FIRST to avoid putting you, your loved ones, or others around you at risk.

06/18/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)

Visit Information (continued)

END OF ENCOUNTER**06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA**

Visit Information

Provider Information

Encounter Provider

Arshakyan, Armen (M.D.), M.D.

Authorizing Provider

Arshakyan, Armen (M.D.), M.D.

Department

Name

URGENT CARE - WEST LA

Address

6041 CADILLAC AVE
Los Angeles CA 90034-1702

Phone

833-574-2273

Level of Service

Level of Service

OUTPT EST LEVEL 3

Reason for Visit

Chief Complaint

- PHONE CONSULT (Sore throat x1 day, bilateral ear pain)

Visit Diagnoses

- THROAT PAIN (primary) [R07.0]
- LEFT OTALGIA [H92.02]

Vitals

Vital Signs

Most recent update: 6/18/2022 10:21 AM

BP	Pulse	Temp	SpO2
135/83 (BP Location: LA- LEFT ARM, BP Patient Position: STANDING, Cuff Size: Large Adult)	83	98.1 °F (36.7 °C) (Temporal)	99%

Clinical Notes

Nursing Note

Busher, Brooke R (L.V.N.), L.V.N. at 6/18/2022 1018

Author: Busher, Brooke R (L.V.N.), L.V.N. Service: —

Author Type: LICENSED VOCATIONAL
NURSEFiled: 6/18/2022 10:21 AM
Status: Signed

Encounter Date: 6/18/2022

Creation Time: 6/18/2022 10:18 AM

Editor: Busher, Brooke R (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)

Pepper Smith is a 51 year old female

Chief Complaint

Patient presents with

- PHONE CONSULT
Sore throat x1 day, bilateral ear pain

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

Clinical Notes (continued)

Verified using two patient identifications , 1) patient states own name 2) patient states DOB

Electronically signed by:
BROOKE R BUSHER LVN
6/18/2022
10:18 AM

BP: 135/83
BP Patient Position: STANDING
Cuff Size: Large Adult
BP Location: LA-LEFT ARM
Pulse: 83
Temp: 98.1 °F (36.7 °C)
Temp src: Temporal
SpO2: 99 %

Electronically signed by Busher, Brooke R (L.V.N.), L.V.N. at 6/18/2022 10:21 AM

Lopez Herrera, Juan A (L.V.N.), L.V.N. at 6/18/2022 1318

Author: Lopez Herrera, Juan A (L.V.N.), L.V.N. Filed: 6/18/2022 1:19 PM Status: Signed	Service: — Encounter Date: 6/18/2022 Editor: Lopez Herrera, Juan A (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	Author Type: LICENSED VOCATIONAL NURSE Creation Time: 6/18/2022 1:18 PM
--	---	--

RAPID STREP SCREEN, POCT

RAPID STREP SCREEN: Negative

Reference Range: Negative

INTERNAL CONTROLS ACCEPTABLE?: Yes

Date/Time: 6/18/2022 1:18 PM
Performed by: JUAN A LOPEZ HERRERA LVN

WEST LA MEDICAL CENTER U
URGENT CARE CLINIC
6041 CADILLAC AVE
LOS ANGELES CA 90034-1702
833-574-2273
323-857-2000

LAB DIRECTOR: WEST LOS ANGELES - Medical Center - Neena Singh, MD
=====

Electronically signed by Lopez Herrera, Juan A (L.V.N.), L.V.N. at 6/18/2022 1:19 PM

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)**Clinical Notes (continued)****Lopez Herrera, Juan A (L.V.N.), L.V.N. at 6/18/2022 1319**

Author: Lopez Herrera, Juan A (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 6/18/2022 1:19 PM	Encounter Date: 6/18/2022	Creation Time: 6/18/2022 1:19 PM
Status: Signed	Editor: Lopez Herrera, Juan A (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

An After Visit Summary was printed and given to the patient.
I have reviewed the provider's instructions with the patient, answering all questions to there satisfaction.
Patient verbalized understanding.
Patient instructed to go to pharmacy window 1.

Electronically signed by Lopez Herrera, Juan A (L.V.N.), L.V.N. at 6/18/2022 1:19 PM

Progress Notes**Arshakyan, Armen (M.D.), M.D. at 6/18/2022 1237**

Author: Arshakyan, Armen (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 6/19/2022 12:19 PM	Encounter Date: 6/18/2022	Creation Time: 6/18/2022 12:37 PM
Status: Signed	Editor: Arshakyan, Armen (M.D.), M.D. (Physician)	

51 yo female is here with c/o throat and ear ache

Left sided

No fever, not taking meds

No other complaints.

Vitals:

	06/18/22 1018	06/18/22 1019
BP:	(!) 160/83	135/83
BP Patient	SITTING	STANDING
Position:		
BP Location:	LA-LEFT ARM	LA-LEFT ARM
Cuff Size:	Large Adult	Large Adult
Pulse:	79	83
Temp:	98.1 °F (36.7 °C)	
TempSrc:	Temporal	
SpO2:	99%	

GE: NAD

B/l ear wnl

No e/o infection

CTA-B

RRR

Normal oropharynx, no e/o abscess

A/P:

THROAT PAIN (primary encounter diagnosis)

No indication for initiation of antibiotic therapy at this point

Plan: GROUP A STREPTOCOCCUS SCREEN, POCT, IMMUNOASSAY W VISUAL READ

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)**Clinical Notes (continued)**

Ibuprofen (MOTRIN) 600 mg Oral Tab
SARS-COV-2, QUALITATIVE, NAA (COVID-19), KP LAB
FLONASE ALLERGY RELIEF 50 mcg/actuation Nasl SpSn

LEFT OTALGIA

Plan: Ibuprofen (MOTRIN) 600 mg Oral Tab

ER precautions provided if worsening sx's or other medical concerns

Pt agreed to the plan

Medications' side effects, risks and benefits discussed with pt who expressed understanding

Electronically signed by Arshakyan, Armen (M.D.), M.D. at 6/19/2022 12:19 PM

Labs**SARS-COV-2, QUALITATIVE, NAA (COVID-19), KP LAB [1554007151] (Final result)**

Electronically signed by: **Arshakyan, Armen (M.D.), M.D. on 06/18/22 1239** Status: **Completed**
Ordering user: Arshakyan, Armen (M.D.), M.D. 06/18/22 1239 Authorized by: Arshakyan, Armen (M.D.), M.D.
Ordering mode: Standard
Frequency: Routine 06/18/22 - Class: Clinic Collected
Quantity: 1 Lab status: Final result
Diagnoses

THROAT PAIN [R07.0]

Provider Details

Provider	NPI
Arshakyan, Armen (M.D.), M.D.	1700158060

Questionnaire

Question	Answer
First COVID test?	No
Patient symptomatic?	Yes
Date of symptom onset:	6/18/2022
Patient hospitalized?	No
Patient in ICU?	No
Patient employed in Health Care?	Unknown
Patient living in congregate setting?	Unknown
Patient pregnant?	No
Result Release to patient?	Immediate

Order comments: NASAL SWAB: Instruct Patient to self-collect or Parent/Guardian/Caregiver to help with specimen collection from ANTERIOR NARES. If not possible, following instructions below: NASAL SWAB: Observe Enhanced Droplet Precautions. Use the same swab for both oropharyngeal and nasopharyngeal sites: (1) swab back of throat, avoiding tongue, and then (2) place same swab into a nostril parallel to palate for a few seconds to absorb secretions; place swab into a sterile container with viral transport media. Store/transport refrigerated or on ice.

Specimen Information

ID	Type	Source	Collected By
C0000220221690 30135	—	NASAL SWAB	RNC 06/18/22 1300

COVID-19 (SARS-COV-2), Nasal Swab [1554007151]

Resulted: 06/19/22 1430, Result status: Final result

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)**Labs (continued)**Order status: Completed
Collected by: RNC 06/18/22 1300Filed on: 09/29/22 1038
Resulting lab: SCPMG REGIONAL REFERENCE
LABORATORIES, CLINICAL PATHOLOGY - CHINO HILLSNarrative:
RMS ACCN: 723944702
Acknowledged by: Moshiri, Hossein (R.N.), R.N. on 06/19/22 1436**Components**

Component	Value	Reference Range	Flag	Lab
SARS-COV-2 (COVID-19), QUALITATIVE, NAA	Not Detected	Not Detected	—	SCPMG

Comment:

NAA (Nucleic Acid Amplification) assays are the primary molecular diagnostic method for SARS-CoV-2 viral RNA detection (also known as RT-PCR or TMA).

This test is only for use under the Food and Drug Administration's Emergency Use Authorization (EUA).

Test results are for the identification of SARS-CoV-2 RNA, which may be detectable in samples submitted during the acute phase of infection.

Positive / Detected. SARS-CoV-2 RNA present.

Negative / Not Detected results for SARS-CoV-2 do not rule out COVID-19 infection and should not be used as the sole basis for patient management.

Negative / Not Detected results must be combined with other information such as patient history, clinical observations and epidemiology. Resubmit if clinically indicated.

Presumptive Positive. Not all COVID-19 targets detected. Consider the test POSITIVE if there was a high pre-test probability of COVID-19 infection. Consider repeat testing if clinically indicated.

Inconclusive

. Not all COVID-19 targets detected. Consider repeat testing if clinically indicated.

For "Invalid" results a new specimen needs to be obtained for retesting.

This test is only authorized for the duration of the declaration that circumstances exist justifying the authorization of the emergency use of in vitro diagnostic tests for detection of SARS-CoV-2 and/or diagnosis of COVID-19 infection.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1753 - SCPMG	SCPMG REGIONAL REFERENCE LABORATORIES, CLINICAL PATHOLOGY - CHINO HILLS	Steven McLaren, DO	13000 Peyton Drive Chino Hills CA 91709	03/28/19 2201 - Present

COVID-19 (SARS-COV-2), Nasal Swab [1554007151]

Resulted: 06/19/22 0757, Result status: In process

Order status: Completed
Collected by: RNC 06/18/22 1300
Narrative:
RMS ACCN: 723944702

Filed on: 09/29/22 0336

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)**Labs (continued)****Reviewed by**

Moshiri, Hossein (R.N.), R.N. on 06/19/22 1436
Moshiri, Hossein (R.N.), R.N. on 06/19/22 1436

Indications

THROAT PAIN [R07.0 (ICD-10-CM)]

All Reviewers List

Moshiri, Hossein (R.N.), R.N. on 6/19/2022 14:36
Moshiri, Hossein (R.N.), R.N. on 6/19/2022 14:36

GROUP A STREPTOCOCCUS SCREEN, POCT, IMMUNOASSAY W VISUAL READ [1554007150] (Final result)

Electronically signed by: **Arshakyan, Armen (M.D.), M.D. on 06/18/22 1238** Status: **Completed**

Ordering user: Arshakyan, Armen (M.D.), M.D. 06/18/22 1238 Authorized by: Arshakyan, Armen (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 06/18/22 -

Quantity: 1

Diagnoses

THROAT PAIN [R07.0]

Provider Details

Provider	NPI
Arshakyan, Armen (M.D.), M.D.	1700158060

Questionnaire

Question	Answer
Result Release to patient?	Immediate

GROUP A STREPTOCOCCUS SCREEN, POCT, IMMUNOASSAY W VISUAL READ [1554007150]

Resulted: 06/18/22 1318, 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: 6/18/2022 1:18 PM

Performed by: JUAN A LOPEZ HERRERA LVN

WEST LA MEDICAL CENTER U
URGENT CARE CLINIC
6041 CADILLAC AVE
LOS ANGELES CA 90034-1702
833-574-2273
323-857-2000

LAB DIRECTOR: WEST LOS ANGELES - Medical Center - Neena Singh, MD

=====

Acknowledged by: Moshiri, Hossein (R.N.), R.N. on 06/18/22 1418

Indications

THROAT PAIN [R07.0 (ICD-10-CM)]

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)**Labs (continued)****All Reviewers List**

Moshiri, Hossein (R.N.), R.N. on 6/19/2022 14:36
 Moshiri, Hossein (R.N.), R.N. on 6/19/2022 14:36
 Moshiri, Hossein (R.N.), R.N. on 6/18/2022 14:18
 Moshiri, Hossein (R.N.), R.N. on 6/18/2022 14:18

Other Orders**Medications****FLONASE ALLERGY RELIEF 50 mcg/actuation Nasl SpSn [1554000600] (Active)**

Electronically signed by: **Arshakyan, Armen (M.D.), M.D. on 06/18/22 1239** Status: **Active**
 Ordering user: Arshakyan, Armen (M.D.), M.D. 06/18/22 1239 Authorized by: Arshakyan, Armen (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 06/18/22 - 06/17/26 2359 Class: Fill Now
 Diagnoses
 THROAT PAIN [R07.0]

Provider Details

Provider	NPI
Arshakyan, Armen (M.D.), M.D.	1700158060

Questionnaire

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

Indications

THROAT PAIN [R07.0 (ICD-10-CM)]

Ibuprofen (MOTRIN) 600 mg Oral Tab [1554000599] (Discontinued)

Electronically signed by: **Arshakyan, Armen (M.D.), M.D. on 06/18/22 1238** Status: **Discontinued**
 Ordering user: Arshakyan, Armen (M.D.), M.D. 06/18/22 1238 Authorized by: Arshakyan, Armen (M.D.), M.D.
 Ordering mode: Standard
 PRN reasons: pain
 Frequency: Routine Q8H PRN 06/18/22 - 07/21/22 Class: Fill Now
 Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 07/21/22 0741
 Diagnoses
 THROAT PAIN [R07.0]
 LEFT OTALGIA [H92.02]

Provider Details

Provider	NPI
Arshakyan, Armen (M.D.), M.D.	1700158060

Questionnaire

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

Admin instructions: . Take with food

Indications

THROAT PAIN [R07.0 (ICD-10-CM)]
 LEFT OTALGIA [H92.02 (ICD-10-CM)]

Patient Instructions

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

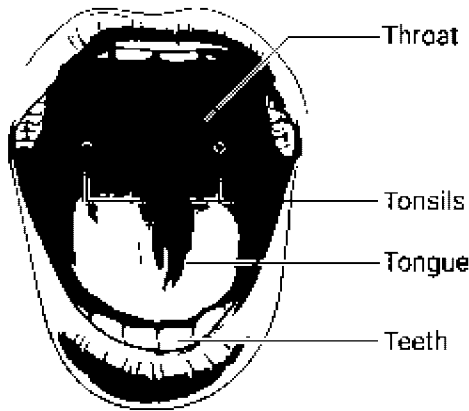
Patient Instructions (continued)

Patient Education

Your Kaiser Permanente Care Instructions

Sore Throat: Care Instructions

Your Care Instructions



Infection by bacteria or a virus causes most sore throats. Cigarette smoke, dry air, air pollution, allergies, and yelling can also cause a sore throat. Sore throats can be painful and annoying. Fortunately, most sore throats go away on their own. If you have a bacterial infection, your doctor may prescribe 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.

How can you care for yourself at home?

- 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.
- Gargle with warm salt water once an hour to help reduce swelling and relieve discomfort. Use 1 teaspoon of salt mixed in 1 cup of warm water.
- Take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Read and follow all instructions on the label.
- Be careful when taking over-the-counter cold or flu medicines and Tylenol at the same time. Many of these medicines have acetaminophen, which is Tylenol. Read the labels to make sure that you are not taking more than the recommended dose. Too much acetaminophen (Tylenol) can be harmful.
- Drink plenty of fluids. Fluids may help soothe an irritated throat. Hot fluids, such as tea or soup, may help decrease throat pain.
- Use over-the-counter throat lozenges to soothe pain. Regular cough drops or hard candy may also help. These should not be given to young children because of the risk of choking.
- Do not smoke or allow others to smoke around you. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Use a vaporizer or humidifier to add moisture to your bedroom. Follow the directions for cleaning the machine.

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

Patient Instructions (continued)

When should you call for help?**Call your doctor now** or seek immediate medical care if:

- You have new or worse trouble swallowing.
- Your sore throat gets much worse on one side.

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 <https://kp.org/health>Enter **U420** in the search box to learn more about "**Sore Throat: Care Instructions.**"

Current as of: December 2, 2020

Content Version: 12.8

© 2006-2021 Healthwise, Incorporated.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

**6/18/2022**

Name: **Pepper Smith**
Address: **2822 7th Ave**
Los Angeles CA 90018

Re: Pepper Smith

To Whom It May Concern:

Based upon recommendations from the Georgia Department of Public Health, **Pepper should self-isolate** until COVID-19 diagnostic testing can be performed and results returned.

If the follow-up diagnostic test is positive, self-isolation should continue based upon recommendations from Georgia Department of Public Health (see link below).

If Pepper has or had COVID-19 symptoms, self-isolation should continue until:

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

Patient Instructions (continued)

- It has been at least 5 days since symptoms started,
- There are no fevers,
- Other symptoms have improved,
AND
- A negative diagnostic test was collected 5 days or more after symptoms began.
- If fevers persist, isolation should continue until fevers resolve.
- If other symptoms are not resolving, isolation should continue until symptoms are resolving or until after day 10 since the symptoms started.
- Alternatively, if retesting on or after day 5 does not occur, Pepper may end isolation after day 10 (since symptoms started), provided there are no fevers and other symptoms are improving.

If Pepper never had COVID-19 symptoms, self-isolation should continue until:

- It has been at least 5 days since Pepper first tested positive,
AND
- A negative diagnostic test was collected 5 days or more since Pepper first tested positive.
- Alternatively, if retesting on or after day 5 does not occur, Pepper may end isolation on day 10 (since the initial positive result).

After day 10, a negative COVID-19 antigen or PCR test result is NOT required for discontinuing self-isolation, based upon recommendations from Georgia Department of Public Health.

Healthcare workers should contact their employers for further guidance as the isolation requirements may differ from above.

NOTE: This document may be printed and shared with your employer or school. You do not need to contact your doctor for an off-work, off-school or caregiver note.

Detailed recommendations are available at <https://dph.georgia.gov/isolation-contact>.

Sincerely,
Kaiser Permanente
6/18/2022 12:40 PM

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



6/18/2022 12:40 PM URGENT CARE CLINIC

Instructions from ARMEN ARSHAKYAN MD, M.D.

Your personalized instructions can be found at the end of this document.



Read the attached information

Additional instructions from ARMEN ARSHAKYAN MD, M.D.

Today's Visit

You saw ARMEN ARSHAKYAN MD, M.D. on Saturday June 18, 2022. The following issues were addressed:

- THROAT PAIN
- LEFT OTALGIA

What's Next

You currently have no upcoming appointments scheduled.

Blood Pressure
135/83Temperature (Temporal)
98.1 °FPulse
83Oxygen Saturation
99%

Medications

NEW Medications

Ibuprofen (MOTRIN) 600 mg Oral Tab**FLONASE ALLERGY RELIEF 50 mcg/actuation Nasl SpSn**

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) 600 mg Oral Tab (Taking)	Take 1 tablet by mouth every 8 hours as needed for pain. Take with food
FLONASE ALLERGY RELIEF 50 mcg/actuation Nasl SpSn (Taking)	Use 2 sprays in each nostril daily. Reduce to 1 spray in each nostril daily when symptoms improve

New Orders

Normal Orders This Visit

GROUP A STREPTOCOCCUS SCREEN, POCT, IMMUNOASSAY W VISUAL READ [87880 CPT(R)]**SARS-COV-2, QUALITATIVE, NAA (COVID-19), KP LAB [87635 CPT(R)]**

Common Medication Direction Abbreviations

PO = Orally, QD = Once/day, BID = Twice/day, TID = 3x/day, QID = 4x/day, PRN = as needed

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/honline/ie/>.

Pepper Smith (MRN: 000004779300) • Printed at 6/18/2022 12:40 PM

Page 1 of 8 **Epic**

This is confidential information. Do not throw away in a Kaiser Permanente trash can.

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

QHS = Every night at bedtime, AC = Before meals, PC = After meals, c =
With, s = Without

Allergies as of 6/18/2022

Reviewed by Markosian, Aliss (D.O.), D.O. on 6/3/2022

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

Instructions from ARMEN ARSHAKYAN MD, M.D.

**6/18/2022**Name: **Pepper Smith**
Address: **2822 7th Ave**
Los Angeles CA 90018Re: **Pepper Smith**

To Whom It May Concern:

Based upon recommendations from the Georgia Department of Public Health, **Pepper should self-isolate** until COVID-19 diagnostic testing can be performed and results returned.

If the follow-up diagnostic test is positive, self-isolation should continue based upon recommendations from Georgia Department of Public Health (see link below).

If Pepper has or had COVID-19 symptoms, self-isolation should continue until:

- It has been at least 5 days since symptoms started,
 - There are no fevers,
 - Other symptoms have improved,
- AND**
- A negative diagnostic test was collected 5 days or more after symptoms began.
- If fevers persist, isolation should continue until fevers resolve.
 - If other symptoms are not resolving, isolation should continue until symptoms are resolving or until after day 10 since the symptoms started.
 - Alternatively, if retesting on or after day 5 does not occur, Pepper may end isolation after day 10 (since symptoms started), provided there are no fevers and other symptoms are improving.

If Pepper never had COVID-19 symptoms, self-isolation should continue until:

- It has been at least 5 days since Pepper first tested positive,
- AND**
- A negative diagnostic test was collected 5 days or more since Pepper first tested positive.
- Alternatively, if retesting on or after day 5 does not occur, Pepper may end isolation on day 10 (since the initial positive result).

After day 10, a negative COVID-19 antigen or PCR test result is NOT required for discontinuing self-isolation, based upon recommendations from Georgia Department of Public Health.


Healthcare workers should contact their employers for further guidance as the isolation requirements may differ from above.

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

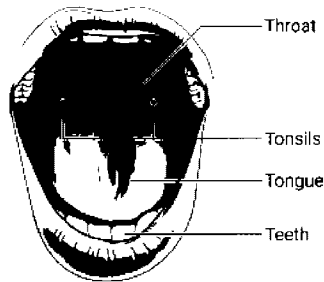
NOTE: This document may be printed and shared with your employer or school. You do not need to contact your doctor for an off-work, off-school or caregiver note.

Detailed recommendations are available at <https://dph.georgia.gov/isolation-contact>.

Sincerely,
Kaiser Permanente
6/18/2022 12:40 PM

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)
 Attached Information

Additional instructions from ARMEN ARSHAKYAN MD, M.D.

Your Kaiser Permanente Care Instructions**Sore Throat: Care Instructions****Your Care Instructions**

Infection by bacteria or a virus causes most sore throats. Cigarette smoke, dry air, air pollution, allergies, and yelling can also cause a sore throat. Sore throats can be painful and annoying. Fortunately, most sore throats go away on their own. If you have a bacterial infection, your doctor may prescribe 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.

How can you care for yourself at home?

- 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.
- Gargle with warm salt water once an hour to help reduce swelling and relieve discomfort. Use 1 teaspoon of salt mixed in 1 cup of warm water.
- Take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Read and follow all instructions on the label.
- Be careful when taking over-the-counter cold or flu medicines and Tylenol at the same time. Many of these medicines have acetaminophen, which is Tylenol. Read the labels to make sure that you are not taking more than the recommended dose. Too much acetaminophen (Tylenol) can be harmful.
- Drink plenty of fluids. Fluids may help soothe an irritated throat. Hot fluids, such as tea or soup, may help decrease throat pain.
- Use over-the-counter throat lozenges to soothe pain. Regular cough drops or hard candy may also help. These should not be given to young children because of the risk of choking.
- Do not smoke or allow others to smoke around you. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Use a vaporizer or humidifier to add moisture to your bedroom. Follow the directions for cleaning the machine.

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

When should you call for help?

Call your doctor now or seek immediate medical care if:

- You have new or worse trouble swallowing.
- Your sore throat gets much worse on one side.

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 <https://kp.org/health>

Enter **U420** in the search box to learn more about "**Sore Throat: Care Instructions.**"

Current as of: December 2, 2020 Content Version: 12.8

© 2006-2021 Healthwise, Incorporated.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

General Information**SKIP THE TRIP. Have our pharmacy come to you!**

New and refill prescriptions mailed to your home.

WHEN USING THE MAIL ORDER OPTION FOR OBTAINING PRESCRIPTIONS:

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

4 WAYS TO RECEIVE PRESCRIPTIONS BY MAIL:

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

For questions, call member services at

[800-464-4000](tel:800-464-4000) or TTY [711](tel:711)
[800-788-0616](tel:800-788-0616) (Spanish)
[800-757-7585](tel:800-757-7585) (Chinese dialects)

Hours

Open 7 days a week
 24 hours a day
 Closed holidays

Medicare members

[800-443-0815](tel:800-443-0815) or TTY [711](tel:711)

Hours

Open 7 days a week
 from 8 a.m. to 8 p.m.

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!

Thrive Local

Pepper Smith (MRN: 000004779300) • Printed at 6/18/2022 12:40 PM

Page 7 of 8 **Epic**

This is confidential information. Do not throw away in a Kaiser Permanente trash can.

06/18/2022 - Telephone Appointment Visit in URGENT CARE - WEST LA (continued)

Thrive Local (continued)

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

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

END OF ENCOUNTER

06/28/2022 - Office Visit in URGENT CARE - WEST LA

Visit Information

Provider Information

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Visit Information (continued)

Encounter Provider		Authorizing Provider	
Lin, Daniel (D.O.), D.O.		Lin, Daniel (D.O.), D.O.	
Department			
Name	Address	Phone	
URGENT CARE - WEST LA	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273	
Level of Service			
Level of Service			
OUTPT EST LEVEL 4			

Reason for Visit

Chief Complaint
<ul style="list-style-type: none"> ABDOMINAL OR STOMACH BLOATING (X1day- pt with stomach cramping- denies diarrhea)
Visit Diagnosis
<ul style="list-style-type: none"> LUQ ABDOMINAL PAIN (primary) [R10.12]

Vitals

Vital Signs					Most recent update: 6/28/2022 8:06 PM
BP	Pulse	Temp	Resp	Ht	
137/83	73	98 °F (36.7 °C) (Temporal)	16	5' 3" (1.6 m)	
Wt	SpO2	Breastfeeding	BMI		
220 lb (99.8 kg)	99%	No	38.97 kg/m ²		

Pain Information (Last Filed)

Score	Location	Comments	Edu?
8 (scale 0-10)	ABDOMEN	None	None

Clinical Notes

Nursing Note			
Lopez, Giovanni Dejesus (L.V.N.), L.V.N. at 6/28/2022 2006			
Author: Lopez, Giovanni Dejesus (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE	
Filed: 6/28/2022 8:17 PM	Encounter Date: 6/28/2022	Creation Time: 6/28/2022 8:06 PM	
Status: Signed	Editor: Lopez, Giovanni Dejesus (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)		

Pepper Smith is a 51 year old female, here because:

Chief Complaint

Patient presents with

- ABDOMINAL OR STOMACH BLOATING
X1day- pt with stomach cramping- denies diarrhea

As per chart review, allergies to

Allergies

Allergen

- No Known Drug Allergies

Reactions

Pt identify by name and dob.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Clinical Notes (continued)**

Reviewed with pt: chief complaint, allergies and history taken and reviewed with pt.; documented verified patient's phone number and address.

Patient's vital signs, medication, pharmacy of choice, smoking history,

Proactive Care reviewed with patient.

Care Gaps

- Blood Pressure Needed

Immunization Care Gaps

- Covid-19 Immunization Booster Dose Due
- Shingrix First Dose Immunization Due

PROACTIVE CARE ACTIONS

Proactive Office Encounter Actions: ---LABS, IMMUNIZATIONS, PROCEDURES, MEDICATIONS, OTHER---

Patient declined vaccine. Reminded doctor to provide Covid Vaccine information
shingrix immunization declined

Electronically signed by Lopez, Giovanni Dejesus (L.V.N.), L.V.N. at 6/28/2022 8:17 PM

Borromeo, Yolanda O (R.N.), R.N. at 6/28/2022 2218

Author: Borromeo, Yolanda O (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 6/28/2022 10:24 PM	Encounter Date: 6/28/2022	Creation Time: 6/28/2022 10:18 PM
Status: Addendum	Editor: Borromeo, Yolanda O (R.N.), R.N. (REGISTERED NURSE)	

Informed Lisa, CT Tech, to take pt to ED to follow up.

Verbalized understanding.

Celine, Unit Secretary, answered CN's phone-CN busy

Report given and will inform CN

Electronically signed by:

YOLANDA O. BORROMEO, RN

Electronically signed by Borromeo, Yolanda O (R.N.), R.N. at 6/28/2022 10:24 PM

Procedures**Filed on 6/29/2022 0819**

Procedure Orders

1. CT ABD AND PELVIS NO CONTRAST [1554007163] ordered by Lin, Daniel (D.O.), D.O. at 06/28/22 2137

CLINICAL HISTORY: Acute left upper abdominal pain

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Clinical Notes (continued)

COMPARISON: 9/10/2020

TECHNIQUE: Study performed per protocol.

CT Dose:

As required by California law, the CT DIvol and DLP radiation doses associated with this CT study are listed below. This represents the estimated dose to a standard lucite phantom resulting from the technique used for this study, but is not the dose to this specific patient.

Type / CT DIvol / DLP / Phantom

Helical / 23.37 / 1208.13 / B

Total Exam DLP: 1208.13

CT DIvol = mGy DLP = mGy-cm

Phantom: B=Body32, H=Head16

CONTRAST:

FINDINGS: Abdomen and pelvic CT

ABDOMEN:

Lung: Lung bases are unremarkable.

Liver: Liver is unremarkable.

Gallbladder: Gallbladder is unremarkable.

Spleen: Spleen is unremarkable.

Pancreas: Pancreas is unremarkable.

Adrenal: Adrenal glands are unremarkable.

Kidneys: kidneys are unremarkable. No hydronephrosis. No kidney stone is seen.

Bowel: There are a few colonic diverticula without inflammatory changes. Appendix appears normal. There is no pneumoperitoneum.

Aorta: Unremarkable.

Lymph node: No abnormal lymphadenopathy.

Pelvis:

No obvious pelvic mass is seen. Hysterectomy changes are seen. 3.2 cm right ovarian cyst is seen.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Clinical Notes (continued)

IMPRESSION:

Colonic diverticulosis without acute diverticulitis.

No CT evidence of acute appendicitis.

3.2 cm right ovarian cyst.

This report electronically signed by Joon Dokko, MD on 6/29/2022 8:13 AM

Electronically signed by Dokko, Joon (M.D.), M.D. at 6/29/2022 8:19 AM

Filed on 6/29/2022 1345

Procedure Orders

- 1. US ABD LTD [1554007161] ordered by Lin, Daniel (D.O.), D.O. at 06/28/22 2015

EXAM INFORMATION

History: Reason: Acute left upper abdominal painPlease evaluate hepatobiliary tract and pancreas

Exam Quality: Difficult Exam.

Comparison:

Ultrasound, 09/19/2020

FINDINGS:

Exam Information

This was a difficult exam due to overlying bowel gas.

Liver

The cranio-caudal diameter of the liver measures: 13.96 cm.

The surface of the liver appears smooth.

The main portal vein appears patent and demonstrates hepatopetal flow.

Gallbladder

The gallbladder has been removed.

Biliary Tree

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Clinical Notes (continued)

The common bile duct measures 0.71 cm.

The common bile duct appears normal.

The intrahepatic ducts appear normal.

Pancreas

The visualized portions of the pancreas appear normal.

Aorta

The visualized portion of the aorta appears normal.

Inferior Vena Cava

The visualized portion of the inferior vena cava appears normal.

Right Kidney

The right kidney appears normal in size and echogenicity. No evidence of hydronephrosis seen. No masses or calcifications are identified.

The right kidney measures 10.7 cm in length.

IMPRESSION:

- * UNREMARKABLE EXAM.
- * S/P cholecystectomy.

Preliminary prepared by Tanya M. Warhop, US Tech on 6/28/2022
9:14:17 PM.

Sonographer: Tanya M. Warhop, US Tech

Electronically signed and authenticated by: JOON DOKKO, M.D. WLA
RAD

on 6/29/2022 1:45:13 PM

Electronically signed by Dokko, Joon (M.D.), M.D. at 6/29/2022 1:45 PM

Progress Notes

Lin, Daniel (D.O.), D.O. at 6/28/2022 2010

Author: Lin, Daniel (D.O.), D.O.

Service: —

Author Type: PHYSICIAN (D.O.)

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Clinical Notes (continued)**Filed: 6/28/2022 10:22 PM
Status: AddendumEncounter Date: 6/28/2022
Editor: Lin, Daniel (D.O.), D.O. (PHYSICIAN (D.O.))

Creation Time: 6/28/2022 8:10 PM

6/28/2022

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

SUBJECTIVE**Chief Complaint**

Patient presents with

- ABDOMINAL OR STOMACH BLOATING

X1day- pt with stomach cramping- denies diarrhea

Pepper Smith is a 51 year old female here for one day of acute left upper abdominal pain and cramping

Pain is constant

She state she had similar episode a month ago which lasted a day.

No fevers

No nausea and vomiting

+ history of cholecystectomy in 2020

No fevers or chills

No constipation or diarrhea

CREAT 0.74 06/28/2022

ALT 21 06/28/2022

HGBA1C 5.5 08/12/2020

Patient Active Problem List:

VITAMIN D DEFICIENCY

HX OF TOTAL HYSTERECTOMY, NO VAGINAL PAP SMEAR REQUIRED

VARICOSE VEINS

OBESITY, BMI 39-39.9, ADULT

Current Outpatient Medications

Medication	Sig	Dispense	Refill
• Ibuprofen (MOTRIN) 800 mg Oral Tab	Take 1 tablet by mouth every 8 hours as needed for pain . Take with food	24 tablet	0
• HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab	Take 1 tablet by mouth every 6 hours as needed for pain . Do not	12 tablet	0

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Clinical Notes (continued)

	exceed 4 tablets in 24 hours		
• Ibuprofen (MOTRIN) 600 mg Oral Tab	Take 1 tablet by mouth every 8 hours as needed for pain . Take with food	50 tablet	0
• FLONASE ALLERGY RELIEF 50 mcg/actuation Nasl SpSn	Use 2 sprays in each nostril daily. Reduce to 1 spray in each nostril daily when symptoms improve	15.8	0
• Triamcinolone Acetonide (KENALOG) 0.1 % Top Crea	Apply to affected area(s) 2 times a day	80 g	0

No current facility-administered medications for this visit.

Social History

Tobacco Use

- Smoking status: Never Smoker
- Smokeless tobacco: Never Used

Vaping Use

- Vaping Use: Never used

Substance Use Topics

- Alcohol use: No
Alcohol/week: 0.0 oz
Comment: occassional
- Drug use: No

Review of Systems

Constitutional: Positive for activity change. Negative for appetite change, fatigue and fever.

HENT: Negative.

Respiratory: Negative for cough and shortness of breath.

Cardiovascular: Negative for chest pain, palpitations and leg swelling.

Gastrointestinal: Positive for abdominal pain. Negative for abdominal distention, constipation, diarrhea, nausea and vomiting.

Neurological: Negative for dizziness.

Allergies

Allergen

- No Known Drug Allergies

Reactions

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Clinical Notes (continued)

OBJECTIVE

BP 137/83 | Pulse 73 | Temp 98 °F (36.7 °C) (Temporal) | Resp 16 | Ht 5' 3" (1.6 m) | Wt 220 lb (99.8 kg)
| LMP 06/05/2017 (LMP Unknown) | SpO2 99% | Breastfeeding No | BMI 38.97 kg/m²

BP Readings from Last 3 Encounters:

06/28/22 137/83
06/18/22 135/83
06/03/22 138/76

Estimated body mass index is 38.97 kg/m² as calculated from the following:

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

Weight as of this encounter: 220 lb (99.8 kg).

Physical Exam

Vitals and nursing note reviewed.

Constitutional:

General: She is not in acute distress.

Appearance: Normal appearance. She is obese. She is not ill-appearing.

HENT:

Head: Normocephalic and atraumatic.

Eyes:

Conjunctiva/sclera: Conjunctivae normal.

Cardiovascular:

Rate and Rhythm: Normal rate and regular rhythm.

Pulmonary:

Effort: Pulmonary effort is normal.

Breath sounds: Normal breath sounds.

Abdominal:

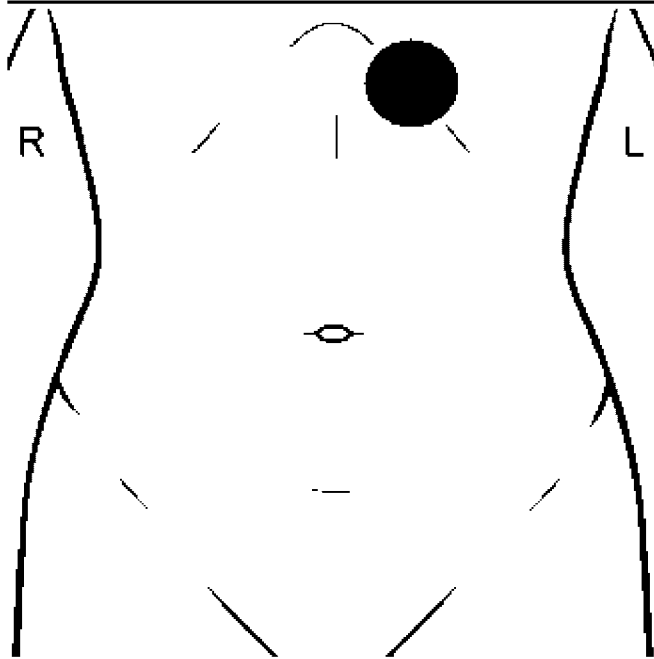
General: Bowel sounds are normal.

Palpations: Abdomen is soft.

Tenderness: There is abdominal tenderness in the left upper quadrant. There is no right CVA tenderness, left CVA tenderness, guarding or rebound. Negative signs include Murphy's sign and McBurney's sign.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Clinical Notes (continued)



Musculoskeletal:

Cervical back: Neck supple.

Neurological:

Mental Status: She is alert.

Labs

Results for orders placed or performed in visit on 06/28/22

CBC W AUTOMATED DIFFERENTIAL

Result	Value	Ref Range
WBC'S AUTO	5.7	4.0 - 11.0 x1000/mcL
RBC, AUTO	4.70	3.70 - 5.20 Mill/mcL
HGB	14.3	11.5 - 16.0 g/dL
HCT, AUTO	42.1	35.0 - 47.0 %
MCV	89.6	81.0 - 99.0 fL
MCH	30.4	25.0 - 35.0 pg/cell
MCHC	34.0	30.0 - 35.0 g/dL
RDW, BLOOD	12.0	11.5 - 16.0 %
PLATELETS, AUTOMATED COUNT	278	130 - 400 x1000/mcL

ELECTROLYTE PANEL (NA, K, CL, CO2, ANION GAP)

Result	Value	Ref Range
SODIUM	137	135 - 145 mEq/L
POTASSIUM	3.9	3.5 - 5.0 mEq/L
CHLORIDE	104	101 - 111 mEq/L
CO2	27	21 - 31 mEq/L
ANION GAP (NA - (CL + CO2))	6	3 - 11 mEq/L

CREATININE

Result	Value	Ref Range
CREATININE	0.74	<=1.10 mg/dL

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Clinical Notes (continued)

EGFR, CREATININE-BASED FORMULA (CKD-EPI 2021)	98	>=60 mL/min/BSA
LIVER FUNCTION PANEL (TBILI, ALT, ALKP)		
Result	Value	Ref Range
ALT	21	<=54 U/L
ALKALINE PHOSPHATASE	46	<=125 U/L
BILIRUBIN, TOTAL	0.7	<=1.0 mg/dL
LIPASE		
Result	Value	Ref Range
LIPASE	32	<=58 U/L
WBC AUTO DIFF		
Result	Value	Ref Range
NEUTROPHILS %, AUTOMATED COUNT	44.8	
LYMPHOCYTES %, AUTOMATED COUNT	45.1	
MONOS %, AUTO	8.3	
EOSINOPHILS %, AUTOMATED COUNT	1.2	
BASOPHILS %, AUTOMATED COUNT	0.4	
IMMATURE GRANULOCYTES %, AUTOMATED COUNT	0	
RBC NUCLEATED AUTO COUNT, BLD	0	<=0 %
NEUTROPHILS, ABSOLUTE, AUTOMATED COUNT	2.54	1.80 - 7.70 x1000/mcL
LYMPHOCYTES, AUTOMATED COUNT	2.55	1.00 - 3.60 x1000/mcL
MONOCYTES, AUTOMATED COUNT	0.47	0.10 - 1.00 x1000/mcL
EOSINOPHILS, AUTOMATED COUNT	0.07	0.00 - 0.70 x1000/mcL
BASOPHILS, AUTOMATED COUNT	0.02	0.00 - 0.20 x1000/mcL
IMMATURE GRANULOCYTES, AUTOMATED COUNT	0.01	0.01 - 0.09 x1000/mcL

Imaging

Abdominal US:

Absent gallbladder. Otherwise normal RUQ US.

Read by: Somnath Basu, MD
Teleradiologist**Findings: CT abdominal /pelvis**

Teleradiology Urgent Preliminary Report. Final report will be provided within 24 hours by your

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Clinical Notes (continued)

local medical center:

Colonic diverticulosis. Normal appendix. Normal small bowel loops. No acute findings.

Read by:

Somnath Basu, MD
Teleradiologist

ASSESSMENT

Encounter Diagnoses

Code	Name	Primary?
• R10.12	LUQ ABDOMINAL PAIN	Yes

PLAN

Orders Placed This Encounter

- US ABD LTD
- CT ABD AND PELVIS NO CONTRAST
- CBC W AUTOMATED DIFFERENTIAL
- ELECTROLYTE PANEL (NA, K, CL, CO2, ANION GAP)
- CREATININE
- LIVER FUNCTION PANEL (TBILI, ALT, ALKP)
- LIPASE
- WBC AUTO DIFF
- Ibuprofen (MOTRIN) 800 mg Oral Tab
- HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab

Labs and US results discussed with patient.

Low suspicion for acute abdomen.
suspect abdominal wall pain vs gastric pain.

Treatment plan and follow-up discussed and understood by patient.
Handout provided.

Patient unhappy with US results
And is requesting further imaging

Will order CT abdomen / pelvis for further imaging

Patient to follow up in ED For results as UC is closing at 10 pm
Report given to Dr. HONG

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Clinical Notes (continued)**

Recommend: Rest, warm packs to abdomen

START :NSAIDs for pain
Add norco for acute pain

Side effects of prescribed narcotic medications (drowsiness, constipation, habituation) were reviewed.

Patient understands diagnosis and agrees with plan. Understands to return if symptoms fail to improve in expected time frame or sooner if worsens.

Follow up with primary care physician for chronic medical conditions.

Electronically signed by:
DANIEL LIN DO
6/28/2022
10:15 PM

Electronically signed by Lin, Daniel (D.O.), D.O. at 6/28/2022 10:22 PM

Labs**CBC W AUTOMATED DIFFERENTIAL [1554007152] (Final result)**

Electronically signed by: Lin, Daniel (D.O.), D.O. on 06/28/22 2015

Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Lin, Daniel (D.O.), D.O. 06/28/22 2015

Authorized by: Lin, Daniel (D.O.), D.O.

Ordering mode: Standard

Frequency: STAT 06/28/22 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

LUQ ABDOMINAL PAIN [R10.12]

Provider Details

Provider	NPI
Lin, Daniel (D.O.), D.O.	1689771842

Questionnaire

Question	Answer
Result Release to patient?	Immediate

Specimen Information

ID	Type	Source	Collected By
C0000220221790 86307	—	BLOOD	Perez, Esperanza 06/28/22 2039

CBC W AUTOMATED DIFFERENTIAL [1554007152]

Resulted: 06/28/22 2110, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Perez, Esperanza 06/28/22 2039

Resulting lab: KFH WEST LA LABORATORY

Narrative:

RMS ACCN: 724537387

Acknowledged by: Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Labs (continued)

Components

Component	Value	Reference Range	Flag	Lab
WBC'S AUTO	5.7	4.0 - 11.0 x1000/mcL	—	305
RBC, AUTO	4.70	3.70 - 5.20 Mill/mcL	—	305
HGB	14.3	11.5 - 16.0 g/dL	—	305
HCT, AUTO	42.1	35.0 - 47.0 %	—	305
MCV	89.6	81.0 - 99.0 fL	—	305
MCH	30.4	25.0 - 35.0 pg/cell	—	305
MCHC	34.0	30.0 - 35.0 g/dL	—	305
RDW, BLOOD	12.0	11.5 - 16.0 %	—	305
PLATELETS, AUTOMATED COUNT	278	130 - 400 x1000/mcL	—	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

CBC W AUTOMATED DIFFERENTIAL [1554007152]

Resulted: 06/28/22 2039, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Perez, Esperanza 06/28/22 2039

Narrative:

RMS ACCN: 724537387

Reviewed by

Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

Indications

LUQ ABDOMINAL PAIN [R10.12 (ICD-10-CM)]

All Reviewers List

Wissa, Mark N (R.N.), R.N. on 7/1/2022 09:25

ELECTROLYTE PANEL (NA, K, CL, CO2, ANION GAP) [1554007154] (Final result)

Electronically signed by: Lin, Daniel (D.O.), D.O. on 06/28/22 2015

Status: Completed

This order may be acted on in another encounter.

Ordering user: Lin, Daniel (D.O.), D.O. 06/28/22 2015

Authorized by: Lin, Daniel (D.O.), D.O.

Ordering mode: Standard

Frequency: STAT 06/28/22 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

LUQ ABDOMINAL PAIN [R10.12]

Provider Details

Provider	NPI
Lin, Daniel (D.O.), D.O.	1689771842

Questionnaire

Question	Answer
Result Release to patient?	Immediate

Specimen Information

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Labs (continued)

ID	Type	Source	Collected By
C0000220221790 86307	—	BLOOD	Perez, Esperanza 06/28/22 2039

ELECTROLYTE PANEL (NA, K, CL, CO2, ANION GAP) [1554007154] Resulted: 06/28/22 2123, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: Perez, Esperanza 06/28/22 2039 Resulting lab: KFH WEST LA LABORATORY
 Narrative:
 RMS ACCN: 724537387
 Acknowledged by: Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

Components

Component	Value	Reference Range	Flag	Lab
SODIUM	137	135 - 145 mEq/L	—	305
POTASSIUM	3.9	3.5 - 5.0 mEq/L	—	305
CHLORIDE	104	101 - 111 mEq/L	—	305
CO2	27	21 - 31 mEq/L	—	305
ANION GAP (NA - (CL + CO2))	6	3 - 11 mEq/L	—	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

ELECTROLYTE PANEL (NA, K, CL, CO2, ANION GAP) [1554007154] Resulted: 06/28/22 2039, Result status: In process

Order status: Completed Filed on: 09/29/22 0336
 Collected by: Perez, Esperanza 06/28/22 2039
 Narrative:
 RMS ACCN: 724537387

Reviewed by

Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

Indications

LUQ ABDOMINAL PAIN [R10.12 (ICD-10-CM)]

All Reviewers List

Wissa, Mark N (R.N.), R.N. on 7/1/2022 09:25

CREATININE [1554007158] (Final result)

Electronically signed by: Lin, Daniel (D.O.), D.O. on 06/28/22 2015 Status: **Completed**
 This order may be acted on in another encounter.
 Ordering user: Lin, Daniel (D.O.), D.O. 06/28/22 2015 Authorized by: Lin, Daniel (D.O.), D.O.
 Ordering mode: Standard Class: Normal
 Frequency: STAT 06/28/22 - Lab status: Final result
 Quantity: 1
 Diagnoses
 LUQ ABDOMINAL PAIN [R10.12]

Provider Details

Provider	NPI
Lin, Daniel (D.O.), D.O.	1689771842

Questionnaire

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Labs (continued)

Question	Answer
Result Release to patient?	Immediate

Specimen Information

ID	Type	Source	Collected By
C0000220221790 86307	—	BLOOD	Perez, Esperanza 06/28/22 2039

CREATININE [1554007158]

Resulted: 06/28/22 2123, Result status: Final result

Order status: Completed
 Collected by: Perez, Esperanza 06/28/22 2039
 Narrative:
 RMS ACCN: 724537387
 Acknowledged by: Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

Filed on: 09/29/22 1038
 Resulting lab: KFH WEST LA LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.74	<=1.10 mg/dL	—	305
EGFR, CREATININE-BASED FORMULA (CKD-EPI 2021)	98	>=60 mL/min/BSA	—	305

Comment:

GFR estimate is by the CKD-EPI 2021 equation which uses age, sex, and serum creatinine. GFR estimate is less reliable if on dialysis or if acute kidney injury. Additional advice for the provider is available in Renal Failure Risk Assessment below.

CKD Categorization by GFR & ACR (urine Albumin/Creatinine Ratio = microalbumin/creatinine)

GFR >3 months	ACR <30(A1)	ACR 30-<300(A2)	ACR 300+(A3)
>=90		CKD1 A2 or *	CKD1 A3
60-<90		CKD2 A2 or *	CKD2 A3
45-<60	CKD3a A1 or *	CKD3a A2	CKD3 A3
30-<45	CKD3b A1	CKD3b A2	CKD3 A3
15-<30	CKD4 A1	CKD4 A2	CKD4 A3
<15	CKD5 A1	CKD5 A2	CKD5 A3

* or may label 'abnormal kidney function' or 'proteinuria' as appropriate.

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

CREATININE [1554007158]

Resulted: 06/28/22 2123, Result status: Preliminary result

Order status: Completed
 Collected by: Perez, Esperanza 06/28/22 2039
 Narrative:
 RMS ACCN: 724537387

Filed on: 09/29/22 1038
 Resulting lab: KFH WEST LA LABORATORY

Components

Component	Value	Reference Range	Flag	Lab
CREATININE	0.74	<=1.10 mg/dL	—	305

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Labs (continued)****Reviewed by**

Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

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

CREATININE [1554007158]

Resulted: 06/28/22 2039, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Perez, Esperanza 06/28/22 2039

Narrative:

RMS ACCN: 724537387

Reviewed by

Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

Indications

LUQ ABDOMINAL PAIN [R10.12 (ICD-10-CM)]

All Reviewers List

Wissa, Mark N (R.N.), R.N. on 7/1/2022 09:25

LIVER FUNCTION PANEL (TBILI, ALT, ALKP) [1554007159] (Final result)

Electronically signed by: Lin, Daniel (D.O.), D.O. on 06/28/22 2015

Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Lin, Daniel (D.O.), D.O. 06/28/22 2015

Authorized by: Lin, Daniel (D.O.), D.O.

Ordering mode: Standard

Frequency: STAT 06/28/22 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

LUQ ABDOMINAL PAIN [R10.12]

Provider Details

Provider	NPI
Lin, Daniel (D.O.), D.O.	1689771842

Questionnaire

Question	Answer
Result Release to patient?	Immediate

Specimen Information

ID	Type	Source	Collected By
C0000220221790 86307	—	BLOOD	Perez, Esperanza 06/28/22 2039

LIVER FUNCTION PANEL (TBILI, ALT, ALKP) [1554007159]

Resulted: 06/28/22 2130, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Perez, Esperanza 06/28/22 2039

Resulting lab: KFH WEST LA LABORATORY

Narrative:

RMS ACCN: 724537387

Acknowledged by: Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Labs (continued)

Components

Component	Value	Reference Range	Flag	Lab
ALT	21	<=54 U/L	—	305
ALKALINE PHOSPHATASE	46	<=125 U/L	—	305
BILIRUBIN, TOTAL	0.7	<=1.0 mg/dL	—	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

LIVER FUNCTION PANEL (TBILI, ALT, ALKP) [1554007159]

Resulted: 06/28/22 2039, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Perez, Esperanza 06/28/22 2039

Narrative:

RMS ACCN: 724537387

Reviewed by

Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

Indications

LUQ ABDOMINAL PAIN [R10.12 (ICD-10-CM)]

All Reviewers List

Wissa, Mark N (R.N.), R.N. on 7/1/2022 09:25

LIPASE [1554007160] (Final result)

Electronically signed by: Lin, Daniel (D.O.), D.O. on 06/28/22 2015

Status: Completed

This order may be acted on in another encounter.

Ordering user: Lin, Daniel (D.O.), D.O. 06/28/22 2015

Authorized by: Lin, Daniel (D.O.), D.O.

Ordering mode: Standard

Frequency: STAT 06/28/22 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

LUQ ABDOMINAL PAIN [R10.12]

Provider Details

Provider	NPI
Lin, Daniel (D.O.), D.O.	1689771842

Questionnaire

Question	Answer
Result Release to patient?	Immediate

Specimen Information

ID	Type	Source	Collected By
C0000220221790 86307	—	BLOOD	Perez, Esperanza 06/28/22 2039

LIPASE [1554007160]

Resulted: 06/28/22 2130, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Perez, Esperanza 06/28/22 2039

Resulting lab: KFH WEST LA LABORATORY

Narrative:

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Labs (continued)

RMS ACCN: 724537387

Acknowledged by: Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

Components

Component	Value	Reference Range	Flag	Lab
LIPASE	32	<=58 U/L	—	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

LIPASE [1554007160]

Resulted: 06/28/22 2039, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Perez, Esperanza 06/28/22 2039

Narrative:

RMS ACCN: 724537387

Reviewed by

Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

Indications

LUQ ABDOMINAL PAIN [R10.12 (ICD-10-CM)]

All Reviewers List

Wissa, Mark N (R.N.), R.N. on 7/1/2022 09:25

WBC AUTO DIFF [1554007162] (Final result)

Status: **Completed**

Order placed as a reflex to CBC W AUTOMATED DIFFERENTIAL ordered on 06/28/22 at 2015

Ordering user: Interface, Scal_Lab_Cerner 06/28/22 2032

Authorized by: Lin, Daniel (D.O.), D.O.

Ordering mode: Standard

Frequency: STAT 06/28/22 2032 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

LUQ ABDOMINAL PAIN [R10.12]

Provider Details

Provider	NPI
Lin, Daniel (D.O.), D.O.	1689771842

Specimen Information

ID	Type	Source	Collected By
C0000220221790 86307	—	BLOOD	Perez, Esperanza 06/28/22 2039

WBC AUTO DIFF [1554007162]

Resulted: 06/28/22 2110, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Perez, Esperanza 06/28/22 2039

Resulting lab: KFH WEST LA LABORATORY

Narrative:

RMS ACCN: 724537387

Acknowledged by: Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

Components

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Labs (continued)

Component	Value	Reference Range	Flag	Lab
NEUTROPHILS %, AUTOMATED COUNT	44.8	—	—	305
LYMPHOCYTES %, AUTOMATED COUNT	45.1	—	—	305
MONOS %, AUTO	8.3	—	—	305
EOSINOPHILS %, AUTOMATED COUNT	1.2	—	—	305
BASOPHILS %, AUTOMATED COUNT	0.4	—	—	305
IMMATURE GRANULOCYTES %, AUTOMATED COUNT	0	—	—	305
RBC NUCLEATED AUTO COUNT, BLD	0	<=0 %	—	305
NEUTROPHILS, ABSOLUTE, AUTOMATED COUNT	2.54	1.80 - 7.70 x1000/mcL	—	305
LYMPHOCYTES, AUTOMATED COUNT	2.55	1.00 - 3.60 x1000/mcL	—	305
MONOCYTES, AUTOMATED COUNT	0.47	0.10 - 1.00 x1000/mcL	—	305
EOSINOPHILS, AUTOMATED COUNT	0.07	0.00 - 0.70 x1000/mcL	—	305
BASOPHILS, AUTOMATED COUNT	0.02	0.00 - 0.20 x1000/mcL	—	305
IMMATURE GRANULOCYTES, AUTOMATED COUNT	0.01	0.01 - 0.09 x1000/mcL	—	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

WBC AUTO DIFF [1554007162]

Resulted: 06/28/22 2039, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: Perez, Esperanza 06/28/22 2039

Narrative:

RMS ACCN: 724537387

Reviewed by

Wissa, Mark N (R.N.), R.N. on 07/01/22 0925

Indications

LUQ ABDOMINAL PAIN [R10.12 (ICD-10-CM)]

All Reviewers List

Wissa, Mark N (R.N.), R.N. on 7/1/2022 09:25

Imaging

Imaging

US ABD LTD [1554007161] (Final result)

Electronically signed by: Lin, Daniel (D.O.), D.O. on 06/28/22 2015

Status: Completed

This order may be acted on in another encounter.

Ordering user: Lin, Daniel (D.O.), D.O. 06/28/22 2015

Authorized by: Lin, Daniel (D.O.), D.O.

Ordering mode: Standard

Frequency: STAT 06/28/22 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Imaging (continued)**

LUQ ABDOMINAL PAIN [R10.12]

Provider Details

Provider	NPI
Lin, Daniel (D.O.), D.O.	1689771842

Questionnaire

Question	Answer
Result Release to patient?	Immediate
Do you authorize order modification to better answer the clinical question and relevant laboratory tests per radiology department directives?	Yes

Order comments: Reason: Acute left upper abdominal pain Please evaluate hepatobiliary tract and pancreas

US ABD LTD [1554007161]

Resulted: 06/28/22 2105, Result status: Final result

Order status: Completed	Filed on: 09/29/22 1038
Accession number: 108375624	Resulting lab: SCAL RADIOLOGY INTERFACE
Narrative:	
Result Release to patient?->Immediate Do you authorize order modification to better answer the clinical question and relevant laboratory tests per radiology department directives?->Yes	
Acknowledged by: Wissa, Mark N (R.N.), R.N. on 07/01/22 1054	

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	108375624	6/29/2022 1:45 PM	Dokko, Joon (M.D.), M.D.
Signed by Dokko, Joon (M.D.), MEDICAL DOCTOR on 06/29/22 at 1345			

EXAM INFORMATION

History: Reason: Acute left upper abdominal pain Please evaluate
hepatobiliary tract and pancreas

Exam Quality: Difficult Exam.

Comparison:

Ultrasound, 09/19/2020

FINDINGS:

Exam Information

This was a difficult exam due to overlying bowel gas.

Liver

The cranio-caudal diameter of the liver measures: 13.96 cm.

The surface of the liver appears smooth.

The main portal vein appears patent and demonstrates hepatopetal flow.

Gallbladder

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Imaging (continued)

The gallbladder has been removed.

Biliary Tree

The common bile duct measures 0.71 cm.

The common bile duct appears normal.

The intrahepatic ducts appear normal.

Pancreas

The visualized portions of the pancreas appear normal.

Aorta

The visualized portion of the aorta appears normal.

Inferior Vena Cava

The visualized portion of the inferior vena cava appears normal.

Right Kidney

The right kidney appears normal in size and echogenicity. No evidence of hydronephrosis seen. No masses or calcifications are identified.

The right kidney measures 10.7 cm in length.

IMPRESSION:

- * UNREMARKABLE EXAM.
- * S/P cholecystectomy.

Preliminary prepared by Tanya M. Warhop, US Tech on 6/28/2022
9:14:17 PM.

Sonographer: Tanya M. Warhop, US Tech

Electronically signed and authenticated by: JOON DOKKO, M.D. WLA
RAD

on 6/29/2022 1:45:13 PM

Testing Performed By

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Imaging (continued)**

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

US ABD LTD [1554007161]

Resulted: 06/28/22 2105, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Accession number: 108375624

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

Result Release to patient?->Immediate Do you authorize order modification to better answer the clinical question and relevant laboratory tests per radiology department directives?->Yes

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	108375624	6/29/2022 1:45 PM	Dokko, Joon (M.D.), M.D.
Signed by Dokko, Joon (M.D.), MEDICAL DOCTOR on 06/29/22 at 1345			

EXAM INFORMATION

History: Reason: Acute left upper abdominal pain Please evaluate hepatobiliary tract and pancreas

Exam Quality: Difficult Exam.

Comparison:

Ultrasound, 09/19/2020

FINDINGS:

Exam Information

This was a difficult exam due to overlying bowel gas.

Liver

The cranio-caudal diameter of the liver measures: 13.96 cm.

The surface of the liver appears smooth.

The main portal vein appears patent and demonstrates hepatopetal flow.

Gallbladder

The gallbladder has been removed.

Biliary Tree

The common bile duct measures 0.71 cm.

The common bile duct appears normal.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Imaging (continued)

The intrahepatic ducts appear normal.

Pancreas

The visualized portions of the pancreas appear normal.

Aorta

The visualized portion of the aorta appears normal.

Inferior Vena Cava

The visualized portion of the inferior vena cava appears normal.

Right Kidney

The right kidney appears normal in size and echogenicity. No evidence of hydronephrosis seen. No masses or calcifications are identified.

The right kidney measures 10.7 cm in length.

IMPRESSION:

- * UNREMARKABLE EXAM.
- * S/P cholecystectomy.

Preliminary prepared by Tanya M. Warhop, US Tech on 6/28/2022
9:14:17 PM.

Sonographer: Tanya M. Warhop, US Tech

Electronically signed and authenticated by: JOON DOKKO, M.D. WLA
RAD

on 6/29/2022 1:45:13 PM

Reviewed by

Wissa, Mark N (R.N.), R.N. on 07/01/22 1054
Wissa, Mark N (R.N.), R.N. on 07/01/22 1054

Testing Performed By

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

US ABD LTD [1554007161]

Resulted: 06/28/22 2051, Result status: In process

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Imaging (continued)

Order status: Completed
 Accession number: 108375624
 Narrative:

Filed on: 09/29/22 0336
 Resulting lab: SCAL RADIOLOGY INTERFACE

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	108375624	6/29/2022 1:45 PM	Dokko, Joon (M.D.), M.D.
Signed by Dokko, Joon (M.D.), MEDICAL DOCTOR on 06/29/22 at 1345			

EXAM INFORMATION

History: Reason: Acute left upper abdominal painPlease evaluate hepatobiliary tract and pancreas
 Exam Quality: Difficult Exam.
 Comparison: Ultrasound, 09/19/2020

FINDINGS:

Exam Information

This was a difficult exam due to overlying bowel gas.

Liver

The cranio-caudal diameter of the liver measures: 13.96 cm.

The surface of the liver appears smooth.

The main portal vein appears patent and demonstrates hepatopetal flow.

Gallbladder

The gallbladder has been removed.

Biliary Tree

The common bile duct measures 0.71 cm.

The common bile duct appears normal.

The intrahepatic ducts appear normal.

Pancreas

The visualized portions of the pancreas appear normal.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Imaging (continued)**

Aorta

The visualized portion of the aorta appears normal.

Inferior Vena Cava

The visualized portion of the inferior vena cava appears normal.

Right Kidney

The right kidney appears normal in size and echogenicity. No evidence of hydronephrosis seen. No masses or calcifications are identified.

The right kidney measures 10.7 cm in length.

IMPRESSION:

- * UNREMARKABLE EXAM.
- * S/P cholecystectomy.

Preliminary prepared by Tanya M. Warhop, US Tech on 6/28/2022
9:14:17 PM.

Sonographer: Tanya M. Warhop, US Tech

Electronically signed and authenticated by: JOON DOKKO, M.D. WLA
RAD

on 6/29/2022 1:45:13 PM

Reviewed byWissa, Mark N (R.N.), R.N. on 07/01/22 10:54
Wissa, Mark N (R.N.), R.N. on 07/01/22 10:54**Testing Performed By**

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

Indications

LUQ ABDOMINAL PAIN [R10.12 (ICD-10-CM)]

All Reviewers ListWissa, Mark N (R.N.), R.N. on 7/1/2022 10:54
Wissa, Mark N (R.N.), R.N. on 7/1/2022 10:54**CT ABD AND PELVIS NO CONTRAST [1554007163] (Final result)**

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Imaging (continued)**Electronically signed by: **Lin, Daniel (D.O.), D.O. on 06/28/22 2137**Status: **Completed**

This order may be acted on in another encounter.

Ordering user: Lin, Daniel (D.O.), D.O. 06/28/22 2137

Authorized by: Lin, Daniel (D.O.), D.O.

Ordering mode: Standard

Frequency: STAT 06/28/22 -

Class: Normal

Quantity: 1

Lab status: Final result

Diagnoses

LUQ ABDOMINAL PAIN [R10.12]

Provider Details

Provider	NPI
Lin, Daniel (D.O.), D.O.	1689771842

Questionnaire

Question	Answer
Is the Patient Pregnant?	No
Do you authorize order modification to better answer the clinical question and relevant laboratory tests per radiology department directives?	Yes
Result Release to patient?	Immediate

Scheduling instructions

If the patient is not NPO, may have clear liquids prior to CT scan.

Contact Radiology Department for required prep instructions.

Notify staff if patient is over 300 pounds.

Patient must be able to lie flat and be cooperative.

Order comments: Acute left upper abdominal pain

CT ABD AND PELVIS NO CONTRAST [1554007163]

Resulted: 06/28/22 2209, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Accession number: 108375891

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

URGENTCARE TOLD PATIENT TO FOLLOW UP IN E.R. AFTER THE EXAM. PATIENT DID NOT WANT TO DO THAT. PATIENT DECIDED TO GO HOME. 10:10PM Is the Patient Pregnant?->No Do you authorize order modification to better answer the clinical question and relevant laboratory tests per radiology department directives?->Yes Result Release to patient?->Immediate

Acknowledged by

Wissa, Mark N (R.N.), R.N. on 07/01/22 1137

Moshiri, Hossein (R.N.), R.N. on 07/02/22 1026

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	108375891	6/29/2022 8:18 AM	Dokko, Joon (M.D.), M.D.
Signed by Dokko, Joon (M.D.), MEDICAL DOCTOR on 06/29/22 at 0819			

CLINICAL HISTORY: Acute left upper abdominal pain

COMPARISON: 9/10/2020

TECHNIQUE: Study performed per protocol.

CT Dose:

As required by California law, the CT DIvol and DLP radiation doses associated with this CT study are listed below. This represents the estimated dose to a standard lucite phantom resulting from the technique used for this study, but is not the dose to this specific patient.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Imaging (continued)

Type / CT DIvol / DLP / Phantom
Helical / 23.37 / 1208.13 / B
Total Exam DLP: 1208.13
CT DIvol = mGy DLP = mGy-cm
Phantom: B=Body32, H=Head16

CONTRAST:

FINDINGS: Abdomen and pelvic CT

ABDOMEN:

Lung: Lung bases are unremarkable.

Liver: Liver is unremarkable.

Gallbladder: Gallbladder is unremarkable.

Spleen: Spleen is unremarkable.

Pancreas: Pancreas is unremarkable.

Adrenal: Adrenal glands are unremarkable.

Kidneys: kidneys are unremarkable. No hydronephrosis. No kidney stone is seen.

Bowel: There are a few colonic diverticula without inflammatory changes. Appendix appears normal. There is no pneumoperitoneum.

Aorta: Unremarkable.

Lymph node: No abnormal lymphadenopathy.

Pelvis:

No obvious pelvic mass is seen. Hysterectomy changes are seen. 3.2 cm right ovarian cyst is seen.

IMPRESSION:

Colonic diverticulosis without acute diverticulitis.

No CT evidence of acute appendicitis.

3.2 cm right ovarian cyst.

This report electronically signed by Joon Dokko, MD on 6/29/2022 8:13

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Imaging (continued)**

AM

Testing Performed By

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

CT ABD AND PELVIS NO CONTRAST [1554007163]

Resulted: 06/28/22 2209, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Accession number: 108375891

Resulting lab: SCAL RADIOLOGY INTERFACE

Narrative:

Is the Patient Pregnant?->No Do you authorize order modification to better answer the clinical question and relevant laboratory tests per radiology department directives?->Yes Result Release to patient?->Immediate

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	108375891	6/29/2022 8:18 AM	Dokko, Joon (M.D.), M.D.
Signed by Dokko, Joon (M.D.), MEDICAL DOCTOR on 06/29/22 at 0819			

CLINICAL HISTORY: Acute left upper abdominal pain

COMPARISON: 9/10/2020

TECHNIQUE: Study performed per protocol.

CT Dose:

As required by California law, the CTDIvol and DLP radiation doses associated with this CT study are listed below. This represents the estimated dose to a standard lucite phantom resulting from the technique used for this study, but is not the dose to this specific patient.

Type / CTDIvol / DLP / Phantom

Helical / 23.37 / 1208.13 / B

Total Exam DLP: 1208.13

CTDIvol = mGy DLP = mGy-cm

Phantom: B=Body32, H=Head16

CONTRAST:

FINDINGS: Abdomen and pelvic CT

ABDOMEN:

Lung: Lung bases are unremarkable.

Liver: Liver is unremarkable.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Imaging (continued)**

Gallbladder: Gallbladder is unremarkable.

Spleen: Spleen is unremarkable.

Pancreas: Pancreas is unremarkable.

Adrenal: Adrenal glands are unremarkable.

Kidneys: kidneys are unremarkable. No hydronephrosis. No kidney stone is seen.

Bowel: There are a few colonic diverticula without inflammatory changes. Appendix appears normal. There is no pneumoperitoneum.

Aorta: Unremarkable.

Lymph node: No abnormal lymphadenopathy.

Pelvis:

No obvious pelvic mass is seen. Hysterectomy changes are seen. 3.2 cm right ovarian cyst is seen.

IMPRESSION:

Colonic diverticulosis without acute diverticulitis.

No CT evidence of acute appendicitis.

3.2 cm right ovarian cyst.

This report electronically signed by Joon Dokko, MD on 6/29/2022 8:13 AM

Reviewed by

Moshiri, Hossein (R.N.), R.N. on 07/02/22 1026
Wissa, Mark N (R.N.), R.N. on 07/01/22 1137
Wissa, Mark N (R.N.), R.N. on 07/01/22 1137
Wissa, Mark N (R.N.), R.N. on 07/01/22 1137

Testing Performed By

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

CT ABD AND PELVIS NO CONTRAST [1554007163]

Resulted: 06/28/22 2201, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Accession number: 108375891

Resulting lab: SCAL RADIOLOGY INTERFACE

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Imaging (continued)**

Narrative:

Transcription

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	108375891	6/29/2022 8:18 AM	Dokko, Joon (M.D.), M.D.
Signed by Dokko, Joon (M.D.), MEDICAL DOCTOR on 06/29/22 at 0819			

CLINICAL HISTORY: Acute left upper abdominal pain

COMPARISON: 9/10/2020

TECHNIQUE: Study performed per protocol.

CT Dose:

As required by California law, the CT DIvol and DLP radiation doses associated with this CT study are listed below. This represents the estimated dose to a standard lucite phantom resulting from the technique used for this study, but is not the dose to this specific patient.

Type / CT DIvol / DLP / Phantom

Helical / 23.37 / 1208.13 / B

Total Exam DLP: 1208.13

CT DIvol = mGy DLP = mGy-cm

Phantom: B=Body32, H=Head16

CONTRAST:

FINDINGS: Abdomen and pelvic CT

ABDOMEN:

Lung: Lung bases are unremarkable.

Liver: Liver is unremarkable.

Gallbladder: Gallbladder is unremarkable.

Spleen: Spleen is unremarkable.

Pancreas: Pancreas is unremarkable.

Adrenal: Adrenal glands are unremarkable.

Kidneys: kidneys are unremarkable. No hydronephrosis. No kidney stone is seen.

Bowel: There are a few colonic diverticula without inflammatory

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Imaging (continued)**

changes. Appendix appears normal. There is no pneumoperitoneum.

Aorta: Unremarkable.

Lymph node: No abnormal lymphadenopathy.

Pelvis:

No obvious pelvic mass is seen. Hysterectomy changes are seen. 3.2 cm right ovarian cyst is seen.

IMPRESSION:

Colonic diverticulosis without acute diverticulitis.

No CT evidence of acute appendicitis.

3.2 cm right ovarian cyst.

This report electronically signed by Joon Dokko, MD on 6/29/2022 8:13 AM

Reviewed by

Moshiri, Hossein (R.N.), R.N. on 07/02/22 1026
Wissa, Mark N (R.N.), R.N. on 07/01/22 1137
Wissa, Mark N (R.N.), R.N. on 07/01/22 1137
Wissa, Mark N (R.N.), R.N. on 07/01/22 1137

Testing Performed By

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

Indications

LUQ ABDOMINAL PAIN [R10.12 (ICD-10-CM)]

All Reviewers List

Moshiri, Hossein (R.N.), R.N. on 7/2/2022 10:26
Wissa, Mark N (R.N.), R.N. on 7/1/2022 11:37
Wissa, Mark N (R.N.), R.N. on 7/1/2022 11:37
Wissa, Mark N (R.N.), R.N. on 7/1/2022 11:37

Other Orders**Medications****Ibuprofen (MOTRIN) 800 mg Oral Tab [1554000601] (Discontinued)**

Electronically signed by: Lin, Daniel (D.O.), D.O. on 06/28/22 2131

Status: **Discontinued**

Ordering user: Lin, Daniel (D.O.), D.O. 06/28/22 2131

Authorized by: Lin, Daniel (D.O.), D.O.

Ordering mode: Standard

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)**Other Orders (continued)**

PRN reasons: pain
 Frequency: Routine Q8H PRN 06/28/22 - 07/08/22 Class: Fill Now
 Discontinued by: Lin, Daniel (D.O.), D.O. 07/08/22 2131 [Discontinue Prescription]
 Diagnoses
 LUQ ABDOMINAL PAIN [R10.12]

Provider Details

Provider	NPI
Lin, Daniel (D.O.), D.O.	1689771842

Questionnaire

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

Admin instructions: . Take with food

Indications

LUQ ABDOMINAL PAIN [R10.12 (ICD-10-CM)]

HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab [1554000602] (Discontinued)

Electronically signed by: **Lin, Daniel (D.O.), D.O. on 06/28/22 2143** Status: **Discontinued**
 Ordering user: Lin, Daniel (D.O.), D.O. 06/28/22 2143 Authorized by: Lin, Daniel (D.O.), D.O.
 Ordering mode: Standard
 PRN reasons: pain
 Frequency: Routine Q6H PRN 06/28/22 - 07/08/22 Class: Fill Now
 Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 07/08/22 2205
 Diagnoses
 LUQ ABDOMINAL PAIN [R10.12]

Provider Details

Provider	NPI
Lin, Daniel (D.O.), D.O.	1689771842

Questionnaire

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

Admin instructions: . Do not exceed 4 tablets in 24 hours

Indications

LUQ ABDOMINAL PAIN [R10.12 (ICD-10-CM)]

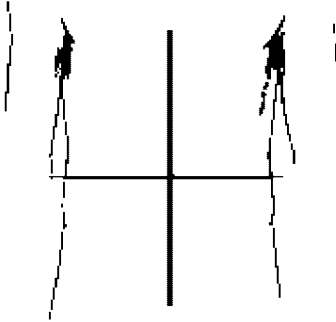
Patient Instructions

Patient Education

Your Kaiser Permanente Care Instructions**Abdominal Pain: Care Instructions****Your Care Instructions**

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Patient Instructions (continued)



© Healthwise, Incorporated

Abdominal pain has many possible causes. Some aren't serious and get better on their own in a few days. Others need more testing and treatment. If your pain continues or gets worse, you need to be rechecked and may need more tests to find out what is wrong. You may need surgery to correct the problem.

Don't ignore new symptoms, such as fever, nausea and vomiting, urination problems, pain that gets worse, and dizziness. These may be signs of a more serious problem.

Your doctor may have recommended a follow-up visit in the next 8 to 12 hours. If you are not getting better, you may need more tests or treatment.

The doctor has checked you carefully, but problems can develop later. If you notice any problems or new symptoms, **get medical treatment right away**.

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?

- Rest until you feel better.
- To prevent dehydration, drink plenty of fluids. Choose water and other caffeine-free clear liquids until you feel better. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- If your stomach is upset, eat mild foods, such as rice, dry toast or crackers, bananas, and applesauce. Try eating several small meals instead of two or three large ones.
- Wait until 48 hours after all symptoms have gone away before you have spicy foods, alcohol, and drinks that contain caffeine.
- Do not eat foods that are high in fat.
- Avoid anti-inflammatory medicines such as aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve). These can cause stomach upset. Talk to your doctor if you take daily aspirin for another health problem.

When should you call for help?



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

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

Patient Instructions (continued)

- You passed out (lost consciousness).
- You pass maroon or very bloody stools.
- You vomit blood or what looks like coffee grounds.
- You have new, severe belly pain.

Call your doctor now or seek immediate medical care if:

- Your pain gets worse, especially if it becomes focused in one area of your belly.
- You have a new or higher fever.
- Your stools are black and look like tar, or they have streaks of blood.
- You have unexpected vaginal bleeding.
- You have symptoms of a urinary tract infection. These may include:
 - Pain when you urinate.
 - Urinating more often than usual.
 - Blood in your urine.
- You are dizzy or lightheaded, or you feel like you may faint.

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

- You are not getting better after 1 day (24 hours).

Where can you learn more?

Go to <https://kp.org/health>

Enter **E907** in the search box to learn more about "**Abdominal Pain: Care Instructions.**"

Current as of: February 26, 2020

Content Version: 12.8

© 2006-2021 Healthwise, Incorporated.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



6/28/2022 9:00 PM URGENT CARE CLINIC

Instructions from DANIEL LIN DO, D.O.

Read the attached information
Additional instructions from DANIEL LIN DO, D.O.

What's Next

You currently have no upcoming appointments scheduled.

Medications

NEW Medications

Ibuprofen (MOTRIN) 800 mg Oral Tab
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab

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 . Take with food
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab (Taking)	Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours

New Orders

Normal Orders This Visit

CBC W AUTOMATED DIFFERENTIAL [85025 CPT(R)]
 CREATININE [82565 CPT(R)]
 CT ABD AND PELVIS NO CONTRAST [74176 CPT(R)]
 ELECTROLYTE PANEL (NA, K, CL, CO2, ANION GAP) [80051 CPT(R)]
 LIPASE [83690 CPT(R)]
 LIVER FUNCTION PANEL (TBILI, ALT, ALKP) [213120 Custom]
 US ABD LTD [76705 CPT(R)]
 WBC AUTO DIFF [85004 CPT(R)]

Common Medication Direction Abbreviations

Today's Visit

You saw DANIEL LIN DO, D.O. on Tuesday June 28, 2022. The following issues were addressed:

- ABDOMINAL PAIN, LEFT UPPER

Blood Pressure
137/83BMI
38.97Weight
220 lbHeight
5' 3"Temperature (Temporal)
98 °FPulse
73Respiration
16Oxygen Saturation
99%

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/honline/ie/>.

Pepper Smith (MRN: 000004779300) • Printed at 6/28/2022 10:24 PM

Page 1 of 6 Epic

This is confidential information. Do not throw away in a Kaiser Permanente trash can.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)


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

Allergies as of 6/28/2022

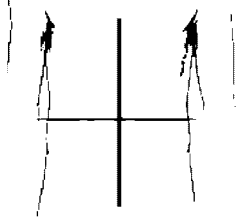
Reviewed by Lin, Daniel (D.O.), D.O. on 6/28/2022

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

 Attached Information

Additional instructions from DANIEL LIN DO, D.O.

Your Kaiser Permanente Care Instructions**Abdominal Pain: Care Instructions****Your Care Instructions**

© Healthwise, Incorporated

Abdominal pain has many possible causes. Some aren't serious and get better on their own in a few days. Others need more testing and treatment. If your pain continues or gets worse, you need to be rechecked and may need more tests to find out what is wrong. You may need surgery to correct the problem.

Don't ignore new symptoms, such as fever, nausea and vomiting, urination problems, pain that gets worse, and dizziness. These may be signs of a more serious problem.

Your doctor may have recommended a follow-up visit in the next 8 to 12 hours. If you are not getting better, you may need more tests or treatment.

The doctor has checked you carefully, but problems can develop later. If you notice any problems or new symptoms, **get medical treatment right away.**

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?

- Rest until you feel better.
- To prevent dehydration, drink plenty of fluids. Choose water and other caffeine-free clear liquids until you feel better. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- If your stomach is upset, eat mild foods, such as rice, dry toast or crackers, bananas, and applesauce. Try eating several small meals instead of two or three large ones.
- Wait until 48 hours after all symptoms have gone away before you have spicy foods, alcohol, and drinks that contain caffeine.
- Do not eat foods that are high in fat.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

- Avoid anti-inflammatory medicines such as aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve). These can cause stomach upset. Talk to your doctor if you take daily aspirin for another health problem.

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 pass maroon or very bloody stools.
- You vomit blood or what looks like coffee grounds.
- You have new, severe belly pain.

Call your doctor now or seek immediate medical care if:

- Your pain gets worse, especially if it becomes focused in one area of your belly.
- You have a new or higher fever.
- Your stools are black and look like tar, or they have streaks of blood.
- You have unexpected vaginal bleeding.
- You have symptoms of a urinary tract infection. These may include:
 - Pain when you urinate.
 - Urinating more often than usual.
 - Blood in your urine.
- You are dizzy or lightheaded, or you feel like you may faint.

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

- You are not getting better after 1 day (24 hours).

Where can you learn more?

Go to <https://kp.org/health>

Enter **E907** in the search box to learn more about "**Abdominal Pain: Care Instructions.**"

Current as of: February 26, 2020 Content Version: 12.8

© 2006-2021 Healthwise, Incorporated.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

General Information

SKIP THE TRIP. Have our pharmacy come to you!

New and refill prescriptions mailed to your home.

WHEN USING THE MAIL ORDER OPTION FOR OBTAINING PRESCRIPTIONS:

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

4 WAYS TO RECEIVE PRESCRIPTIONS BY MAIL:

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

For questions, call member services at

[800-464-4000](tel:8004644000) or TTY [711](tel:711)
[800-788-0616](tel:8007880616) (Spanish)
[800-757-7585](tel:8007577585) (Chinese dialects)

Hours

Open 7 days a week
 24 hours a day
 Closed holidays

Medicare members

[800-443-0815](tel:8004430815) or TTY [711](tel:711)

Hours

Open 7 days a week
 from 8 a.m. to 8 p.m.

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.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

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!

Thrive Local

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

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

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



6/28/2022 9:00 PM URGENT CARE CLINIC

Instructions from DANIEL LIN DO, D.O.

Read the attached information
Additional instructions from DANIEL LIN DO, D.O.

What's Next

You currently have no upcoming appointments scheduled.

Medications

NEW Medications

Ibuprofen (MOTRIN) 800 mg Oral Tab
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab

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 . Take with food
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab (Taking)	Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours

New Orders

Normal Orders This Visit

CBC W AUTOMATED DIFFERENTIAL [85025 CPT(R)]
 CREATININE [82565 CPT(R)]
 CT ABD AND PELVIS NO CONTRAST [74176 CPT(R)]
 ELECTROLYTE PANEL (NA, K, CL, CO2, ANION GAP) [80051 CPT(R)]
 LIPASE [83690 CPT(R)]
 LIVER FUNCTION PANEL (TBILI, ALT, ALKP) [213120 Custom]
 US ABD LTD [76705 CPT(R)]
 WBC AUTO DIFF [85004 CPT(R)]

Common Medication Direction Abbreviations

Today's Visit

You saw DANIEL LIN DO, D.O. on Tuesday June 28, 2022. The following issues were addressed:

- ABDOMINAL PAIN, LEFT UPPER

Blood Pressure	BMI
137/83	38.97

Weight	Height
220 lb	5' 3"

Temperature (Temporal)	Pulse
98 °F	73

Respiration	Oxygen Saturation
16	99%

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/honline/ie/>.

Pepper Smith (MRN: 000004779300) • Printed at 6/28/2022 10:23 PM

Page 1 of 6 Epic

This is confidential information. Do not throw away in a Kaiser Permanente trash can.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)


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

Allergies as of 6/28/2022

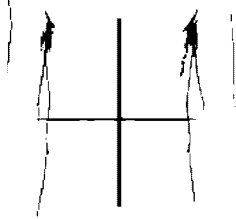
Reviewed by Lin, Daniel (D.O.), D.O. on 6/28/2022

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

 Attached Information

Additional instructions from DANIEL LIN DO, D.O.

Your Kaiser Permanente Care Instructions**Abdominal Pain: Care Instructions****Your Care Instructions**

© Healthwise, Incorporated

Abdominal pain has many possible causes. Some aren't serious and get better on their own in a few days. Others need more testing and treatment. If your pain continues or gets worse, you need to be rechecked and may need more tests to find out what is wrong. You may need surgery to correct the problem.

Don't ignore new symptoms, such as fever, nausea and vomiting, urination problems, pain that gets worse, and dizziness. These may be signs of a more serious problem.

Your doctor may have recommended a follow-up visit in the next 8 to 12 hours. If you are not getting better, you may need more tests or treatment.

The doctor has checked you carefully, but problems can develop later. If you notice any problems or new symptoms, **get medical treatment right away**.

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?

- Rest until you feel better.
- To prevent dehydration, drink plenty of fluids. Choose water and other caffeine-free clear liquids until you feel better. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- If your stomach is upset, eat mild foods, such as rice, dry toast or crackers, bananas, and applesauce. Try eating several small meals instead of two or three large ones.
- Wait until 48 hours after all symptoms have gone away before you have spicy foods, alcohol, and drinks that contain caffeine.
- Do not eat foods that are high in fat.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

- Avoid anti-inflammatory medicines such as aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve). These can cause stomach upset. Talk to your doctor if you take daily aspirin for another health problem.

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 pass maroon or very bloody stools.
- You vomit blood or what looks like coffee grounds.
- You have new, severe belly pain.

Call your doctor now or seek immediate medical care if:

- Your pain gets worse, especially if it becomes focused in one area of your belly.
- You have a new or higher fever.
- Your stools are black and look like tar, or they have streaks of blood.
- You have unexpected vaginal bleeding.
- You have symptoms of a urinary tract infection. These may include:
 - Pain when you urinate.
 - Urinating more often than usual.
 - Blood in your urine.
- You are dizzy or lightheaded, or you feel like you may faint.

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

- You are not getting better after 1 day (24 hours).

Where can you learn more?

Go to <https://kp.org/health>

Enter **E907** in the search box to learn more about "**Abdominal Pain: Care Instructions.**"

Current as of: February 26, 2020 Content Version: 12.8

© 2006-2021 Healthwise, Incorporated.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

General Information

SKIP THE TRIP. Have our pharmacy come to you!

New and refill prescriptions mailed to your home.

WHEN USING THE MAIL ORDER OPTION FOR OBTAINING PRESCRIPTIONS:

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

4 WAYS TO RECEIVE PRESCRIPTIONS BY MAIL:

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

For questions, call member services at

[800-464-4000](tel:800-464-4000) or TTY [711](tel:711)
[800-788-0616](tel:800-788-0616) (Spanish)
[800-757-7585](tel:800-757-7585) (Chinese dialects)

Hours

Open 7 days a week
 24 hours a day
 Closed holidays

Medicare members

[800-443-0815](tel:800-443-0815) or TTY [711](tel:711)

Hours

Open 7 days a week
 from 8 a.m. to 8 p.m.

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.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

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!

Thrive Local

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

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

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



6/28/2022 9:00 PM URGENT CARE CLINIC

Instructions from DANIEL LIN DO, D.O.

Read the attached information
Additional instructions from DANIEL LIN DO, D.O.

What's Next

You currently have no upcoming appointments scheduled.

Medications

NEW Medications

Ibuprofen (MOTRIN) 800 mg Oral Tab
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab

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 . Take with food
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab (Taking)	Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours

New Orders

Normal Orders This Visit

CBC W AUTOMATED DIFFERENTIAL [85025 CPT(R)]
 CREATININE [82565 CPT(R)]
 CT ABD AND PELVIS NO CONTRAST [74176 CPT(R)]
 ELECTROLYTE PANEL (NA, K, CL, CO2, ANION GAP) [80051 CPT(R)]
 LIPASE [83690 CPT(R)]
 LIVER FUNCTION PANEL (TBILI, ALT, ALKP) [213120 Custom]
 US ABD LTD [76705 CPT(R)]
 WBC AUTO DIFF [85004 CPT(R)]

Common Medication Direction Abbreviations

Today's Visit

You saw DANIEL LIN DO, D.O. on Tuesday June 28, 2022. The following issues were addressed:

- ABDOMINAL PAIN, LEFT UPPER

Blood Pressure	BMI
137/83	38.97

Weight	Height
220 lb	5' 3"

Temperature (Temporal)	Pulse
98 °F	73

Respiration	Oxygen Saturation
16	99%

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/honline/ie/>.

Pepper Smith (MRN: 000004779300) • Printed at 6/28/2022 9:53 PM

Page 1 of 6 Epic

This is confidential information. Do not throw away in a Kaiser Permanente trash can.


06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

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

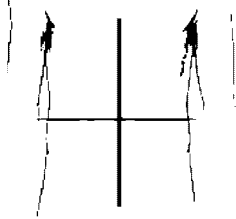
Allergies as of 6/28/2022

Reviewed by Lin, Daniel (D.O.), D.O. on 6/28/2022

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued) Attached Information

Additional instructions from DANIEL LIN DO, D.O.

Your Kaiser Permanente Care Instructions**Abdominal Pain: Care Instructions****Your Care Instructions**

© Healthwise, Incorporated

Abdominal pain has many possible causes. Some aren't serious and get better on their own in a few days. Others need more testing and treatment. If your pain continues or gets worse, you need to be rechecked and may need more tests to find out what is wrong. You may need surgery to correct the problem.

Don't ignore new symptoms, such as fever, nausea and vomiting, urination problems, pain that gets worse, and dizziness. These may be signs of a more serious problem.

Your doctor may have recommended a follow-up visit in the next 8 to 12 hours. If you are not getting better, you may need more tests or treatment.

The doctor has checked you carefully, but problems can develop later. If you notice any problems or new symptoms, **get medical treatment right away**.

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?

- Rest until you feel better.
- To prevent dehydration, drink plenty of fluids. Choose water and other caffeine-free clear liquids until you feel better. If you have kidney, heart, or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.
- If your stomach is upset, eat mild foods, such as rice, dry toast or crackers, bananas, and applesauce. Try eating several small meals instead of two or three large ones.
- Wait until 48 hours after all symptoms have gone away before you have spicy foods, alcohol, and drinks that contain caffeine.
- Do not eat foods that are high in fat.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

- Avoid anti-inflammatory medicines such as aspirin, ibuprofen (Advil, Motrin), and naproxen (Aleve). These can cause stomach upset. Talk to your doctor if you take daily aspirin for another health problem.

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 pass maroon or very bloody stools.
- You vomit blood or what looks like coffee grounds.
- You have new, severe belly pain.

Call your doctor now or seek immediate medical care if:

- Your pain gets worse, especially if it becomes focused in one area of your belly.
- You have a new or higher fever.
- Your stools are black and look like tar, or they have streaks of blood.
- You have unexpected vaginal bleeding.
- You have symptoms of a urinary tract infection. These may include:
 - Pain when you urinate.
 - Urinating more often than usual.
 - Blood in your urine.
- You are dizzy or lightheaded, or you feel like you may faint.

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

- You are not getting better after 1 day (24 hours).

Where can you learn more?

Go to <https://kp.org/health>

Enter **E907** in the search box to learn more about "**Abdominal Pain: Care Instructions.**"

Current as of: February 26, 2020 Content Version: 12.8

© 2006-2021 Healthwise, Incorporated.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

General Information

SKIP THE TRIP. Have our pharmacy come to you!

New and refill prescriptions mailed to your home.

WHEN USING THE MAIL ORDER OPTION FOR OBTAINING PRESCRIPTIONS:

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

4 WAYS TO RECEIVE PRESCRIPTIONS BY MAIL:

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

For questions, call member services at

[800-464-4000](tel:8004644000) or TTY [711](tel:711)
[800-788-0616](tel:8007880616) (Spanish)
[800-757-7585](tel:8007577585) (Chinese dialects)

Hours

Open 7 days a week
 24 hours a day
 Closed holidays

Medicare members

[800-443-0815](tel:8004430815) or TTY [711](tel:711)

Hours

Open 7 days a week
 from 8 a.m. to 8 p.m.

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.

06/28/2022 - Office Visit in URGENT CARE - WEST LA (continued)

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!

Thrive Local

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

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

END OF ENCOUNTER

06/29/2022 - Patient Message in INTERNAL MEDICINE AQUA2

Visit Information

Provider Information

06/29/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)**Visit Information (continued)****Encounter Provider**

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

Reason for Visit**Chief Complaint**

- PATIENT REPORTED INFORMATION

Clinical Notes**Telephone Encounter****Glinoga, Helen M (R.N.), R.N. at 7/7/2022 1321**

Author: Glinoga, Helen M (R.N.), R.N. Service: — Author Type: REGISTERED NURSE
 Filed: 7/7/2022 1:21 PM Encounter Date: 6/29/2022 Creation Time: 7/7/2022 1:21 PM
 Status: Signed Editor: Glinoga, Helen M (R.N.), R.N. (REGISTERED NURSE)
 From: Pepper Smith
 To: JERUSHA EMILY STAHL MD, M.D.
 Sent: 6/29/2022 8:07 AM PDT
 Subject: Test result/question

Hi Dr. Stahl

Last night I went to Kaiser cause I'm cramping bad in my upper left abdomen area. You'll see all the test they said were normal. They did an ultrasound however I asked the technician why was she on my right side cause it's the left. She replied she's only doing what they ordered. I'm looking at the liver. She spent about 10 minutes on the right and only went to the left for a minute and only cause I said something.

When I got back to UC he told me everything was normal and I explained what she did in ultrasound and he just shrugged it off and as usual offers me Ibuprofen. Really that's it's. We don't even know what's going on and I'm still in pain and discomfort.

After fussing about it he offers me a cat scan then tells me to check in to ER. I took the scan but I was not checking in to ER for them to charge me to read some results to me.

I explained to him my family stomach history is a concern for me. My moms gallbladder and pancreas cancer. My daughters Crohns.

Electronically signed by Glinoga, Helen M (R.N.), R.N. at 7/7/2022 1:21 PM

Glinoga, Helen M (R.N.), R.N. at 7/7/2022 1323

Author: Glinoga, Helen M (R.N.), R.N. Service: — Author Type: REGISTERED NURSE
 Filed: 7/7/2022 1:31 PM Encounter Date: 6/29/2022 Creation Time: 7/7/2022 1:23 PM
 Status: Signed Editor: Glinoga, Helen M (R.N.), R.N. (REGISTERED NURSE)

Pt seen at ED 6/30/22 and discussed CT abd. Results.

Helen Glinoga Rn

Central Message Management
Kaiser Permanente - West Los Angeles

06/29/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)**Clinical Notes (continued)**

Electronically signed by Glinoga, Helen M (R.N.), R.N. at 7/7/2022 1:31 PM

Messages**Test result/question**

From	To	Sent and Delivered
Helen M (R.N.) Glinoga, R.N. Last Read in kp.org 7/8/2022 5:00 PM by Pepper Smith	Pepper Smith	7/7/2022 1:31 PM

Dear Pepper Smith,

Thank you for your e-mail. My name is Helen and I work with your Personal Doctor, Dr. Stahl, Jerusha Emily (M.D.).

We apologize for any inconvenience or delay in response, as we are experiencing a tremendous volume of messages.

We noticed you were seen at Emergency dept. On 6/30/22. Please follow the Dr's Advised. If you still want to discuss further please make a follow up appointment at 833-574-2273. Thank you.

Sincerely,

HELEN M GLINOVA RN on behalf of your Personal Doctor

Test result/question

From	To	Sent
Pepper Smith	Jerusha Emily (M.D.) Stahl, M.D.	6/29/2022 8:07 AM

Hi Dr. Stahl

Last night I went to Kaiser cause I'm cramping bad in my upper left abdomen area. You'll see all the test they said were normal. They did and ultrasound however I asked the technician why was she on my right side cause it's the left. She replied she's only doing what they ordered. I'm looking at the liver. She spent about 10 minutes on the right and only went to the left for a minute and only cause I said something.

When I got back to UC he told me everything was normal and I explained what she did in ultrasound and he just shrugged it off and as usual offers me Ibuprofen. Really that's it's. We

06/29/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)**Messages (continued)**

don't even know what's going on and I'm still in pain and discomfort.

After fussing about it he offers me a cat scan then tells me to check in to ER. I took the scan but I was not checking in to ER for them to charge me to read some results to me.

I explained to him my family stomach history is a concern for me. My moms gallbladder and pancreas cancer. My daughters Crohns.

END OF ENCOUNTER**06/29/2022 - Patient Message in INTERNAL MEDICINE AQUA2****Visit Information****Provider Information****Encounter Provider**

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

Reason for Visit**Chief Complaint**

- PATIENT REPORTED INFORMATION

Clinical Notes**Telephone Encounter****Huebner, Maryann Macapagal (R.N.), R.N. at 7/7/2022 1342**

Author: Huebner, Maryann Macapagal (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 7/7/2022 1:42 PM	Encounter Date: 6/29/2022	Creation Time: 7/7/2022 1:42 PM
Status: Signed	Editor: Huebner, Maryann Macapagal (R.N.), R.N. (REGISTERED NURSE)	
From: Pepper Smith		
To: JERUSHA EMILY STAHL MD, M.D.		
Sent: 6/29/2022 8:16 AM PDT		
Subject: Test result/question		

I'm still in pain this morning. Sitting is when I have my most discomfort. Please let me know what those results are and what steps I should take from here please.

Pepper Smith
(323)445-2714
Pepper360@gmail.com

06/29/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)**Clinical Notes (continued)**

Electronically signed by Huebner, Maryann Macapagal (R.N.), R.N. at 7/7/2022 1:42 PM

Huebner, Maryann Macapagal (R.N.), R.N. at 7/7/2022 1342Author: Huebner, Maryann Macapagal
(R.N.), R.N.
Filed: 7/7/2022 1:42 PM
Status: Signed

Service: —

Encounter Date: 6/29/2022

Editor: Huebner, Maryann Macapagal (R.N.), R.N. (REGISTERED NURSE)

Author Type: REGISTERED NURSE

Creation Time: 7/7/2022 1:42 PM

Patient seen in ER

MARYANN MACAPAGAL HUEBNER RN

Electronically signed by Huebner, Maryann Macapagal (R.N.), R.N. at 7/7/2022 1:42 PM

Messages**Test result/question**

From	To	Sent
Pepper Smith	Jerusha Emily (M.D.) Stahl, M.D.	6/29/2022 8:16 AM

I'm still in pain this morning. Sitting is when I have my most discomfort. Please let me know what those results are and what steps I should take from here please.

Pepper Smith
(323)445-2714
Pepper360@gmail.com

END OF ENCOUNTER**07/08/2022 - Orders Only in URGENT CARE - WEST LA****Visit Information****Provider Information****Encounter Provider**

Lin, Daniel (D.O.), D.O.

Department

Name	Address	Phone
URGENT CARE - WEST LA	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

07/08/2022 - Orders Only in URGENT CARE - WEST LA (continued)

END OF ENCOUNTER

07/08/2022 - Patient Message in INTERNAL MEDICINE AQUA2

Visit Information**Provider Information****Encounter Provider**

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

Messages**follow up**

From	To	Sent
Pepper Smith	Jerusha Emily (M.D.) Stahl, M.D.	7/29/2022 7:41 AM

Hi Dr.

I'm sorry I started a response and never completed it. It's been touch and go but yesterday it started up again. Yesterday was different, I had to take the pain meds 3 times. At this point I don't know what else to do.

My colonoscopy prep and post went well for me. However I haven't heard anything regarding the results.

Please advise
Thank you, Pepper Smith

follow up

From	To	Sent and Delivered
Jerusha Emily (M.D.) Stahl, M.D. Last Read in kp.org 7/29/2022 9:59 AM by Pepper Smith	Pepper Smith	7/8/2022 10:04 PM

Hi Pepper, I got the refill request for the pain medication and am seeing your visits to urgent care and the ER. How is your pain at this point? Are you taking the pepcid, and does it help at all? Any help with changes in diet?

I am refilling the norco, but hopefully your appointment with GI this week will help figure out what is going on.

Take care,
Jerusha Stahl, MD

07/08/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)

Messages (continued)

END OF ENCOUNTER**07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS**

Visit Information

Provider Information

Encounter Provider	Authorizing Provider	Referring Provider
Ekanej, Amir Taymoor (M.D.), M.D.	Ekanej, Amir Taymoor (M.D.), M.D.	Jain, Sushil Kumar (M.D.), M.D.

Department

Name	Address	Phone
GASTROENTEROLOGY 2FGAS	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Level of Service

Level of Service
OUTPT EST LEVEL 4

Reason for Visit

Chief Complaint

- CONSULTATION

Visit Diagnoses

Name	Code	Chronic?
GERD (GASTROESOPHAGEAL REFLUX DISEASE)	K21.9	No
IRRITABLE BOWEL SYNDROME	K58.9	Yes
SCREENING FOR COLON CANCER	Z12.11	No
PREOP SCREENING FOR COVID-19 DISEASE	Z01.812, Z20.822	No

Vitals

Vital Signs	Most recent update: 7/12/2022 7:29 AM
Wt 216 lb 0.8 oz (98 kg)	BMI 38.27 kg/m ²

Clinical Notes

Nursing Note

Avanes, Talin (R.N.), R.N. at 7/12/2022 0730

Author: Avanes, Talin (R.N.), R.N.	Service: —	Author Type: REGISTERED NURSE
Filed: 7/12/2022 7:31 AM	Encounter Date: 7/12/2022	Creation Time: 7/12/2022 7:30 AM
Status: Signed	Editor: Avanes, Talin (R.N.), R.N. (REGISTERED NURSE)	

Immunization Care Gaps

Patient reminded to go to nurse clinic and complete the vaccines.

📍 Covid-19 Immunization Booster Dose Due

- Shingrix First Dose Immunization Due

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)**Clinical Notes (continued)**

Electronically signed by Avanes, Talin (R.N.), R.N. at 7/12/2022 7:31 AM

Everage, Connie A. (L.V.N.), L.V.N. at 7/12/2022 0819

Author: Everage, Connie A. (L.V.N.), L.V.N.	Service: —	Author Type: LICENSED VOCATIONAL NURSE
Filed: 7/12/2022 8:20 AM	Encounter Date: 7/12/2022	Creation Time: 7/12/2022 8:19 AM
Status: Signed	Editor: Everage, Connie A. (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)	

Patient scheduled

Future Appointments

Date	Time	Provider	Department	Center
7/25/2022	7:45 AM	Ekanej, Amir Taymoor (M.D.), M.D.	WLGI	WLAU

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

I have reviewed the provider's instructions with the patient, answering all questions to her satisfaction.

CONNIE A. EVERAGE LVN

Electronically signed by Everage, Connie A. (L.V.N.), L.V.N. at 7/12/2022 8:20 AM

Progress Notes**Ekanej, Amir Taymoor (M.D.), M.D. at 7/12/2022 0749**

Author: Ekanej, Amir Taymoor (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 7/12/2022 8:34 AM	Encounter Date: 7/12/2022	Creation Time: 7/12/2022 7:49 AM
Status: Signed	Editor: Ekanej, Amir Taymoor (M.D.), M.D. (Physician)	

Pepper Smith

000004779300

7/12/2022

Reason for referral: abdominal pain

Chief Complaint

Patient presents with

- CONSULTATION

Referring Provider: Stahl, Jerusha Emily (M.D.)

Pepper Smith is a 51 year old female who is referred to the GI clinic for evaluation of the above.

Location: left upper quadrant

Duration: one month

Pattern: episodic

Bowel habits: irregular. Stools both soft and hard.

No hematochezia

GERD symptoms but infrequent

Past Medical History:

Diagnosis

- SEVERE OBESITY, BMI 40-44.9, ADULT
- VITAMIN D DEFICIENCY
- UTERINE FIBROIDS

Date

4/11/2006

3/30/2011

8/25/2016

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Clinical Notes (continued)

- IRON DEFICIENCY ANEMIA 10/13/2016

Past Surgical History:

Procedure	Laterality	Date
• 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 SALPINGECTOMY <i>Procedure: SALPINGECTOMY LAPAROSCOPIC; Laterality: Left; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.</i>	Left	8/17/2017
• CYSTOSCOPY PROCEDURES <i>Procedure: CYSTOSCOPY; 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
• CHOLECYSTECTOMY LAPAROSCOPIC <i>Procedure: CHOLECYSTECTOMY LAPAROSCOPIC; Laterality: N/A; Surgeon: Plehn, Charles Ronald (M.D.), M.D.</i>	N/A	11/3/2020
• FALLOPIAN TUBE(S), LIGATION OR TRANSECTION, ABDOMINAL OR VAGINAL APPROACH, UNILAT OR BILAT		
• SALPINGECTOMY COMPLETE <i>two ectopic pregnancies after BTL</i>	Right	

Outpatient Medications Marked as Taking for the 7/12/22 encounter (Office Visit) with Ekanej, Amir Taymoor (M.D.), M.D.

Medication	Sig	Dispense	Refill
• HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab	Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours	12 tablet	0
• Famotidine (PEPCID) 20 mg Oral Tab	Take 1 tablet by mouth 2 times a day	60 tablet	0

SH: no tobacco use, occasional ETOH in social settings

FH: daughter with Crohn's disease

Physical Exam

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

Head: Normocephalic and atraumatic.

Eyes: EOM are normal. No scleral icterus.

Neck: Normal range of motion. Neck supple. No tracheal deviation present.

Abdominal: He exhibits no distension. There is no tenderness. There is no rebound and no guarding.

Skin: No rash noted. No erythema. No pallor.

Labs: WBC'S AUTO 5.4 06/30/2022

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Clinical Notes (continued)

HGB 14.1 06/30/2022
HCT AUTO 41.9 06/30/2022
PLT'S AUTO 279 06/30/2022
ALT 21 06/30/2022
AST 19 06/30/2022
ALKP 48 06/30/2022
TBILI 0.5 06/30/2022
K 3.5 06/30/2022
NA 134 (L) 06/30/2022
CL 98 (L) 06/30/2022
CO2 29 06/30/2022
CREAT 0.77 06/30/2022

No results found for this basename: INR

LIPASE 37 06/30/2022

Impression:

- Irritable bowel syndrome
- GERD- symptoms infrequent. On Pepcid

Plan:

- colonoscopy
- Citrucel daily
- Ibgard (peppermint oil) twice daily
- Identify food triggers
- Above recommendations were discussed with patient/family who is/are in agreement with the above

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Clinical Notes (continued)

Labs

SARS-COV-2, QUALITATIVE, NAA (COVID-19), EXPEDITED, KP LAB [1554007182] (Final result)

Electronically signed by: **Everage, Connie A. (L.V.N.), L.V.N. on 07/12/22 0812** Status: **Completed**

Ordering user: Everage, Connie A. (L.V.N.), L.V.N. 07/12/22 0812 Authorized by: Peterson, Angela Gayle (P.A.), P.A.

Ordering mode: Standard

Cosigning events

Electronically cosigned by Peterson, Angela Gayle (P.A.), P.A. 07/12/22 2336 for Ordering

Frequency: STAT 07/12/22 -

Class: Clinic Collected

Quantity: 1

Lab status: Final result

Diagnoses

PREOP SCREENING FOR COVID-19 DISEASE [Z01.812, Z20.822]

Provider Details

Provider	NPI
Everage, Connie A. (L.V.N.), L.V.N.	—
Peterson, Angela Gayle (P.A.), P.A.	1689733305

Questionnaire

Question	Answer
First COVID test?	No
Patient symptomatic?	No
Patient hospitalized?	No
Patient in ICU?	No
Patient employed in Health Care?	Unknown
Patient living in congregate setting?	Unknown
Patient pregnant?	No
Result Release to patient?	Immediate

Order comments: SALIVA SPECIMEN COLLECTION: Use only the saliva container provided in the kit. Instruct the patient to self-collect the sample: (1) through funnel, fill container with saliva to the wavy black line; (2) remove funnel and replace with cap; (3) tighten to seal and release solution; (4) shake for 5 seconds. Inform patient that a SALIVA sample will be required. Advise patient to NOT eat, drink, chew gum, or smoke for at least 30 minutes before providing the saliva sample. NASAL SWAB: Instruct Patient to self-collect or Parent/Guardian/Caregiver to help with specimen collection from ANTERIOR NARES. If not possible, following instructions below: THICKER NASAL/OROPHARYNGEAL SWAB: Observe Enhanced Droplet Precautions. Use the same swab for both nasal and oropharyngeal sites: (1) swab back of throat, avoiding tongue, and then (2) place same swab into first nostril until resistance is met at the level of turbinates, rotating the swab a few times against the nasal wall and then insert the same swab into the second nostril, repeating the same steps; place swab into a sterile container with viral transport media. Store/transport refrigerated or on ice. THIN/MINI-TIPPED NASOPHARYNGEAL SWAB: Observe Enhanced Droplet Precautions. Use the same swab for both oropharyngeal and nasopharyngeal sites: (1) swab back of throat, avoiding tongue, and then (2) place same swab into a nostril parallel to palate for a few seconds to absorb secretions; place swab into a sterile container with viral transport media. Store/transport refrigerated or on ice.

Specimen Information

ID	Type	Source	Collected By
C0000220222030 66569	—	NASAL SWAB	RNC 07/22/22 1032

COVID-19 Asymptomatic Screening: Pre-Procedure or Admission
[1554007182]

Resulted: 07/23/22 0921, Result status: Final result

Order status: Completed

Filed on: 09/29/22 1038

Collected by: RNC 07/22/22 1032

Resulting lab: SHERMAN WAY REGIONAL LABORATORY

Narrative:

RMS ACCN: 725980954

Acknowledged by: Peterson, Angela Gayle (P.A.), P.A. on 07/24/22 2032

Components

Component	Value	Reference Range	Flag	Lab
SARS-COV-2 (COVID-19), QUALITATIVE, NAA	Not Detected	Not Detected	—	956

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)**Labs (continued)**

Comment:

NAA (Nucleic Acid Amplification) assays are the primary molecular diagnostic method for SARS-CoV-2 viral RNA detection (also known as RT-PCR or TMA).

This test is only for use under the Food and Drug Administration's Emergency Use Authorization (EUA).

Test results are for the identification of SARS-CoV-2 RNA, which may be detectable in samples submitted during the acute phase of infection.

Positive / Detected. SARS-CoV-2 RNA present.

Negative / Not Detected results for SARS-CoV-2 do not rule out COVID-19 infection and should not be used as the sole basis for patient management.

Negative / Not Detected results must be combined with other information such as patient history, clinical observations and epidemiology. Resubmit if clinically indicated.

Presumptive Positive. Not all COVID-19 targets detected. Consider the test POSITIVE if there was a high pre-test probability of COVID-19 infection. Consider repeat testing if clinically indicated.

Inconclusive

. Not all COVID-19 targets detected. Consider repeat testing if clinically indicated.

For "Invalid" results a new specimen needs to be obtained for retesting.

This test is only authorized for the duration of the declaration that circumstances exist justifying the authorization of the emergency use of in vitro diagnostic tests for detection of SARS-CoV-2 and/or diagnosis of COVID-19 infection.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
240 - 956	SHERMAN WAY REGIONAL LABORATORY	Steven McLaren, DO	11668 Sherman Way NORTH HOLLYWOOD CA 91605	03/28/19 2317 - Present

**COVID-19 Asymptomatic Screening: Pre-Procedure or Admission
[1554007182]**

Resulted: 07/23/22 0306, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: RNC 07/22/22 1032

Narrative:

RMS ACCN: 725980954

Reviewed by

Peterson, Angela Gayle (P.A.), P.A. on 07/24/22 2032

Peterson, Angela Gayle (P.A.), P.A. on 07/24/22 2032

Indications

PREOP SCREENING FOR COVID-19 DISEASE [Z01.812, Z20.822 (ICD-10-CM)]

All Reviewers List

Peterson, Angela Gayle (P.A.), P.A. on 7/24/2022 20:32

Peterson, Angela Gayle (P.A.), P.A. on 7/24/2022 20:32

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)**Labs (continued)****Other Orders****Medications****Simethicone (MYLICON) 80 mg Oral Chew Tab [1554007181] (Discontinued)**Electronically signed by: **Everage, Connie A. (L.V.N.), L.V.N. on 07/12/22 0812** Status: **Discontinued**

Ordering user: Everage, Connie A. (L.V.N.), L.V.N. 07/12/22 0812 Authorized by: Peterson, Angela Gayle (P.A.), P.A.

Ordering mode: Standard

Cosigning events

Electronically cosigned by Peterson, Angela Gayle (P.A.), P.A. 07/12/22 2336 for Ordering

Frequency: Routine 07/12/22 - 08/10/22 Class: Fill Now

Discontinued by: Mayorquin, Patricia (M.D.), M.D. 08/10/22 1306

Diagnoses

SCREENING FOR COLON CANCER [Z12.11]

Provider Details

Provider	NPI
Everage, Connie A. (L.V.N.), L.V.N.	—
Peterson, Angela Gayle (P.A.), P.A.	1689733305

Questionnaire

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

Admin instructions: Chew and swallow 2 tablets by mouth 4 hours before appointment and 2 tablets 3 hours before appointment according to Gastroenterology Department Colonoscopy Bowel Preparation instructions. Take with the liquid bowel prep. Discard unused portion

Indications

SCREENING FOR COLON CANCER [Z12.11 (ICD-10-CM)]

PEG 3350 - Electrolytes (GAVILYTE-C) 240-22.72-6.72 -5.84 gram Oral Recon Soln [1554007179] (Discontinued)Electronically signed by: **Everage, Connie A. (L.V.N.), L.V.N. on 07/12/22 0812** Status: **Discontinued**

Ordering user: Everage, Connie A. (L.V.N.), L.V.N. 07/12/22 0812 Authorized by: Peterson, Angela Gayle (P.A.), P.A.

Ordering mode: Standard

Cosigning events

Electronically cosigned by Peterson, Angela Gayle (P.A.), P.A. 07/12/22 2335 for Ordering

Frequency: Routine 07/12/22 - 08/10/22 Class: Fill Now

Discontinued by: Mayorquin, Patricia (M.D.), M.D. 08/10/22 1306

Diagnoses

SCREENING FOR COLON CANCER [Z12.11]

Provider Details

Provider	NPI
Everage, Connie A. (L.V.N.), L.V.N.	—
Peterson, Angela Gayle (P.A.), P.A.	1689733305

Questionnaire

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

Admin instructions: Follow gastroenterology department colonoscopy bowel preparation instructions

Indications

SCREENING FOR COLON CANCER [Z12.11 (ICD-10-CM)]

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Patient Instructions

- Citrucel (fiber supplement), one scoop in 8 ounces of water or juice, daily after breakfast, with plenty of fluids. May increase to twice daily after one week if once daily dose is not effective.
- IBgard (peppermint oil) twice daily
- Identify triggers (diet, stress, etc)

Letters

Letter by Ekanej, Amir Taymoor (M.D.), M.D. on 7/12/2022

Status: Sent

Letter body:



DEPARTMENT OF GASTROENTEROLOGY
2nd Flr. Module 220 - 230
6041 Cadillac Ave., Los Angeles Ca 90034
Tel. No. **323 - 857 - 2067**

7/12/2022

MRN: **000004779300**

Pepper Smith
2822 7th Ave
Los Angeles CA 90018

Dear **Pepper Smith**,

You have been scheduled for a colonoscopy. A colonoscopy lets your doctor look inside your large intestine (rectum and colon). The doctor uses a thin, flexible tube to look for problems. These include small growths (called polyps), cancer, or bleeding.

During the test, the doctor may use small tools to take tissue samples that can be checked for problems. This is called a biopsy. The doctor can also take out polyps. For more information, see the answers to questions #1-3 of the attached Colonoscopy Frequently Asked Questions (FAQ).

Preparing for the test includes cleaning out your colon with a laxative (CoLyte) so your doctor can see inside. If you are registered on KP.org, a helpful video describing the colonoscopy is available for you to watch. Please **pick up your colonoscopy bowel prep medication** from the pharmacy **7 days** before your appointment.

Self Collected Nasal Swab on 07/22/2022**Please see additional instruction on the next page.**

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Letters (continued)

Colonoscopy Appointment Information

Appointment Date: **07/25/2022**

Appointment Time: **7:45AM**

Check in: **1st Floor, 30 minutes before procedure**

Address: **6041 Cadillac Ave.**

2nd Floor, Room # 230

Los Angeles, CA 90034

Although colon cancer is the third most common cancer in the United States, it is 90% curable when detected early.

Covid Test will be performed at any Kaiser West LA **MOB** Lab locations below.

Regardless of whether you have received one or two doses of the COVID-19 vaccine, you will still need to obtain a COVID-19 screening test 3 days before your GI procedure. This screening test has already been ordered for you by our department. The test will be conducted at any Kaiser Laboratory listed below and should take around 10-15 minutes to complete. Be sure to bring your medical record number and a photo ID.

If you have any questions or need an alternate arrangement for COVID-19 testing, please contact the GI scheduling department at: (323) 857-2067, option 2.

WLA LAB MC

6041 CADILLAC AVE
LOS ANGELES, CA 90034

Monday – Friday 8:00 AM – 4:00 PM

Saturday – Sunday 8:00 AM – 1:00 PM

SANTA MONICA MOB

1450 10TH ST
SANTA MONICA, CA 90401

Monday – Friday 8:00 AM – 4:00 PM

BALDWIN HILLS / CRENSHAW MOB

3782 W. MARTIN LUTHER KING, JR. BLVD.
LOS ANGELES, CA 90008

Monday – Friday 8:00 AM – 4:00 PM

INGLEWOOD MOB

110 N. LA BREA AVE.
INGLEWOOD , CA 90302

Monday – Friday 8:00 AM – 4:00 PM

PLAYA VISTA (NEW) MOB

CULVER-MARINA MOB

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Letters (continued)

5300 MCCONNELL AVE

12001 W. WASHINGTON BLVD.

LOS ANGELES, CA 90066

LOS ANGELES, CA 90066

Monday – Friday 8:00 AM – 4:00 PM**Monday – Friday 8:00 AM – 4:00 PM****Important: Please read the information below and all the attached instructions**

- Please **arrive 30 minutes** before your appointment. Plan on staying 2 to 4 hours.
- You will be receiving medicine that may make you sleepy so you cannot drive or return to work that day. You may return to normal activity the next day.
- **You must have a responsible adult (at least 18 years of age with a valid driver's license) to take you home. If you do not have a responsible adult to take you home, your procedure will be rescheduled.** For more information, see the answer to question #4 of the attached Colonoscopy FAQ.
 - This procedure requires informed consent. If you make your own health care decisions, you do not need to bring anyone with you to sign the form.
- If you have someone who helps you make health care decisions (health care proxy or durable power of attorney), please bring this person with you so they can sign the informed consent form. If they are not your driver, they can leave after signing the consent as long as you have someone else to drive you home.
- Please bring your Kaiser Permanente member card and a photo ID. Leave jewelry and valuables at home.
- You will receive an email through KP.org to review an instructional video called EMMI with important information about your colonoscopy that we recommend you watch.

Phone Numbers

- If you are taking Warfarin (Coumadin), call the Anti-Coagulation Clinic at 323-857-2144 so you know how to take the medication.
- If you need to cancel or reschedule, call 323-857-2067 at least **4 days** before your appointment.
- If you have had surgery in the past month or you have seen your doctor for heart (e.g., heart attack), stroke, or breathing issues in the past 6 months, or if you are pregnant, please contact your Primary Care Physician for more instructions.
- Some colonoscopies will require a co-payment. Please call 1-800-464-4000 for copay questions. For any other questions or concerns, call 323-857-4430, M-F, 8:30 a.m. - 4:30 p.m. or call 1-888-KP-ON-CALL (1-888-576-6225), M-F, 7 p.m. - 7 a.m. and all day on weekends and holidays.

Preparing for your Colonoscopy

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Letters (continued)

Important:

Please read all the instructions below and check off completed items as appropriate.

Good preparation (prep) is important.

If your doctor cannot see inside your colon they may reschedule your procedure. Please carefully follow the prep instructions or you may need to repeat the procedure, and possibly have a second co-payment. Refer to Colonoscopy FAQ #8 for what is considered a good prep.

7 Days Before Appointment

If you are taking Clopidogrel (Plavix®), Dabigatran (Pradaxa®), Rivaroxaban (Xarelto®) Apixaban (Eliquis®), Ticlopidine (Ticlid®), Prasugrel (Effient®), Edoxaban (Savaysa®) Heparin, Lovenox, Ticagrelor (Brilinta®), or any other blood thinners or anticoagulants, call your doctor immediately to determine when to stop these medications and if it is safe for you to do so. The doctor who prescribed the medication has their contact information on the label of your medication. It is also located at **kp.org** under the medication section. Also, if you had a stent placed or suffered a stroke within the last year, call your doctor for instructions.

If you are taking Warfarin (Coumadin), please refer to the cover letter for further information.

STOP taking Weight Loss prescribe medication (**Phentermine**).

Do not stop taking aspirin if you have a prescription.

If you have diabetes, see FAQ #10 for more information.

Continue taking all other medications unless your doctor tells you something different.

5 Days Before Appointment

Pick up your colonoscopy bowel prep medication (CoLyte, Gavilyte-C, GoLYTELY, etc.) from the pharmacy.

Do not eat foods that are hard to digest—such as nuts, seeds, corn, fruits with seeds, or fiber supplements. Peel the skin off all fruits and vegetables before eating. These types of foods can potentially interfere with the colonoscopy.

Do NOT take iron supplements for **5 days in a row** before your appointment (continue taking after the procedure or as instructed by your doctor).

1 Day Before Appointment

No solid food the whole day! You will be drinking/eating a clear liquid diet only (nothing **red**, **blue**, or **purple** in color). Basically, if you can see through it, you can have it. Refer to Colonoscopy FAQ #9 for examples of a clear liquid diet.

When preparing your colonoscopy bowel prep medication, add water to the fill line. You can add flavoring with a clear liquid such as Sprite® or a low-calorie beverage powder such as lemonade or peach, but don't use flavors that are **red**, **blue**, or **purple** in color. You may find it easier to drink if chilled in the

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Letters (continued)

refrigerator or if you use a straw with the end at the back of your throat. Refer to FAQ #7 for further details.

- Start drinking your colonoscopy bowel prep medication at 6 PM.** the day before your appointment. You will want to stay home because it will make you go to the bathroom often. Drink one 8 oz. glass every 15 minutes until you have completed ¾ of the jug.

Day of the Appointment

- Start drinking the rest of the colonoscopy bowel prep medication **at least 4 hours before your appointment AND take 2 pills of simethicone as you start drinking.** Again, drink one 8 oz. Glass every 10-15 minutes until you have finished the jug. **After you have finished the jug, take the last 2 pills of simethicone.** It is important that you finish this part of the bowel prep.
- No solid food today. Finish your prep 3 hours before your appointment and do not drink anything, chew gum, or smoke/vape after you finish your prep.** Keep taking your medications as instructed with a small sip of water up to 3 hours before your appointment (unless your doctor gives you other instructions).

FOR MORNING APPOINTMENTS

	7 AM	8 AM	9 AM	10 AM	11 AM
	3 AM	4 AM	5 AM	6 AM	7 AM
	4 AM	5 AM	6 AM	7 AM	8 AM

FOR AFTERNOON APPOINTMENTS

	12 PM	1 PM	2 PM	3 PM	4 PM
	8 AM	9 AM	10 AM	11 AM	12 PM
	9 AM	10 AM	11 AM	12 PM	1 PM

Colonoscopy Frequently Asked Questions (FAQ)

Q1. What should I expect during my colonoscopy appointment?

- You will be asked to change your clothes and wear a gown. You will also have an IV catheter placed in your arm and medicine will be given to you.
- You will be asked to lie on your left side to start. You may also be asked to lie on your back or right side.
- The procedure may take 30 to 60 minutes. You will be carefully watched by our team of nurses and doctors to make sure you have a complete recovery.
- You may experience some gas/cramping, which is normal and will go away in a couple hours. You will be asked to pass the "air" or "gas" to relieve your cramping in order to go home.

Q2. What is polypectomy?

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Letters (continued)

- During the exam, a polyp may be found. Polyps are unusual growths of tissue, which can differ in size from a tiny dot to several inches. If your doctor thinks the polyps should be removed, they will pass a wire loop or snare through a thin, flexible tube and cut it from the intestinal wall. If more polyps are found, they may be removed as well. You shouldn't feel any pain. Polyps are usually removed because they can cause bleeding or contain cancer. Removal of polyps is an important way to prevent colon cancer.

Q3. Are there complications from a colonoscopy or polypectomy?

- Colonoscopy and polypectomy are very safe and low-risk procedures when performed by doctors who have been specially trained and are experienced. One possible complication is a tear through the wall of the bowel, which may allow leakage of intestinal fluid. This complication usually requires surgery but may be managed with antibiotics and IV fluids in certain cases. Bleeding may occur from where the polyp was removed. It is usually minor and stops on its own or can be controlled by applying electrical current through the colonoscope. Rarely, transfusions or surgery may be required. Other risks include drug reactions and complications from unrelated diseases such as heart attack or stroke. Death is extremely rare, but remains a possibility.

Q4. Can I drive or take a taxi, shared ride van, Uber, etc. by myself to the appointment?

- **No.** You cannot drive for the entire day after your procedure is done. It is unlawful to drive after sedation as it is considered driving under the influence.
- If you take a taxi, Uber, etc., you will need to have a responsible adult with you to help you get home. We must speak with your driver/responsible adult chaperone before the procedure. Without a driver/another adult with you, your procedure will be rescheduled.
- If you are unable to make arrangements for a driver, please call the number on the cover letter to reschedule your procedure.

Q5. Are there reasons to delay the procedure?

- Yes. If you have had surgery in the past month or you have seen your doctor for heart (e.g. heart attack), stroke, or breathing issues in the past 6 months, or if you are pregnant, please call the number on the cover letter for more instructions.

Q6. If I weigh under 100 pounds do I need to take all of the colonoscopy bowel prep medication (CoLyte, Gavilyte-C, GoLyte, etc.)?

- The liquid amount is not weight dependent. It is important to finish the entire colonoscopy bowel prep medication for a successful colonoscopy.

Q7. How can I make the colonoscopy bowel prep medication (e.g. CoLyte) taste better?

- Colonoscopy bowel prep medication (e.g. CoLyte) tastes better if you refrigerate it, add flavoring with a low-calorie beverage powder such as lemonade or peach (not **red**, **blue**, or **purple** colored), or suck on a lemon wedge.
- You may find it easier to drink if you use a straw with the end at the back of the throat.
- It is ok to chill in refrigerator or leave at room temperature. If it is chilled it might make you feel cold so you need to wear something warm.

Q8. What is considered good bowel prep?

- After you complete the bowel prep, your bowel movements should be clear to yellow in color and a watery consistency. If they are not clear, call the Gastroenterology Department. You may want to use

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Letters (continued)

your smart phone camera to take a picture of your last bowel movement before leaving the house, so that you can show the nurses when you arrive.

Start your bowel prep -----> Finish!

Not OK Dark and murky	Not OK Brown and murky	Not OK Dark orange and semi-clear	Almost there Light orange and mostly clear	You're ready! Yellow and clear, like urine
---------------------------------	----------------------------------	---	--	--

Q9. What is a clear liquid diet?

- If you can see through it, you can have it. However, nothing with **red, blue, or purple** coloring, since these may look like blood during the procedure.

	OK	NOT OK
Drinks	Water, Clear Fruit Juices (e.g., apple, white grape), Sports Drinks, Black Tea or Black Coffee, Clear Soft Drinks/Soda Pop or Ginger Ale	Milk or Cream, Juice with Pulp, Cocoa, Alcohol, Nectars, Red, Blue, or Purple Colored Beverages
Food	Clear, Fat-free Broths (chicken, beef), Jell-O* (stop eating 8 hours before procedure), Frozen Popsicles*, Plain Hard Candy*, Sugar, Honey, Sugar Substitutes *Nothing with Red, Blue, or Purple coloring	Creamy or Chunky Soups, Solid Foods, Pudding, Any Other Sweets

Q10. What should I do if I have diabetes?

- It is important that you test your blood sugar every 4 hours the day before and the day of your procedure. If you have questions, call your doctor.
- If your blood sugar is low (<80mg/dl): drink 4 oz. (1/2 cup) of clear juice (apple, white grape, white cranberry, etc.). Re-check your blood sugar in 15 minutes. Your sugar needs to be >100mg/dL.
- If your blood sugar is high (>240mg/dl): follow your normal instructions.
- Your target glucose range before the procedure should be 80-180 mg/dl.

• **Make sure to contact your endocrinologist if you are on an insulin pump, on concentrated**

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Letters (continued)

insulin, or have Diabetes Type 1 for more instructions. If the person who helps you manage your diabetes (primary care doctor, nurse care manager, diabetes pharmacist, endocrinologist, etc.) has given you instructions for your medications that are different from the instructions shown in the tables below, please follow those instructions.

- **Your instructions may be different if your procedure is scheduled in the afternoon or if you have Diabetes Type 1.**

Oral diabetes medications:

Glucophage® (Metformin), Glipizide, Metaglip, Glyset® (Miglitol), Prandin® (Repaglinide), Precose® (Acarbose), Starlix® (Nategilinide), Actos® (Pioglitazone), Tradjenta® (Linagliptin), Jardiance® (Empagliflozin), or Diabeta® (glyburide)

<ul style="list-style-type: none"> • Take diabetes tablets as normal at breakfast time. Stop all tablets after the morning doses and only start taking them after the procedure once you start eating regular food. • Remember, clear liquid diet. 	<p>Do not take any tablets.</p>	<p>Start taking tablets again as usual once you eat regular food.</p>

***If the person who helps you manage your diabetes (primary care doctor, nurse care manager, diabetes pharmacist, endocrinologist, etc.) has given you instructions for your medications that are different from the instructions shown in the tables below, please follow those instructions.**

Remember, do not eat, drink, smoke, or chew gum 3 hours before your appointment. Take medications with small sip of water only.

1 injection per day insulin

Long-acting insulin pre-bed such as Lantus® (glargine), NPH (+/- tablets during the day)

<ul style="list-style-type: none"> • Before bedtime: inject half of your usual long-acting insulin dose. • Remember, clear liquid 	<p>Do not inject insulin.</p>	<p>After the procedure have a snack. Resume your oral tablets with meals and inject</p>

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Letters (continued)

diet.		your usual insulin dose before bedtime.
-------	--	---

2 injection per day insulin

Twice daily pre-mixed insulin such as 70/30 or NPH/Lantus® (glargine) with Regular/Humalog (Novolog)

<ul style="list-style-type: none"> At breakfast time: Inject half of your usual insulin dose. At dinner time and bed time: do not inject Regular, Humalog/Novolog. If you are on 70/30 insulin you may be switched to NPH or Lantus. Inject half of your NPH or Lantus dose. Check with your doctor for specific instructions. At bedtime: Inject half of NPH/Lantus dose. Remember, clear liquid diet. For Type 1 diabetics: inject 80% of your long acting insulin does unless instructed to inject usual dose. 	<ul style="list-style-type: none"> Inject half of your NPH/Lantus® (glargine) dose in the morning. Do not inject 70/30, Regular insulin or Humalog/Novolog. 	<p>After the procedure inject half of your normal insulin dose with a snack. Inject your normal evening insulin dose with evening meal.</p>

***If the person who helps you manage your diabetes (primary care doctor, nurse care manager, diabetes pharmacist, endocrinologist, etc.) has given you instructions for your medications that are different from the instructions shown in the tables below, please follow those instructions.**

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Letters (continued)

Remember, do not eat, drink, smoke, or chew gum 3 hours before your appointment. Take medications with small sip of water only.

4 injection per day insulin

Short-acting at meal time with long-acting before bedtime-Short-acting: Humalog®, Novolin R®; Long-acting: NPH/Lantus® (glargine)

<ul style="list-style-type: none"> • At breakfast time: Inject your short-acting insulin. • At lunchtime: Inject half of your short-acting insulin dose. • At dinnertime: do not inject short-acting insulin. • Before bedtime: Inject half of your long-acting insulin dose. • Remember, clear liquid diet. • Type 1 diabetics inject 80% of your long acting insulin dose unless instructed to inject usual dose. 	<p>Do not inject insulin until after the procedure.</p>	<p>Inject half of your short-acting insulin with a snack and return to usual insulin doses once you start eating your regular meal.</p>

Non-insulin injectables

Exenatide (Bydureon® or Byetta®), Liraglutide (Victoza®), Pramlintide (Symlin®)

<ul style="list-style-type: none"> • Inject your usual dose. • Remember, clear liquid diet. 	<p>Do not take any non-insulin injectables.</p>	<p>Start taking your non-insulin injectables again as usual.</p>

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)**Letters (continued)**

***If the person who helps you manage your diabetes (primary care doctor, nurse care manager, diabetes pharmacist, endocrinologist, etc.) has given you instructions for your medications that are different from the instructions shown in the tables below, please follow those instructions.**

Remember, do not eat, drink, smoke, or chew gum 3 hours before your appointment. Take medications with small sip of water only.

Referrals**Outpatient Service #21629000781**

Reason: Specialty Services Required	Priority: Routine
Class: Internal	Status: Closed
Status updated on: 6/30/2022	Valid dates: From 6/30/2022 to 6/30/2023

Referred From

Location: WEST LA MEDICAL CENTER L	Department: WLA EDWL EAIP
Provider: Jain, Sushil Kumar (M.D.), M.D.	Provider phone: 833-574-2273
Provider address: 6041 CADILLAC AVE LOS ANGELES CA 90034-1702	

Referred To

Location: *WEST LOS ANGELES (WLA)	Specialty: Gastroenterology
-----------------------------------	-----------------------------

Visits

Requested: 1	Authorized: 1	Completed: 2	Scheduled: 0
--------------	---------------	--------------	--------------

Procedures**REFERRAL GI**

Number requested: 1	Number approved: 1
---------------------	--------------------

Diagnoses

- R10.13 (ICD-10-CM) - EPIGASTRIC ABDOMINAL PAIN

Referral Notes**Provider Comments by Jain, Sushil Kumar (M.D.), M.D. at 6/30/2022 2120**

Summary: Provider Comments

Reason: possible gastritis vs PUD

For Hepatology, GI Transplant Evals, and Fibroscan, please select the correct reason from the list above to ensure it routes correctly. Do NOT use Consult/Referral if you are trying to route to one of these hubs.

Questionnaire

Question	Answer
RUC Starts the Denial Process	—
Select Reason for Medical Necessity Denial	—
---- RUC Denial Letter and Appeals Section ----	—
Select Member's Preferred Written Language	English
Select Notification Address	—

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)**Referrals (continued)**

Select Reason for Benefit Denial —
 Select EPO Letter —
 Select the Department Providing Supporting Documentation —
 Select Denial Subtype —
 Select Service Type —
 Select Service Category —
 Select Commercial Letter —
 Select Federal (FEHBP) Letter —
 Select Medi-Cal Letter —
 Select Medicare Letter —
 Select Self-Funding (SF) Letter —
 Select Coverage Type —
 Was a Semi-Translation Sent to Member? —
 Enter Date Semi-Translation Sent to Member —
 Was a Full Translation Letter Requested? —
 Enter Date Full Translation Requested by Member —
 Enter Date Full Translation Requested by Kaiser to Vendor —
 Enter Date Full Translation Received by Kaiser from Vendor —
 Enter Date Full Translation Sent to Member —
 Select Authorized Representative - Relationship —
 Enter Authorized Representative's Name —
 Enter Authorized Representative's Phone Number —
 Enter Alternate Street Address —
 Enter Alternate City —
 Enter Alternate State —
 Enter Alternate Zip Code —
 Was Additional Information Needed to Complete Denial Letter? —
 Enter Date Additional Information was Requested —
 Enter Time Additional Information was Requested —
 Enter Date Additional Information was Received —
 Enter Time Additional Information was Received —
 Select Physician Decision Maker's Name —
 Enter Physician Decision Maker's Phone —
 Select Denial Letter Type —
 Member Requires an Authorized Representative? —
 Did Member Request Dx/Px Information? —
 Enter Date Member Request to MSCC —
 Enter Date UM Mailed Information to Member —
 Enter Date UM Received Request —
 Select Change for Appointment Type —
 Select the Specialty Visit Type? —
 Enter Relevant Dx/Px Related UM Denial —
 Select KPIC Letter —
 Select Level of Service —
 Was an Extension Letter Issued? —
 Enter Date Extension Letter Sent to Physician —
 Enter Time Extension Letter Sent to Physician —
 Enter Date Extension Letter Sent to Member —
 Was Requested Information Received? —
 Enter Date Requested Information was Received —
 Was this letter Retracted? —
 Enter Time Extension Letter Sent to Member —
 Enter Time Requested Information was Received —

Order**REFERRAL GI [1554007178]**Electronically signed by: **Jain, Sushil Kumar (M.D.), M.D. on 06/30/22 2120** Status: **Active**

Ordering user: Jain, Sushil Kumar (M.D.), M.D. 06/30/22 2120 Ordering provider: Jain, Sushil Kumar (M.D.), M.D.

Authorized by: Jain, Sushil Kumar (M.D.), M.D. Ordered during: ED on 06/30/2022

Diagnoses

EPIGASTRIC ABDOMINAL PAIN [R10.13]

Order comments: Reason: possible gastritis vs PUD For Hepatology, GI Transplant Evls, and Fibroscan, please select the correct reason from the list above to ensure it routes correctly. Do NOT use Consult/Referral if you are trying to route to one of

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Referrals (continued)

these hubs.

Triage

Triage Information

Decision: None

Schedule by date: 7/14/2022

Coverages

State Comp Insurance Fund

Plan: State Comp Ins Fund,
Fresno - 65005
Member #: xxx-xx-8475

Covered: Covered

From: 6/2/2022

To: 7/6/2022

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300

7/12/2022 7:20 AM GASTROENTEROLOGY 2FGAS



Instructions from AMIR TAYMOOR EKANEJ MD, M.D.
Your personalized instructions can be found at the end of this document.

What's Next

JUL 25 2022 Procedure with AMIR TAYMOOR EKANEJ MD, M.D.
Monday July 25 7:45 AM

GASTROENTEROLOGY
2FGAS
6041 CADILLAC AVE
LOS ANGELES CA
90034-1702
833-574-2273

Today's Visit

You saw AMIR TAYMOOR EKANEJ MD, M.D. on Tuesday July 12, 2022. The following issues were addressed:

- GERD (GASTRO-ESOPHAGEAL REFLUX DISEASE) (HEARTBURN)
- IRRITABLE BOWEL SYNDROME
- SCREENING FOR COLON CANCER
- PREOP SCREENING FOR CORONAVIRUS COVID-19 DISEASE

BMI
38.27

Weight
216 lb
0.8 oz

Medications

NEW Medications

PEG 3350 - Electrolytes (COLYTE/GAVILYTE-C) 240-22.72-6.72 -5.84 gram Oral Recon Soln
Simethicone (MYLICON) 80 mg Oral Chew Tab

Visit Medication List

Patient reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

	Dosage
PEG 3350 - Electrolytes (COLYTE/GAVILYTE-C) 240-22.72-6.72 -5.84 gram Oral Recon Soln (Taking)	Follow gastroenterology department colonoscopy bowel preparation instructions
Simethicone (MYLICON) 80 mg Oral Chew Tab (Taking)	Chew and swallow 2 tablets by mouth 4 hours before appointment and 2 tablets 3 hours before appointment according to Gastroenterology Department Colonoscopy Bowel Preparation instructions. Take with the liquid bowel prep. Discard unused portion
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab (Taking)	Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours
Famotidine (PEPCID) 20 mg Oral Tab (Taking)	Take 1 tablet by mouth 2 times a day

kp.org
View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

New Orders

Normal Orders This Visit

SARS-COV-2, QUALITATIVE, NAA (COVID-19), EXPEDITED, KP LAB [87635 CPT(R)]

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

Allergies as of 7/12/2022

Reviewed by Avanes, Talin (R.N.), R.N. on 7/12/2022

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Instructions from AMIR TAYMOOR EKANEJ MD, M.D.

- Citrucel (fiber supplement), one scoop in 8 ounces of water or juice, daily after breakfast, with plenty of fluids. May increase to twice daily after one week if once daily dose is not effective.
- IBgard (peppermint oil) twice daily
- Identify triggers (diet, stress, etc)

General Information

SKIP THE TRIP. Have our pharmacy come to you!

New and refill prescriptions mailed to your home.

WHEN USING THE MAIL ORDER OPTION FOR OBTAINING PRESCRIPTIONS:

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

4 WAYS TO RECEIVE PRESCRIPTIONS BY MAIL:

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

For questions, call member services at

800-464-4000 or TTY 711
800-788-0616 (Spanish)
800-757-7585 (Chinese dialects)

Hours

Open 7 days a week
24 hours a day
Closed holidays

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Medicare members

800-443-0815 or TTY 711

HoursOpen 7 days a week
from 8 a.m. to 8 p.m.**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!

Thrive Local

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

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!

07/12/2022 - Office Visit in GASTROENTEROLOGY 2FGAS (continued)

Save money and time! Get your refills for home delivery at www.kp.org/refill

Pepper Smith (MRN: 000004779300) • Printed at 7/12/2022 8:14 AM

Page 5 of 5 **Epic**

This is confidential information. Do not throw away in a Kaiser Permanente trash can.

END OF ENCOUNTER

07/14/2022 - Message in IP MEDICAL RECORDS DEFAULT

Visit Information

Provider Information

07/14/2022 - Message in IP MEDICAL RECORDS DEFAULT (continued)

Visit Information (continued)

Encounter Provider

Ekanej, Amir Taymoor (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 FOR INTERMITTENT LEAVE 7/12/22 - 1/12/23 FOR GERD / RID: 75758672), onset date 7/14/2022

Visit Diagnosis

- GERD (GASTROESOPHAGEAL REFLUX DISEASE) [K21.9]

END OF ENCOUNTER

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS

Visit Information

Provider Information

Encounter Provider

Ekanej, Amir Taymoor (M.D.), M.D.

Department

Name	Address	Phone
GASTROENTEROLOGY 2FGAS	6041 CADILLAC AVE Los Angeles CA 90034-1702	833-574-2273

Reason for Visit

Chief Complaint

- COLONOSCOPY

Visit Diagnosis

- COLONOSCOPY [Z01.89]

Vitals

Vital Signs

Most recent update: 7/25/2022 9:57 AM

BP 143/81	Pulse 60	Temp 97 °F (36.1 °C)	Resp 16	Wt 215 lb (97.5 kg)
SpO2 98%	BMI 38.09 kg/m ²			

Pain Information (Last Filed)

Score	Location	Comments	Edu?
0 (scale 0-10)	None	None	None

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**Clinical Notes****Nursing Note****Martinez, Robert (R.N.), R.N. at 7/25/2022 0803**Author: Martinez, Robert (R.N.), R.N.
Filed: 7/25/2022 8:04 AM
Status: SignedService: —
Encounter Date: 7/25/2022
Editor: Martinez, Robert (R.N.), R.N. (REGISTERED NURSE)Author Type: REGISTERED NURSE
Creation Time: 7/25/2022 8:03 AM**Gastroenterology Pre-Procedure Nursing Assessment****Current Medication:**ASA: no
Anticoagulant: no
Antihypertensive: no
NSAID: no
Pain: no
Herbals: no**Medical History:**Seizures/ Brain Injury: no
Sleep Apnea or Snoring: no
Anesthesia/ Sedation Problems: no
Heart Disease: no
Lung Disease: no
Liver Disease: no
Kidney Disease: no
Diabetes: no
Cancer: no
Bleeding Disorder: no
Pregnant or Breast-Feeding: No**Physical Assessment:**Ambulatory (age appropriate with or without the use of assistive device): yes
Teeth Intact (no loose teeth, dentures or implants): yes
Neurologic (awake, alert, and oriented to person, place, time and purpose): yes
Heart Rate and Rhythm Regular: yes
Peripheral Pulses Strong & Equal: yes
Lungs Clear Bilaterally: yes
Pertinent Labs/ Diagnostic Tests Reviewed: Yes
Comments:**Abuse Assessment:**Evidence of abuse or neglect: no
Abuse reported by patient: no

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Clinical Notes (continued)

Mandatory abuse reporting completed: No

Fall Risk Assessment:

Difficulty ambulating, use of assistive device, or unsteady gait: no
Confusion: no
Frequency, diarrhea, incontinence, or assistance needed with toileting: no
History of falls: {no
Fall-risk medications such as anti-convulsant or tranquilizers: no

If "YES" to any of the above, patient is a pre-procedure fall risk:

- Apply yellow Fall Risk wristband
- Assist patient with all pre-procedure ambulation and transfers

Fall Prevention Measures In Place For All Patients:

- Oriented to the unit, advised of safety precautions, and instructed to ask for assistance with bathroom needs
- Call light in-reach when nurse not present
- Both side-rails elevated and gurney in low and locked position
- Non-slip socks provided for ambulation
- Post anesthesia/sedation assistance provided for all ambulation and transfers until discharged to the care of family or representative

Pre-procedure Education:

Sedation teaching completed?: yes
Procedure teaching completed?: yes
Discharge teaching completed?: yes

Electronically signed by Martinez, Robert (R.N.), R.N. at 7/25/2022 8:04 AM

Garcia, Yadira E (R.N.), R.N. at 7/25/2022 1007

Author: Garcia, Yadira E (R.N.), R.N.
Filed: 7/25/2022 10:08 AM
Status: Signed

Service: —
Encounter Date: 7/25/2022
Editor: Garcia, Yadira E (R.N.), R.N. (REGISTERED NURSE)

Author Type: REGISTERED NURSE
Creation Time: 7/25/2022 10:07 AM

Discharged per discharge criteria. In stable condition. No complaints of distress. Provided written and verbal discharge instruction including the After Visit Summary and applicable handouts . Patient / Family

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**Clinical Notes (continued)**

verbalized understanding of after procedure care. Discharged with designated driver. Pt. Recovered from procedural sedation without any complications. Pt. Offered wheelchair, pt. Refused and opted to walk out of the dept. Accompanied by her daughter Taylor. Pt. Walked out with a strong steady gait, no AMU noted.

Electronically signed by Garcia, Yadira E (R.N.), R.N. at 7/25/2022 10:08 AM

Procedures**Ekanej, Amir Taymoor (M.D.), M.D. at 7/25/2022 0922**

Author: Ekanej, Amir Taymoor (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 7/29/2022 3:45 PM	Encounter Date: 7/25/2022	Creation Time: 7/25/2022 9:22 AM
Status: Signed	Editor: Ekanej, Amir Taymoor (M.D.), M.D. (Physician)	
Procedure Orders		
1. COLONOSCOPY [1554007184] ordered by Ekanej, Amir Taymoor (M.D.), M.D. at 07/25/22 0922		
Pre-procedure Diagnoses		
1. COLONOSCOPY [Z01.89]		
Post-procedure Diagnoses		
1. ABDOMINAL PAIN [R10.9]		
Procedures		
1. COLONOSCOPY, DIAGNOSTIC FLEXIBLE [45378 (CPT®)]		

Gastroenterologist: Amir Ekanej, MD

Pepper Smith is a 51 year old female who presents today for a colonoscopy.
Patient indication for the procedure is: Abdominal pain

Anesthesia: per anesthesiologist
Extent of exam: Cecum
Quality of prep: good
Withdrawal time: approximately 6 min

Number of spec. bottles: none
Estimated blood loss: less than 5 cc

Description of Procedure:

Briefing and Time out process occurred immediately before the procedure by verifying correct patient, allergies, procedure, plan and appropriate equipment available.
The patient was placed in the left lateral decubitus position. The was monitored with intermittent blood pressure, cardiac monitoring, capnography and continuous pulse oximetry which remained within the normal range throughout the course of the procedure.

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Clinical Notes (continued)

Rectal exam: A digital rectal exam was performed which revealed no rectal masses

Following this the Olympus videocolonoscope was passed under direct visualization to the cecum. Ileocecal valve and appediceal orifice were identified. The scope was slowly withdrawn as all mucosal surfaces were inspected including a retroflex view of the rectum.

FINDINGS:

- Rectum: internal hemorrhoids.
- Sigmoid colon through cecum: normal

Impression:

- Internal hemorrhoids
- Otherwise nl colonoscopy
- Irritable bowel syndrome

PLAN

- High fiber diet
- A repeat colonoscopy is recommended in 10 years

Electronically signed by
Amir T. Ekanej, MD
Dept of Gastroenterology
West LA
9:23 AM

Electronically signed by Ekanej, Amir Taymoor (M.D.), M.D. at 7/29/2022 3:45 PM

Progress Notes

Ekanej, Amir Taymoor (M.D.), M.D. at 7/25/2022 0906

Author: Ekanej, Amir Taymoor (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 7/29/2022 3:45 PM	Encounter Date: 7/25/2022	Creation Time: 7/25/2022 9:06 AM
Status: Signed	Editor: Ekanej, Amir Taymoor (M.D.), M.D. (Physician)	

GI Pre-procedure Brief History and Physical

Primary Care Physician: Stahl, Jerusha Emily (M.D.)
Procedure: Colonoscopy

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**Clinical Notes (continued)**

Patient seen, examined and chart reviewed.

Indication: Pepper Smith is a 51 year old female here for colonoscopy.

Past Medical History:

Diagnosis	Date
• SEVERE OBESITY, BMI 40-44.9, ADULT	4/11/2006
• VITAMIN D DEFICIENCY	3/30/2011
• UTERINE FIBROIDS	8/25/2016
• IRON DEFICIENCY ANEMIA	10/13/2016

Past Surgical History:

Procedure	Laterality	Date
• 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 SALPINGECTOMY <i>Procedure: SALPINGECTOMY LAPAROSCOPIC; Laterality: Left; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.</i>	Left	8/17/2017
• CYSTOSCOPY PROCEDURES <i>Procedure: CYSTOSCOPY; 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
• CHOLECYSTECTOMY LAPAROSCOPIC <i>Procedure: CHOLECYSTECTOMY LAPAROSCOPIC; Laterality: N/A; Surgeon: Plehn, Charles Ronald (M.D.), M.D.</i>	N/A	11/3/2020
• FALLOPIAN TUBE(S), LIGATION OR TRANSECTION, ABDOMINAL OR VAGINAL APPROACH, UNILAT OR BILAT		
• SALPINGECTOMY COMPLETE <i>two ectopic pregnancies after BTL</i>	Right	

Patient Active Problem List:

VITAMIN D DEFICIENCY
HX OF TOTAL HYSTERECTOMY, NO VAGINAL PAP SMEAR REQUIRED
VARICOSE VEINS
OBESITY, BMI 39-39.9, ADULT
IRRITABLE BOWEL SYNDROME
GERD (GASTROESOPHAGEAL REFLUX DISEASE)

Allergies:**Allergies**

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**Clinical Notes (continued)****Allergen**

- No Known Drug Allergies

Reactions**MEDICATIONS:**

Reviewed in electronic record.

Social and Family History were reviewed/ confirmed in the electronic record.

Review of Systems was performed and is negative unless otherwise noted above.

Physical Exam:

BP 137/81 | Pulse 78 | Temp 97 °F (36.1 °C) | Resp 17 | Wt 97.5 kg (215 lb) | LMP 06/05/2017 (LMP Unknown) | SpO2 98% | BMI 38.09 kg/m²

WD, WN, NAD

HEENT: anicteric, OP clear; airway assessment of tonsillar area, uvula and soft palate completed.

LUNGS: clear to auscultation bilaterally

CV: normal heart sounds

ABD: +bowel sounds, soft, nontender, nondistended

EXTR: no edema

NEURO: alert and oriented

LABS:**Lab Results**

Basename	Value	Date
WBC	5.4	06/30/2022
HGB	14.1	06/30/2022
HCT	41.9	06/30/2022
PLT	279	06/30/2022

No results found for: PT, INR

Lab Results

Basename	Value	Date
NA	134 (L)	06/30/2022
K	3.5	06/30/2022
CL	98 (L)	06/30/2022
CO2	29	06/30/2022
BUN	14	06/30/2022
CR	0.77	06/30/2022

Lab Results

Basename	Value	Date
ALT	21	06/30/2022
AST	19	06/30/2022
TBILI	0.5	06/30/2022
ALKP	48	06/30/2022

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**Clinical Notes (continued)****PLAN:**

Proceed with procedure as described above. All risks (including but not limited to bleeding, perforation, splenic injury, medication reaction, aspiration, infection, and missed lesions--and the sequelae of the above), benefits and alternatives have been discussed. The patient wishes to proceed. Written informed consent was obtained and signed prior to start of the procedure and sent to the patient's medical record.

INFORMED CONSENT FOR PROCEDURE:

The benefits, risks (including bleeding, infection, perforation, pain, bleeding, missing a neoplasm), and alternatives to the procedure were discussed and informed consent was obtained from the patient and / or legal guardian. Written informed consent was obtained and signed prior to start of the procedure.

INFORMED CONSENT FOR ANESTHESIA: See Anesthesiologist report

Please see the Procedure tab/ section of the patient's electronic medical record for the procedure note/ findings.

Electronically signed by:

AMIR TAYMOOR EKANEJ MD
Department of Gastroenterology
7/25/2022
9:07 AM

Electronically signed by Ekanej, Amir Taymoor (M.D.), M.D. at 7/29/2022 3:45 PM

Baldwin, Mari Krisa (M.D.), M.D. at 7/25/2022 0907

Author: Baldwin, Mari Krisa (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 7/25/2022 9:07 AM	Encounter Date: 7/25/2022	Creation Time: 7/25/2022 9:07 AM
Status: Signed	Editor: Baldwin, Mari Krisa (M.D.), M.D. (Physician)	

Anesthesiology Pre-Procedure Assessment

Patient scheduled for Colonoscopy under Monitored Anesthesia Care.

Past Medical History:

Diagnosis	Date
• SEVERE OBESITY, BMI 40-44.9, ADULT	4/11/2006
• VITAMIN D DEFICIENCY	3/30/2011
• UTERINE FIBROIDS	8/25/2016
• IRON DEFICIENCY ANEMIA	10/13/2016

Past Surgical History:

Procedure	Laterality	Date
• 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 SALPINGECTOMY <i>Procedure: SALPINGECTOMY LAPAROSCOPIC; Laterality: Left; Surgeon: Lansdowne, Elisa Danielle</i>	Left	8/17/2017

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**Clinical Notes (continued)***(M.D.), M.D.*

- CYSTOSCOPY PROCEDURES N/A 8/17/2017
Procedure: CYSTOSCOPY; Laterality: N/A; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.
- LAPAROSCOPIC LYSIS OF INTRA-ABDOMINAL ADHESION N/A 8/17/2017
Procedure: INTRA ABDOMINAL LYSIS OF ADHESIONS LAPAROSCOPIC; Laterality: N/A; Surgeon: Lansdowne, Elisa Danielle (M.D.), M.D.
- CHOLECYSTECTOMY LAPAROSCOPIC N/A 11/3/2020
Procedure: CHOLECYSTECTOMY LAPAROSCOPIC; Laterality: N/A; Surgeon: Plehn, Charles Ronald (M.D.), M.D.
- FALLOPIAN TUBE(S), LIGATION OR TRANSECTION, ABDOMINAL OR VAGINAL APPROACH, UNILAT OR BILAT
- SALPINGECTOMY COMPLETE Right
two ectopic pregnancies after BTL

Current Outpatient Medications on File Prior to Visit

Medication	Sig	Dispense	Refill
• HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab	Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours	12 tablet	0
• Ibuprofen (MOTRIN) 600 mg Oral Tab	Take 1 tablet by mouth every 8 hours as needed for pain . Take with food	50 tablet	0
• PEG 3350 - Electrolytes (GAVILYTE-C) 240-22.72-6.72 - 5.84 gram Oral Recon Soln	Follow gastroenterology department colonoscopy bowel preparation instructions	4,000 mL	0
• Simethicone (MYLICON) 80 mg Oral Chew Tab	Chew and swallow 2 tablets by mouth 4 hours before appointment and 2 tablets 3 hours before appointment according to Gastroenterology Department Colonoscopy Bowel Preparation instructions. Take with the liquid bowel prep. Discard unused portion	8 tablet	0
• Alum-Mag Hydrox-Simeth (GERI-MOX ANTACID-ANTIGAS) 200-200-20 mg/5 mL Oral Susp	Take 30 mL by mouth 4 times a day between meals and at bedtime	355 mL	0
• Famotidine (PEPCID) 20 mg Oral Tab	Take 1 tablet by mouth 2 times a day	60 tablet	0
• FLONASE ALLERGY RELIEF 50 mcg/actuation Nasl SpSn	Use 2 sprays in each nostril daily. Reduce to 1 spray in each nostril	15.8	0

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**Clinical Notes (continued)**

	daily when symptoms improve		
• Triamcinolone Acetonide (KENALOG) 0.1 % Top Crea	Apply to affected area(s) 2 times a day	80 g	0

No current facility-administered medications on file prior to visit.

ALLERGIES:**Allergies****Allergen****Reactions**

- No Known Drug Allergies

VITALS:

BP 137/81 | Pulse 78 | Temp 36.1 °C (97 °F) | Resp 17 | Wt 97.5 kg (215 lb) | LMP 06/05/2017 (LMP Unknown) | SpO2 98% | BMI 38.09 kg/m²

INTENDED LEVEL OF SEDATION: Level 3: Deep Sedation

ASA SCORE: Class 2

MALLAMPATI AIRWAY ASSESSMENT: Class 2

HEART EXAM: Regular rate and rhythm.

LUNG EXAM: Clear to auscultation bilaterally.

PREVIOUS REACTIONS TO ANESTHESIA: none

Basename	Value	Specimen Type	Date/Time
• COVID19	Not Detected	NASAL SWAB	07/22/2022
• COVID19	Not Detected	NASAL SWAB	06/18/2022
• COVID19	Not Detected	NASAL SWAB	12/15/2020
• COVID19	Negative	NASAL SWAB	10/31/2020

Patient medical and anesthetic history reviewed and verified.

Informed consent obtained. Risks, benefits and alternatives were discussed with patient. Questions solicited and answered. Patient understands and agrees with plan.

MARI KRISA BALDWIN MD

7/25/2022

9:07 AM

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Clinical Notes (continued)

Electronically signed by Baldwin, Mari Krisa (M.D.), M.D. at 7/25/2022 9:07 AM

Baldwin, Mari Krisa (M.D.), M.D. at 7/25/2022 12:14

Author: Baldwin, Mari Krisa (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 7/25/2022 12:14 PM	Encounter Date: 7/25/2022	Creation Time: 7/25/2022 12:14 PM
Status: Signed	Editor: Baldwin, Mari Krisa (M.D.), M.D. (Physician)	

Anesthesiology Post Sedation Note

Patient status post procedure under Monitored Anesthesia Care.
Tolerated procedure well.
Patient awake, alert, spontaneously ventilating with stable vital signs.

No apparent anesthetic complications.

BP (!) 143/81 | Pulse 60 | Temp 36.1 °C (97 °F) | Resp 16 | Wt 97.5 kg (215 lb) | LMP 06/05/2017 (LMP Unknown) | SpO2 98% | BMI 38.09 kg/m²

MD Post Sedation Assessment

I assessed the patient for the following and have determined that the patient is stable for discharge/admission

- Respiratory function, including respiratory rate, airway patency and oxygen saturation
- Cardiovascular function, including pulse and blood pressure
- Mental status
- Temperature
- Pain
- Nausea, vomiting and hydration status.

MARI KRISA BALDWIN MD
7/25/2022
12:14 PM

Electronically signed by Baldwin, Mari Krisa (M.D.), M.D. at 7/25/2022 12:14 PM

Filed on 8/1/2022 0754

Scan on 8/1/2022 5:16 AM: ANESTHESIA 1

Electronically signed by Interface, Scal_Scanning at 8/1/2022 7:54 AM

Procedures

COLONOSCOPY [1554007184] (Final result)

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**Procedures (continued)**

Electronically signed by: **Ekanej, Amir Taymoor (M.D.), M.D. on 07/25/22 0922** Status: **Completed**
 Ordering user: Ekanej, Amir Taymoor (M.D.), M.D. 07/25/22 0922 Authorized by: Ekanej, Amir Taymoor (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine 07/25/22 - Class: Normal
 Quantity: 1 Lab status: Final result
 Diagnoses

COLONOSCOPY [Z01.89]

Provider Details

Provider	NPI
Ekanej, Amir Taymoor (M.D.), M.D.	1639221096

Questionnaire

Question	Answer
Select one indication for colonoscopy	Symptomatic, Any Risk Level (Abd pain, LGI bleeding, etc.)
Result Release to patient?	Immediate

COLONOSCOPY [1554007184]

Resulted: 07/25/22 0922, Result status: Final result

Order status: Completed	Filed on: 09/29/22 1038
Narrative:	
Ekanej, Amir Taymoor (M.D.), M.D. 7/29/2022 3:45 PM	
Gastroenterologist: Amir Ekanej, MD	

Pepper Smith is a 51 year old female who presents today for a colonoscopy.
 Patient indication for the procedure is: Abdominal pain

Anesthesia: per anesthesiologist
 Extent of exam: Cecum
 Quality of prep: good
 Withdrawal time: approximately 6 min

Number of spec. bottles: none
 Estimated blood loss: less than 5 cc

Description of Procedure:

Briefing and Time out process occurred immediately before the procedure by verifying correct patient, allergies, procedure, plan and appropriate equipment available.
 The patient was placed in the left lateral decubitus position.
 The was monitored with intermittent blood pressure, cardiac monitoring, capnography and continuous pulse oximetry which remained within the normal range throughout the course of the procedure.

Rectal exam: A digital rectal exam was performed which revealed no rectal masses

Following this the Olympus videocolonoscope was passed under direct visualization to the cecum. Ileocecal valve and appediceal orifice were identified. The scope was slowly withdrawn as all mucosal surfaces were inspected including a retroflex view of the rectum.

FINDINGS:

- Rectum: internal hemorrhoids.
- Sigmoid colon through cecum: normal

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Procedures (continued)

Impression:

- Internal hemorrhoids
- Otherwise nl colonoscopy
- Irritable bowel syndrome

PLAN

- High fiber diet
- A repeat colonoscopy is recommended in 10 years

Electronically signed by
Amir T. Ekanej, MD
Dept of Gastroenterology
West LA
9:23 AM

Pre-procedure diagnoses:
COLONOSCOPY

Post-procedure diagnoses:
ABDOMINAL PAIN

Acknowledged by: Ekanej, Amir Taymoor (M.D.), M.D. on 07/29/22 1552

Procedures Performed

Chargeables

COLONOSCOPY, DIAGNOSTIC FLEXIBLE [45378A]

All Reviewers List

Ekanej, Amir Taymoor (M.D.), M.D. on 7/29/2022 15:52
Ekanej, Amir Taymoor (M.D.), M.D. on 7/29/2022 15:52

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Anesthesia on 07/25/22

Anesthesia Information

Anesthesia Summary - Smith, Pepper [000004779300] Female 51 year old Current as of 10/10/22 1033

Height: Not recorded
Weight: 215 lb (97.5 kg) (07/25/22)
BMI: Not recorded
NPO Status: Not recorded
Allergies: NO KNOWN DRUG ALLERGIES

Procedure Summary

Date: 07/25/22	Room / Location: GASTROENTEROLOGY 2FGAS
Anesthesia Start:	Anesthesia Stop:
Procedure: SYMPTOMATIC COLO 50 MIN	Diagnosis:
Scheduled Providers: Ekanej, Amir Taymoor (M.D.), M.D.	Responsible Provider:
Anesthesia Type: Not recorded	ASA Status: Not recorded

Responsible Staff

No responsible staff documented.

Events

No anesthesia events filed

Medications

None

Preprocedure Signoff

Not yet signed.

Signoff Status

None

Anesthesia Graph

No data available

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Patient Instructions

Your Kaiser Permanente Care Instructions

Colonoscopy: What to Expect at Home

Your Recovery

After a colonoscopy, you'll stay at the clinic while the medicines wear off. Then you can go home with a responsible adult. Your doctor will tell you when you can eat and do your other usual activities.

Your doctor will talk to you about when you'll need your next colonoscopy. Your doctor can help you decide how often you need to be checked. This will depend on the results of your test and your risk for colorectal cancer.

After the test, you may be bloated or have gas pains. You may need to pass gas. If a biopsy was done or a polyp was removed, you may have streaks of blood in your stool (feces) for a few days. Problems such as heavy rectal bleeding may not occur until several weeks after the test. This isn't common. But it can happen after polyps are removed.

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.



Diet

- Follow your doctor's directions for eating.
- Unless your doctor has told you not to, drink plenty of fluids. This helps to replace the fluids that were lost during the colon prep.
- Do not drink alcohol.



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.
- If you take aspirin or some other blood thinner, ask your doctor if and when to start taking it again. Make sure that you understand exactly what your doctor wants you to do.
- If polyps were removed or a biopsy was done during the test, your

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**Patient Instructions (continued)**

doctor may tell you not to take aspirin or other anti-inflammatory medicines for a few days. These include ibuprofen (Advil, Motrin) and naproxen (Aleve).

**Other instructions**

- For your safety, do not drive or operate machinery until the medicine wears off and you can think clearly. Your doctor may tell you not to drive or operate machinery until the day after your test.
- Do not sign legal documents or make major decisions until the medicine wears off and you can think clearly. The anesthesia can make it hard for you to fully understand what you are agreeing to.

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 pass maroon or bloody stools.
- You have trouble breathing.

Call the advice and appointments line at 800-954-8000 or seek immediate medical care if:

- You have pain that does not get better after you take pain medicine.
- You are sick to your stomach or cannot drink fluids.
- You have new or worse belly pain.
- You have blood in your stools.
- You have a fever.
- You cannot pass stools or gas.

For routine questions about your care or to request a follow-up appointment, contact the advice and appointments line at 800-954-8000.

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 <https://kp.org/health>

Enter **E264** in the search box to learn more about "**Colonoscopy: What to Expect at Home.**"

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Patient Instructions (continued)

Current as of: December 17, 2020

Content Version: 12.8

© 2006-2021 Healthwise, Incorporated.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Documents

Colonoscopy Consent - Electronic signature on 7/25/2022 9:06 AM (effective from 7/25/2022) - E-signed

Kaiser Foundation Hospitals
Southern California Permanente Medical GroupName: Smith, Pepper
MRN: 000004779300
DOB: 5/22/1971**CONSENT FOR COLONOSCOPY
PLEASE READ CAREFULLY**

I authorize **EKANEJ, AMIR TAYMOOR (M.D.)**, 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).

You have been referred for a colonoscopy which is one of the most valuable and informative examinations that can be made concerning the condition of your colon. As with all medical procedures however, it may be associated with some risks.

Colonoscopy is performed using a special instrument called a colonoscope. It is inserted into the rectum and advanced throughout the entire length of the lower intestine, also known as the "colon". This examination allows us to directly visualize all or part of the colon and allows us to obtain samples of the tissue. Abnormal growth called "polyps" may be removed.

Patients often worry about the discomfort and complications that may occur from this procedure. Colonoscopy may be associated with some discomfort, but sedative medication will be given to minimize your discomfort during the examination.

In rare cases, there may be serious complications of colonoscopy.

Whenever an instrument is passed into your body, there may be a risk of puncturing the intestine or injury to the spleen. If this should occur, the treatment would depend on the location and extent of the injury. Some injuries may require a hospitalization with several days of observation; others may require immediate operation and longer hospitalization.

If biopsies are performed, or polyps are removed, bleeding may occur from the site. Usually, bleeding is managed in a non-surgical manner, but in rare cases, it may require surgery.

The sedative medications that are given to you may cause an allergic or other undesirable reaction such as aspiration pneumonia.

Although colonoscopy is widely accepted as one of the best tests for colon cancer screening, it is not a guarantee against future development of colon cancer. In addition, significant polyps, or rarely, a small cancer may not be detected during the procedure due to various reasons such as but not limited to the inherent nature of the instrument, limitation of medical technology, the anatomy of your colon, co-existing medical conditions, and cleanliness of the bowel preparation.

Finally, although complications occurring with colonoscopy are quite low, very rarely the more serious complications have resulted in death.

The colonoscopy and alternative diagnostic procedures have been explained to me. I give my consent to have colonoscopy, with possible biopsy, with possible polypectomy, with **na** performed.

Signed:

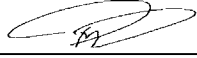
A rectangular box containing a handwritten signature in black ink. Below the signature, the text "Signature captured with Topaz at 7/25/2022 09:06 AM" is printed in a small font.

Signature captured with Topaz at 7/25/2022 09:06 AM

Signed by: **Smith, Pepper**Relationship: **Self**

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Documents (continued)


Signature captured with Topaz at 7/25/2022 09:06 AM

Witness:
Witness Name: **REYES, RYAN**

Sight Translated by (if applicable): **N/A**
Interpreter's Name and Identification Number:

Document Read to Patient due to (if applicable): **N/A**
Read by Name and Identification Number:

NS-6370 (1-15)
SPANISH – NS-6406

Page [pageNum] of [pageCount]

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Documents (continued)

Anesthesia-SCAN - Scan on 8/1/2022 5:16 AM: ANESTHESIA

Scan (below)

Description: ANESTHESIA Scan Date: 8/1/2022 Index Date: 8/1/2022



KAISER PERMANENTE

PROCEDURAL SEDATION RECORD

Smith, Pepper



000004779300

DOB: 5/22/1971

Date: 07/26/22

Source:

Collected By:

Time:

HERE

Date: 7/25/22	Time:	Location:
Practitioner performing procedure: <i>E. Khan</i>	Diagnosis / Procedure: <i>Colo</i>	
<input checked="" type="checkbox"/> Armband in place and patient identified by 2 identifiers	<input type="checkbox"/> Site / Side verified with patient / surrogate <input type="checkbox"/> Marked <input type="checkbox"/> NA	
<input checked="" type="checkbox"/> Procedure verified with signed consent form	<input type="checkbox"/> Site / Side verified by imaging studies <input type="checkbox"/> NA	
Primary language: <input checked="" type="checkbox"/> English <input type="checkbox"/> Spanish <input type="checkbox"/> Other:	Interpreter name:	
Transportation arranged with (Name / Relationship / Phone): <i>Taylor 323-501-5724</i>	<input type="checkbox"/> NA	
Belongings: <input type="checkbox"/> Jewelry <input type="checkbox"/> Glasses <input type="checkbox"/> Contacts <input type="checkbox"/> Dentures / Partials <input type="checkbox"/> Hearing Aid	Disposition of belongings:	
Date / Time of last solid intake: <i>2 deep a/c</i>	Date / Time of last fluid intake: <i>9:15 am prep</i>	
ALLERGIES: (medications / food / latex): <i>8</i> <input type="checkbox"/> NKA		
Current Medications: <input type="checkbox"/> None <input type="checkbox"/> ASA <input type="checkbox"/> Anticoagulant <input type="checkbox"/> Cardiac <input type="checkbox"/> Anti-hypertensive <input type="checkbox"/> NSAID <input checked="" type="checkbox"/> Pain <input type="checkbox"/> Herbals		
List Medications: <input type="checkbox"/> See attached list		
PRE-SEDATION NURSING ASSESSMENT	YES NO MEDICAL HISTORY	YES NO PHYSICAL ASSESSMENT (If "NO," describe)
	<input type="checkbox"/> <input checked="" type="checkbox"/> Seizures / Brain Injury	<input type="checkbox"/> <input checked="" type="checkbox"/> Ambulatory (age appropriate)
	<input type="checkbox"/> <input checked="" type="checkbox"/> Sleep Apnea or Snoring	<input type="checkbox"/> <input checked="" type="checkbox"/> Teeth Intact (not loose)
	<input type="checkbox"/> <input checked="" type="checkbox"/> Anesthesia / Sedation Problems	<input type="checkbox"/> <input checked="" type="checkbox"/> Neurologic: Alert, age appropriate
	<input type="checkbox"/> <input checked="" type="checkbox"/> Heart Disease	<input type="checkbox"/> <input checked="" type="checkbox"/> Heart Rate Regular
	<input type="checkbox"/> <input checked="" type="checkbox"/> Lung Disease / Smoker	<input type="checkbox"/> <input checked="" type="checkbox"/> Peripheral Pulses Strong & Equal
	<input type="checkbox"/> <input checked="" type="checkbox"/> Liver Disease	<input type="checkbox"/> <input checked="" type="checkbox"/> Lungs Clear Bilaterally
	<input type="checkbox"/> <input checked="" type="checkbox"/> Kidney Disease	Weight in kg (pounds + 2.2): <i>75 lb</i> Age: <i>51</i>
	<input type="checkbox"/> <input checked="" type="checkbox"/> Diabetes	Pertinent Labs / Diagnostic Tests: <i>7/15/16</i>
	<input type="checkbox"/> <input checked="" type="checkbox"/> Cancer	Comments:
<input type="checkbox"/> <input checked="" type="checkbox"/> Bleeding Disorder	RN Signature: <i>[Signature]</i>	
<input type="checkbox"/> <input checked="" type="checkbox"/> Pregnant or Breast-Feeding		
PHYSICIAN / PRACTITIONER ASSESSMENT & PLAN	I have reviewed the Nursing Assessment. I have re-evaluated the patient immediately prior to induction.	
	RISK ASSESSMENT - ASA: American Society of Anesthesiologists (check) For ASA III or IV, consider anesthesia consultation.	
	PHYSICAL EXAM - Normal Findings <input checked="" type="checkbox"/> Heart <input checked="" type="checkbox"/> Lungs <input type="checkbox"/> Abdomen*	
	Abnormal Findings:	
INFORMED CONSENT - The patient is an appropriate candidate for sedation. Risks, benefits, alternatives and resuscitation measures of the procedure and sedation were explained to / understood by the patient / surrogate, who agrees to proceed.		
PLAN / ORDERS FOR SEDATION (Check) <input type="checkbox"/> No plan for sedation at this time		
1. IV: <input checked="" type="checkbox"/> 0.9% NS <input type="checkbox"/> D5W <input type="checkbox"/> LR <input type="checkbox"/> _____ ml/hour		
2. <input type="checkbox"/> Saline Lock or Rate: TKO or _____ ml/hour		
3. <input type="checkbox"/> Oxygen @ _____ liters per minute		
4. <input type="checkbox"/> Chloral hydrate _____ mg PO/PR (circle route)		
5. Titrate IV medication for sedation. May give up to:		
<input type="checkbox"/> Midazolam (Versed) _____ mg IV		
<input type="checkbox"/> Fentanyl (Sublimaze) _____ micrograms IV		
<input type="checkbox"/> Meperidine (Demerol) _____ mg IV		
<input type="checkbox"/> Morphine Sulfate _____ mg IV		
<input type="checkbox"/> _____		
<input type="checkbox"/> _____		
6. Prior to discharge, discontinue IV and provide discharge instructions.		
7. After procedure, but no sooner than 30 minutes after last sedation dose, patient may be discharged if criteria met.		
8. _____		
9. _____		
10. _____		
Deep Sedation Privileges Only		
<input type="checkbox"/> Ketamine** _____ mg IV		
<input type="checkbox"/> Methohexital (Brevital)** _____ mg PR/IV (circle route)		
<input type="checkbox"/> Etomidate _____ mg IV		
<input checked="" type="checkbox"/> Propofol (Diprivan) _____ mg IV		
PROGRESS NOTE / COMMENTS:		
Date: <i>7/25/22</i>	Time: <i>10:10</i>	Physician / Practitioner Printed Name: <i>Pepper</i>
Date:	Time:	Physician / Practitioner Signature: <i>[Signature]</i>
Date:	Time:	CRNA Printed Name:
Date:	Time:	CRNA Signature:
Date:	Time:	Anesthesia Supervisor Physician Printed Name:
Date:	Time:	Anesthesia Supervisor Physician Signature:

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

TRANSPORT	To: _____ For: _____ Time: _____ Condition: _____ Report to: _____ Initials: _____																																																								
	To: _____ For: _____ Time: _____ Condition: _____ Report to: _____ Initials: _____																																																								
	To: _____ For: _____ Time: _____ Condition: _____ Report to: _____ Initials: _____																																																								
<input type="checkbox"/> TIME OUT IMMEDIATELY PRIOR TO PROCEDURE: VERIFIED PATIENT, PROCEDURE AND PLAN. <input type="checkbox"/> AGE APPROPRIATE RESUSCITATIVE EQUIPMENT AVAILABLE. IV: <input type="checkbox"/> NONE <input type="checkbox"/> EXISTING SITE: <input type="checkbox"/> STARTED @ (time): _____ site: _____ gauge: _____ initials: _____ <input type="checkbox"/> Patent, infusing well, no edema																																																									
Scope #: _____ Electrosurgical Unit Number / Settings: _____ Ground Pad Site: _____																																																									
VITAL SIGNS	<input type="checkbox"/> See Monitor Strips / Graphic																																																								
	<table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th>TIME</th> <th>Pre-Sedation</th> <th>09:05</th> <th>09:10</th> <th>09:15</th> <th>09:20</th> <th>Discharge</th> </tr> </thead> <tbody> <tr> <td>Supplemental O₂</td> <td></td> <td>4L</td> <td>4L</td> <td>4L</td> <td>4L</td> <td></td> </tr> <tr> <td>O₂ Saturation</td> <td>96</td> <td>100</td> <td>100</td> <td>100</td> <td></td> <td></td> </tr> <tr> <td>Blood Pressure</td> <td>137/81</td> <td>158/91</td> <td>158/91</td> <td>158/91</td> <td></td> <td></td> </tr> <tr> <td>Heart Rate</td> <td>78</td> <td>74</td> <td>73</td> <td>73</td> <td></td> <td></td> </tr> <tr> <td>Respiratory Rate</td> <td>17</td> <td>20</td> <td>21</td> <td>17</td> <td></td> <td></td> </tr> <tr> <td>Temperature</td> <td>97</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>42</td> <td>40</td> <td>45</td> <td></td> <td></td> </tr> </tbody> </table>	TIME	Pre-Sedation	09:05	09:10	09:15	09:20	Discharge	Supplemental O ₂		4L	4L	4L	4L		O ₂ Saturation	96	100	100	100			Blood Pressure	137/81	158/91	158/91	158/91			Heart Rate	78	74	73	73			Respiratory Rate	17	20	21	17			Temperature	97								42	40	45		
	TIME	Pre-Sedation	09:05	09:10	09:15	09:20	Discharge																																																		
	Supplemental O ₂		4L	4L	4L	4L																																																			
	O ₂ Saturation	96	100	100	100																																																				
	Blood Pressure	137/81	158/91	158/91	158/91																																																				
	Heart Rate	78	74	73	73																																																				
	Respiratory Rate	17	20	21	17																																																				
	Temperature	97																																																							
			42	40	45																																																				
PROCEDURE & ANESTHESIA SCORE	Consciousness	2																																																							
	Activity	2																																																							
	Circulation	2																																																							
	Respiration	2																																																							
	Oxygen Saturation	2																																																							
	Pain Assessment	2																																																							
	Emetic Symptoms	2																																																							
	TOTAL	(14)																																																							
INTAKE and OUTPUT	Dose, Route, IV Fluid - <input type="checkbox"/> See MAR * All medications, medications containers, or solutions on/off the sterile field are labeled.																																																								
	<table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th>TIME / INITIALS</th> <th>TOTAL</th> </tr> </thead> <tbody> <tr> <td>Med prop mg</td> <td>100.50 50 200mg</td> </tr> <tr> <td>Med</td> <td></td> </tr> <tr> <td>Med</td> <td></td> </tr> <tr> <td>Med</td> <td></td> </tr> <tr> <td>IV NS</td> <td>300ml</td> </tr> <tr> <td>IV</td> <td></td> </tr> <tr> <td>PO</td> <td></td> </tr> <tr> <td>Output</td> <td></td> </tr> </tbody> </table>	TIME / INITIALS	TOTAL	Med prop mg	100.50 50 200mg	Med		Med		Med		IV NS	300ml	IV		PO		Output																																							
	TIME / INITIALS	TOTAL																																																							
	Med prop mg	100.50 50 200mg																																																							
	Med																																																								
	Med																																																								
	Med																																																								
	IV NS	300ml																																																							
IV																																																									
PO																																																									
Output																																																									
POST PROCEDURE	PROCEDURE START TIME: 0908 END TIME: 0918																																																								
	<table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th>YES</th> <th>NO</th> <th>NA</th> <th>Discharge / Recovery Criteria (All patients)</th> <th>YES</th> <th>NO</th> <th>NA</th> <th>Discharge Information (Outpatients Only)</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>PASS Score of 13 or pre-sedation score</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Discharge with designated, responsible adult</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Bleeding controlled</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Discharged with belongings</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Ambulates at pre-procedure level</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Home care / follow-up instructions given</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td>Pain at acceptable level</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td></td> <td>Time: _____</td> <td>Via: _____</td> <td>With: _____</td> <td>By (RN): _____</td> </tr> </tbody> </table>	YES	NO	NA	Discharge / Recovery Criteria (All patients)	YES	NO	NA	Discharge Information (Outpatients Only)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	PASS Score of 13 or pre-sedation score	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Discharge with designated, responsible adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bleeding controlled	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Discharged with belongings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ambulates at pre-procedure level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Home care / follow-up instructions given	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pain at acceptable level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Time: _____	Via: _____	With: _____	By (RN): _____								
	YES	NO	NA	Discharge / Recovery Criteria (All patients)	YES	NO	NA	Discharge Information (Outpatients Only)																																																	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	PASS Score of 13 or pre-sedation score	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Discharge with designated, responsible adult																																																	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bleeding controlled	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Discharged with belongings																																																	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ambulates at pre-procedure level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Home care / follow-up instructions given																																																	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pain at acceptable level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																																		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		Time: _____	Via: _____	With: _____	By (RN): _____																																																	
Comments: J. PAUL. USS.																																																									
SIGNATURES	<table border="1" style="width:100%; border-collapse: collapse;"> <thead> <tr> <th>Department</th> <th>Signature / Title</th> <th>Initials</th> <th>Printed Name</th> <th>Department</th> <th>Signature / Title</th> <th>Initials</th> <th>Printed Name</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table>	Department	Signature / Title	Initials	Printed Name	Department	Signature / Title	Initials	Printed Name																																																
	Department	Signature / Title	Initials	Printed Name	Department	Signature / Title	Initials	Printed Name																																																	

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



7/25/2022 7:45 AM GASTROENTEROLOGY 2FGAS

Instructions from AMIR TAYMOOR EKANEJ MD, M.D.

Your personalized instructions can be found at the end of this document.

What's Next

You currently have no upcoming appointments scheduled.

Medications

Visit Medication List

Patient reported, restarted, and new medications relevant to this visit. This may not reflect all medications the patient is taking.

	Dosage
HYDROcodone-Acetaminophen (NORCO) 5-325 mg Oral Tab (Taking)	Take 1 tablet by mouth every 6 hours as needed for pain. Do not exceed 4 tablets in 24 hours
Ibuprofen (MOTRIN) 600 mg Oral Tab (Taking)	Take 1 tablet by mouth every 8 hours as needed for pain. Take with food
Famotidine (PEPCID) 20 mg Oral Tab (Taking)	Take 1 tablet by mouth 2 times a day
Triamcinolone Acetonide (KENALOG) 0.1 % Top Crea (Taking)	Apply to affected area(s) 2 times a day

New Orders

Normal Orders This Visit

COLONOSCOPY [204456 Custom]

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

Today's Visit

You saw AMIR TAYMOOR EKANEJ MD, M.D. on Monday July 25, 2022. The following issues were addressed:

- COLONOSCOPY

 Blood Pressure
130/73

 BMI
38.09

 Weight
215 lb

 Temperature
97 °F

 Pulse
65

 Respiration
16

 Oxygen Saturation
97%

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

Pepper Smith (MRN: 000004779300) • Printed at 7/25/2022 9:34 AM

Page 1 of 7 **Epic**

This is confidential information. Do not throw away in a Kaiser Permanente trash can.

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Allergies as of 7/25/2022

Reviewed by Martinez, Robert (R.N.), R.N. on 7/25/2022

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Instructions from AMIR TAYMOOR EKANEJ MD, M.D.

Your Kaiser Permanente Care Instructions**Colonoscopy: What to Expect at Home****Your Recovery**

After a colonoscopy, you'll stay at the clinic while the medicines wear off. Then you can go home with a responsible adult. Your doctor will tell you when you can eat and do your other usual activities.

Your doctor will talk to you about when you'll need your next colonoscopy. Your doctor can help you decide how often you need to be checked. This will depend on the results of your test and your risk for colorectal cancer.

After the test, you may be bloated or have gas pains. You may need to pass gas. If a biopsy was done or a polyp was removed, you may have streaks of blood in your stool (feces) for a few days. Problems such as heavy rectal bleeding may not occur until several weeks after the test. This isn't common. But it can happen after polyps are removed.

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.

**Diet**

- Follow your doctor's directions for eating.
- Unless your doctor has told you not to, drink plenty of fluids. This helps to replace the fluids that were lost during the colon prep.
- Do not drink alcohol.

**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.
- If you take aspirin or some other blood thinner, ask your doctor if and when to start taking it again. Make sure that you understand exactly what your doctor wants you to do.
- If polyps were removed or a biopsy was done during the test, your doctor may tell you not to take aspirin or other anti-inflammatory medicines for a few days. These include ibuprofen (Advil, Motrin) and naproxen (Aleve).

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**Other instructions**

- For your safety, do not drive or operate machinery until the medicine wears off and you can think clearly. Your doctor may tell you not to drive or operate machinery until the day after your test.
- Do not sign legal documents or make major decisions until the medicine wears off and you can think clearly. The anesthesia can make it hard for you to fully understand what you are agreeing to.

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 pass maroon or bloody stools.
- You have trouble breathing.

Call the advice and appointments line at 800-954-8000 or seek immediate medical care if:

- You have pain that does not get better after you take pain medicine.
- You are sick to your stomach or cannot drink fluids.
- You have new or worse belly pain.
- You have blood in your stools.
- You have a fever.
- You cannot pass stools or gas.

For routine questions about your care or to request a follow-up appointment, contact the advice and appointments line at 800-954-8000.

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 <https://kp.org/health>

Enter **E264** in the search box to learn more about "**Colonoscopy: What to Expect at Home.**"

Current as of: December 17, 2020 Content Version: 12.8

© 2006-2021 Healthwise, Incorporated.

Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**General Information****SKIP THE TRIP. Have our pharmacy come to you!****New and refill prescriptions mailed to your home.****WHEN USING THE MAIL ORDER OPTION FOR OBTAINING PRESCRIPTIONS:**

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

4 WAYS TO RECEIVE PRESCRIPTIONS BY MAIL:

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

For questions, call member services at

[800-464-4000](tel:800-464-4000) or TTY [711](tel:711)
[800-788-0616](tel:800-788-0616) (Spanish)
[800-757-7585](tel:800-757-7585) (Chinese dialects)

Hours

Open 7 days a week
 24 hours a day
 Closed holidays

Medicare members

[800-443-0815](tel:800-443-0815) or TTY [711](tel:711)

Hours

Open 7 days a week
 from 8 a.m. to 8 p.m.

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)**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!

Thrive Local

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

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

07/25/2022 - Procedure Only in GASTROENTEROLOGY 2FGAS (continued)

Pepper Smith (MRN: 000004779300) • Printed at 7/25/2022 9:34 AM

Page 7 of 7 **Epic**

This is confidential information. Do not throw away in a Kaiser Permanente trash can.

END OF ENCOUNTER

08/01/2022 - Patient Message in INTERNAL MEDICINE AQUA2

Visit Information

08/01/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)**Visit Information (continued)****Provider Information****Encounter Provider**

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

Reason for Visit**Chief Complaint**

- PATIENT REPORTED INFORMATION

Clinical Notes**Telephone Encounter****Hardison, Latrice Nicole (L.V.N.), L.V.N. at 8/8/2022 1518**

Author: Hardison, Latrice Nicole (L.V.N.), L.V.N. Service: — Author Type: LICENSED VOCATIONAL NURSE
 Filed: 8/8/2022 3:18 PM Encounter Date: 8/1/2022 Creation Time: 8/8/2022 3:18 PM
 Status: Signed Editor: Hardison, Latrice Nicole (L.V.N.), L.V.N. (LICENSED VOCATIONAL NURSE)
 From: Pepper Smith
 To: JERUSHA EMILY STAHL MD, M.D.
 Sent: 8/1/2022 1:11 PM PDT
 Subject: Test result/question

Hi Dr. Stahl

I got the results but I'm still confused because I'm still in pain. I've been taking the Pepcid and fiber. IDK what else to do. It's always there and eases at times and sitting makes it worse. Please let me know what options I have.

What can I do about these hemorrhoids , they are out majority of the time. I knew they were there but it's never been a real problem.

Also I still never heard from the weight program, I'm down to 211.

Please advise

Thank you, Pep
(323)445-2714

Electronically signed by Hardison, Latrice Nicole (L.V.N.), L.V.N. at 8/8/2022 3:18 PM

Messages**Test result/question**

From	To	Sent and Delivered
Latrice Nicole (L.V.N.) Hardison, L.V.N. Last Read in kp.org 8/8/2022 7:17 PM by Pepper Smith	Pepper Smith	8/8/2022 3:34 PM

Dear Ms. Smith,

08/01/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)

Messages (continued)

My name is Latrice I'm assisting Stahl, Jerusha Emily (M.D.) with messages for the day. I apologize for the delay in responding to your e-mail as we are receiving an unusually high volume of e-mail messages during this time. We appreciate your patience and understanding. I have scheduled you an telephone appointment with an available provider to discuss your questions and concerns.if unable to keep, please call the appointment center a 833-574-2273 or us Kp app to cancel and or reschedule with your provider or any available provider.

Future Appointments
8/10/2022 11:30 AM Mayorquin, Patricia (M.D.* CZMED1 CWMU)

Thank you for using kp.org!

Sincerely,

Latrice, H. LVN on behalf of Stahl, Jerusha Emily (M.D.)

Test result/question

From Pepper Smith	To Jerusha Emily (M.D.) Stahl, M.D.	Sent 8/1/2022 1:11 PM
----------------------	--	--------------------------

Hi Dr. Stahl

I got the results but I'm still confused because I'm still in pain. I've been taking the Pepcid and fiber. IDK what else to do. It's always there and eases at times and sitting makes it worse. Please let me know what options I have.

What can I do about these hemorrhoids , they are out majority of the time. I knew they were there but it's never been a real problem.

Also I still never heard from the weight program, I'm down to 211.

Please advise

Thank you, Pep
(323)445-2714

08/01/2022 - Patient Message in INTERNAL MEDICINE AQUA2 (continued)

Messages (continued)

END OF ENCOUNTER

08/03/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT

Visit Information

Self Triage Covid-19 Group Dt Scal

Last updated: 9/29/2022 10:40 AM PDT

08/03/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)**Visit Information (continued)**

Which of the following COVID-19 concerns is your reason for visit?

COVID-19 Symptoms & Testing, Cold, Cough, Sore Throat

Your answers to the following questions are part of your medical record and should reflect your current symptoms. Treatment decisions are based on your answers and can be harmful if you are not answering the questions accurately. Changing answers to questions and submitting multiple E-visits may result in the inability to treat you online.

--

Are you pregnant or possibly pregnant?

No

Have you had a baby in the past 6 weeks?

No

Do you have any of the following conditions?

No, I do not have any of the above conditions.

We provide a detailed clinical evaluation via this E-visit with a series of questions to direct you to the appropriate care based on your careful answers.

I would like to go through the more detailed assessment.

Do you currently have any of the following symptoms?

Fever

No

New cough or worsening of a long-standing cough

Yes

New loss of taste or smell (Anosmia)

No

Nausea or Vomiting

No

Headache that is different from past typical headache

No

Repeated shaking chills

No

Diarrhea (frequent loose or watery stool)

No

Sore throat

Yes

Muscle aches/pain over entire body

No

Nasal congestion or runny nose

Yes

Do you have any of the following?

Phlegm that is mostly blood

No

NEW or worsening shortness of breath where you are struggling to breathe while sitting still.

No

Taking a new blood pressure medication AND developed a dry cough that continued for more than 3 days

No

Cough so much that it keeps you from being able to sleep for more than 1-2 hours at a time

No

Do you have wheezing (high pitched whistling or musical sound) coming from your chest NOT your nose?

No

Is your sore throat:

Moderate/Severe

The following symptoms indicate potential serious or concerning condition that WILL require an assessment by a clinician. Do you have any of the following?

Drooling that is getting worse

No

Swelling of face, neck, lips, tongue or throat that is rapidly getting worse

No

The following symptoms indicate potential serious or concerning condition that WILL require an assessment by a clinician. Do you have any of the following?

Abdominal pain

08/03/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)**Visit Information (continued)****Yes**

New rash with small red/purple spots or patches

No

Severe weakness that makes walking or standing difficult

No

Fever of 103 or greater

No**Patient Instructions****Selftriage Alert Reuse Appt_Ctr_C19 Adult Regn Peq_Scal****Pepper Smith,**

It is important that you monitor your symptoms closely and call the Appointment Center at **1-833-574-2273** (TTY 711) to schedule a telephone or video visit. Inform them you have completed an E-visit.

As your trusted partner in health, please click on this link: kp.org webpage for more information on COVID-19. Check this webpage often for updated information as COVID-19 is constantly evolving and changing.

PLEASE DO NOT WALK IN TO ANY MEDICAL FACILITY WITHOUT SPEAKING TO A MEDICAL PROFESSIONAL FIRST to avoid putting you, your loved ones, or others around you at risk.

END OF ENCOUNTER**08/03/2022 - Orders Only in SCAL ML E-VISITS ADMIN DEPT****Visit Information****Provider Information****Encounter Provider**

Scal E-Visit, Provider (M.D.), M.D.

Department

Name	Address	Phone
SCAL ML E-VISITS ADMIN DEPT	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-2000

Reason for Visit**Visit Diagnosis**

- COVID-19 DISEASE, PERSON UNDER INVESTIGATION [Z20.822]

Labs**SARS-COV-2, NAA (COVID-19), SURVEILLANCE [1554007185] (Final result)**Electronically signed by: **Scal E-Visit, Provider (M.D.), M.D. on 08/03/22 1309**Status: **Completed**

Ordering user: Scal E-Visit, Provider (M.D.), M.D. 08/03/22 1309

Authorized by: Scal E-Visit, Provider (M.D.), M.D.

Ordering mode: Standard

Frequency: Routine 08/03/22 -

Class: Clinic Collected

Quantity: 1

Lab status: Final result

08/03/2022 - Orders Only in SCAL ML E-VISITS ADMIN DEPT (continued)

Labs (continued)

Diagnoses

COVID-19 DISEASE, PERSON UNDER INVESTIGATION [Z20.822]

Provider Details

Provider	NPI
Scal E-Visit, Provider (M.D.), M.D.	—

Questionnaire

Question	Answer
Patient symptomatic?	Yes
What symptoms does the patient have that are suspicious for COVID-19?	Other
What other symptoms does the patient have that are suspicious for COVID-19?	See E-visit
Result Release to patient?	Immediate
Date of symptom onset:	8/2/2022

Order comments: SALIVA SPECIMEN COLLECTION: Use only the saliva container provided in the kit. Instruct the patient to self-collect the sample: (1) through funnel, fill container with saliva to the wavy black line; (2) remove funnel and replace with cap; (3) tighten to seal and release solution; (4) shake for 5 seconds. Inform patient that a SALIVA sample will be required. Advise patient to NOT eat, drink, chew gum, or smoke for at least 30 minutes before providing the saliva sample.

Specimen Information

ID	Type	Source	Collected By
C0000220222250 38015	—	SALIVA	Patient, Collect 08/13/22 1313

COVID-19 (SARS-COV-2), PCR KP LAB SALIVA FOR SYMPTOMATIC TESTING [1554007185]

Resulted: 08/15/22 0115, Result status: Final result

Order status: Completed	Filed on: 09/29/22 1038
Collected by: Patient, Collect 08/13/22 1313	Resulting lab: SCPMG REGIONAL REFERENCE LABORATORIES, CLINICAL PATHOLOGY - CHINO HILLS

Narrative:

RMS ACCN: 727295528

Acknowledged by: Yamashiro, Andrea (L.V.N.), L.V.N. on 08/15/22 0853

Components

Component	Value	Reference Range	Flag	Lab
SARS-COV-2 (COVID-19), QUALITATIVE, NAA	Not Detected	Not Detected	—	SCPMG

Comment:

NAA (Nucleic Acid Amplification) assays are the primary molecular diagnostic method for SARS-CoV-2 viral RNA detection (also known as RT-PCR or TMA).

This test is only for use under the Food and Drug Administration's Emergency Use Authorization (EUA).

Test results are for the identification of SARS-CoV-2 RNA, which may be detectable in samples submitted during the acute phase of infection.

Positive / Detected. SARS-CoV-2 RNA present.

Negative / Not Detected results for SARS-CoV-2 do not rule out COVID-19 infection and should not be used as the sole basis for patient management.

Negative / Not Detected results must be combined with other information such as patient history, clinical observations and epidemiology. Resubmit if clinically indicated.

Presumptive Positive. Not all COVID-19 targets detected. Consider the test POSITIVE if there was a high pre-test probability of COVID-19 infection. Consider repeat testing if clinically indicated.

Inconclusive

. Not all COVID-19 targets detected. Consider repeat testing if

08/03/2022 - Orders Only in SCAL ML E-VISITS ADMIN DEPT (continued)**Labs (continued)**

clinically indicated.

For "Invalid" results a new specimen needs to be obtained for retesting.

This test is only authorized for the duration of the declaration that circumstances exist justifying the authorization of the emergency use of in vitro diagnostic tests for detection of SARS-CoV-2 and/or diagnosis of COVID-19 infection.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1753 - SCPMG	SCPMG REGIONAL REFERENCE LABORATORIES, CLINICAL PATHOLOGY - CHINO HILLS	Steven McLaren, DO	13000 Peyton Drive Chino Hills CA 91709	03/28/19 2201 - Present

COVID-19 (SARS-COV-2), PCR KP LAB SALIVA FOR SYMPTOMATIC TESTING [1554007185]

Resulted: 08/14/22 0754, Result status: In process

Order status: Completed

Filed on: 09/29/22 1038

Collected by: Patient, Collect 08/13/22 1313

Narrative:

RMS ACCN: 727295528

Reviewed by

Yamashiro, Andrea (L.V.N.), L.V.N. on 08/15/22 0853

Indications

COVID-19 DISEASE, PERSON UNDER INVESTIGATION [Z20.822 (ICD-10-CM)]

All Reviewers List

Yamashiro, Andrea (L.V.N.), L.V.N. on 8/15/2022 08:53

Letters**COVID-19 Test Guidance for Isolation by Scal E-Visit, Provider (M.D.), M.D. on 8/3/2022**

Status: Sent

Letter body:

**8/3/2022**

Name: **Pepper Smith**
Address: **2822 7th Ave**
Los Angeles CA 90018

08/03/2022 - Orders Only in SCAL ML E-VISITS ADMIN DEPT (continued)

Letters (continued)

Re: **Pepper Smith**

To Whom It May Concern:

Based upon recommendations from the California Department of Public Health (CDPH), **Pepper should self-isolate** until COVID-19 diagnostic testing can be performed and results returned.

If the follow-up diagnostic test is positive, self-isolation should continue based upon recommendations from CDPH (see link below).

If Pepper has or had COVID-19 symptoms, self-isolation should continue until:

- It has been at least 5 days since symptoms started,
- There are no fevers,
- Other symptoms have improved,
AND
- A negative diagnostic test was collected 5 days or more after symptoms began.
- If fevers persist, isolation should continue until fevers resolve.
- If other symptoms are not resolving, isolation should continue until symptoms are resolving or until after day 10 since the symptoms started.
- Alternatively, if retesting on or after day 5 does not occur, Pepper may end isolation after day 10 (since symptoms started), provided there are no fevers and other symptoms are improving.

If Pepper never had COVID-19 symptoms, self-isolation should continue until:

- It has been at least 5 days since Pepper first tested positive,
AND
- A negative diagnostic test was collected 5 days or more since Pepper first tested positive.
- Alternatively, if retesting on or after day 5 does not occur, Pepper may end isolation on day 10 (since the initial positive result).

After day 10, a negative COVID-19 antigen or PCR test result is NOT required for discontinuing self-isolation, based upon recommendations from CDPH.

Healthcare workers should contact their employers for further guidance as the isolation requirements may differ from above.

NOTE: This document may be printed and shared with your employer or school. You do not need to contact your doctor for an off-work, off-school or caregiver note.

Detailed recommendations are available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

Sincerely,
Kaiser Permanente
8/3/2022 1:09 PM

END OF ENCOUNTER

08/03/2022 - Orders Only in SCAL ML E-VISITS ADMIN DEPT (continued)

08/03/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT

Visit Information

Self Triage Covid-19 Group Dt Scal

Last updated: 9/29/2022 10:40 AM PDT

Which of the following COVID-19 concerns is your reason for visit?

COVID-19 Symptoms & Testing, Cold, Cough, Sore Throat

Your answers to the following questions are part of your medical record and should reflect your current symptoms. Treatment decisions are based on your answers and can be harmful if you are not answering the questions accurately. Changing answers to questions and submitting multiple E-visits may result in the inability to treat you online.

--

Are you pregnant or possibly pregnant?

No

Have you had a baby in the past 6 weeks?

No

Do you have any of the following conditions?

No, I do not have any of the above conditions.

We provide a detailed clinical evaluation via this E-visit with a series of questions to direct you to the appropriate care based on your careful answers.

I do not feel too sick and do not have the above condition and would like to be tested.

Do you currently have any COVID-19 symptoms?

Yes

When did you start having these symptoms?

8/2/2022

Have you had A POSITIVE COVID-19 test in the past 2 months?

No

I have reviewed and understand the instructions above. Please select from one of the following options:

My symptoms are manageable. I would like to take the test for COVID-19 infection.

Which method would you prefer?

Saliva – Go to KP Facility for Saliva Test

Provider Instructions

Selftriage Provider Sore_Throat Centor_Score_-1 Adult Regn_Ga Peq_Scal

Patient's Total Centor Score = -1

Selftriage Nonspecific C19_Fluvid Provider_Note_10_12 Adult Regn_Ga Peq_Scal

COVID Test in 3 Months = No

Work/School Note = Auto ARx

Centor Score = Less than 3

RECOMMEND = None

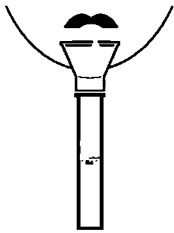
Patient Instructions

Selftriage Order Reuse C19_Sx_Asx_Saliva_Pcr_Test_Appt Adult_Peds Regn Peq_Scal

VERY IMPORTANT: READ THE FIRST 3 BULLET POINTS

08/03/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)

Visit Information (continued)



- A COVID-19 **PCR SALIVA-based test has been ordered** for you on **10/10/2022**. **No need to contact your healthcare team.**
- A **SALIVA** sample will be collected at the testing location. To ensure accuracy of the results, **do NOT eat, drink, chew gum, or smoke for at least 30 minutes** before giving your saliva sample.
- You may drive into any of the Covid Drive Thru locations accepting walk-ins. Click on the button to access a list of locations along with the hours of operations. Take a screenshot or photo of this list for your reference.

Testing Locations

Results are available within **1-2 days** of specimen collection. Plan your testing accordingly. If you do not receive a notification **after 3 days** from the test date, please call the Appointment Center at **1-833-574-2273** (TTY 711) or notify your provider.

You will receive an automatic notification with a link to a letter providing guidance on self-isolation. The letter can be found for:

- Age 18 or older - under **Medical Records > Letters** section.
- Age under 18 - under **Message Center > Inbox** section.

You can always click on the E-visit History located at the bottom of the E-visit menu for a copy of these instructions.

Note: To manage your health and find many useful resources including your customized Personal Action Plan, visit kp.org/actionplan to see what you can take control of today!

Thank you for completing this E-visit. Hope you stay safe.

Selftriage Selfcare Cold_Flu Na Adult Regn_Ga Peq_Scal

Your Care Plan KAISER PERMANENTE®

What is it?

Colds and influenza (the flu) are both caused by viruses. Although they share many of the same symptoms, there are some key differences. Colds can occur throughout the year. The flu generally infects people from late fall through early spring



Potential Symptoms

The symptoms of a cold include a stuffy or runny nose, sneezing, sore throat, mild fatigue, headache, and a cough. Flu symptoms are usually more severe than cold symptoms and tend to come on suddenly. They can include fever (100.4 degrees F or higher), fatigue (very tired),

08/03/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)

Visit Information (continued)

muscle or body aches, headache, chills, sore throat, cough, and a stuffy or runny nose. Some people may have vomiting and diarrhea, but this is more common in children than adults

Instructions to Prevent the Spread of COVID-19

COVID-19 is most often spread in communities, so protect yourself and those around you with the following practices whenever possible. We recommend that you self-quarantine for 10 days or get a COVID-19 test (Antigen/PCR) on day 5 or later. If test returns negative, you can stop self-quarantine.

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
 - Throw used tissues in a lined trash can.
 - Immediately **wash your hands**.
- **Avoid close contact** with people who are sick if possible.
- Keep a 6-foot distance between yourself and other people and wear a mask.
- Clean AND disinfect frequently touched surfaces at least daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Recommendations for Self-Quarantine

We recommend that you self-quarantine:

- Self-quarantine for 10 days or get a COVID-19 test (Antigen/PCR) on day 5 or later. If test returns negative, you can stop self-quarantine.
- Watch for symptoms such as shortness of breath, fever, chills, muscle aches, loss of smell and taste.
- Stay home. Do not go to work, school, or public areas.
- Do not allow visitors.
- Separate yourself from others in your home (unless they are also in quarantine).

To view this self-care instruction as a video, click on the Self-Quarantine link. For more information about how to self-quarantine, go to kp.org/covid19guide.

Testing Outside of Kaiser Permanente

Currently, Kaiser Permanente is prioritizing testing for patients with active symptoms consistent with COVID-19 while we work to further expand our testing capacity. We are working quickly to expand our testing capacity to meet member needs. In the meanwhile, you can get tested at an

08/03/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)**Visit Information (continued)**

external, licensed, independent facility (for example, CVS, Walgreens, Walmart, other retail locations, or a private lab).

Many of these facilities bill Kaiser Permanente directly, so you may not have to pay anything out of pocket. If you are charged, Kaiser Permanente will provide reimbursement for the cost of the test as long as it is conducted by a licensed facility. Please visit [kp.org/coverageandcosts](https://www.kp.org/coverageandcosts) to learn how to submit a claim for reimbursement.

If you get tested outside of Kaiser Permanente, your results aren't automatically shared with your doctor's office. Please email a photo or a scanned copy of your test results to your doctor's office so we can update your medical record:

1. Go to [kp.org](https://www.kp.org) and create a new message.
2. Use "COV19 outside lab report" as your subject line.
3. Click on the "Attach an image" link at the bottom of the message to add a photo or scan of your report. The report should include your name and at least one other personal identifier, like your date of birth.

SYMPTOMS OF COLD & FLU

Timeline

Your E-visit responses indicate that you may have a virus causing a cold or flu-like illness. You may also have the actual flu, but beyond the time period for which flu medication is effective. Flu and other viruses do not respond to typical antibiotics, but you can use self-treatment steps to feel better.

Over-the-Counter Treatment

Tips and directions for taking over-the-counter medications

- If you have nasal congestion or dripping secretions in the back of the throat, use an over-the-counter nasal saline spray, oral decongestion and/or cortisone nasal spray.
 - You can choose from several nasal saline sprays; a pharmacist may help you determine the best one for you.
 - Nasal saline sprays loosen and clear nose secretions. You may use these as often as needed.
 - The cortisone type nasal sprays (fluticasone and triamcinolone) are very helpful. You may use these nasal sprays long-term as needed.
 - Do not use a decongestion nasal spray for more than three days. The oral decongestant pills or liquid are better if you need them for more than three days.
- Some over-the-counter cough medications come mixed with decongestions, so be careful not to buy separate medications for congestion and cough that would interact. A pharmacist may help you decide.
- Allergies can cause some flu-like symptoms, although these occur without a fever. You can choose from many over-the-counter anti-allergy medications. Again, some over-the-counter allergy medications are also in decongestant and cough medications, so be careful not to buy separate medications for congestion and cough that would interact. A

08/03/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)**Visit Information (continued)**

pharmacist may help you decide.

- For muscle aches, throat pain, or sinus pain, try acetaminophen as directed on the label or bottle. If this does not work, try ibuprofen or naproxen, but be sure to read the package insert for the conditions that could prevent you from using these medications. For example, do not use acetaminophen if you have liver disease and do not use ibuprofen or naproxen if you are pregnant, have stomach ulcers, or liver or kidney disease.
- Do not drink alcohol if you're using any pain medication.
- For fever, use over-the counter acetaminophen and follow the directions on the label or bottle. For adults with flu-like symptoms, see a doctor if you have a fever of 103 degrees or higher.
- Do not take the over-the-counter medications suggested if you have any of the medical conditions listed in the packaging information which could prevent you from using that medication.
- Do not take any suggested medication if you have an allergy to it or if you had side effects when taking it in the past.
- Be sure to consult a pharmacist before taking any OTC medications that may interact or interfere with other medications you are taking.
- Do not use aspirin if you are under age 20 and have a viral illness, such as a cold, cough, or flu-like illness.
- For any medication-related questions, contact the pharmacist at the drug store or your doctor.

Your Self-Care Instructions

Suggestions and tips to help alleviate your symptoms:

- If you are pregnant, could be pregnant, are breastfeeding, or have ongoing medical conditions:
 - Consult your doctor immediately if you still feel you have the flu that the E-visit did not defect.
 - Consult a pharmacist, obstetric provider, or primary care doctor prior to taking any medication.
 - Be sure the over-the counter medication is safe to use (if needed, consult a pharmacist). This information can be found in the medication's packaging inserts.
- For a sore throat, gargle with warm salt water. Gargle at least once each hour while awake with one teaspoon (5 g) of salt dissolved in eight fluid ounces (240 mL) of warm water or a mouth wash. Do NOT swallow the salt water or mouth wash. Throat lozenges may also help.
- Prevent dehydration by drinking plenty of fluids. If you have congestive heart failure or have been instructed to restrict your fluid intake, check with your doctor to determine how to best manage your fluid intake.
- Always follow the directions on the label and do not take more than the recommended dose.
- Do not smoke or use other tobacco products and avoid secondhand smoke.
- If your home's air is very dry, which can occur in the wintertime, you may try a cool mist humidifier.
 - If it makes your cough worse, stop the humidification.
 - Do not over-humidify as this can promote mold and bacterial growth.
 - Clean your humidifier often.
 - Do not use a steam humidifier, only one that creates a cool mist.

When You Should See a Doctor

Seek help from a doctor if you have any of the following:

08/03/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)**Visit Information (continued)**

- Fever that is increasing or if your temperature is 103 degrees or higher.
- Confusion or disorientation.
- Your voice becomes low, weak, or muffled and is now hard to hear or understand.
- Difficulty breathing or have high pitched wheezing noises that do not clear with coughing.
- Asthma or another lung disease that is not controlled.-
- A new rash since becoming ill.
- Inability to swallow liquids, foods, or your saliva.
- Swelling of the tongue or the tissues of the neck, not just your neck glands.
- Difficulty opening your mouth or have a stiff neck.
- Weakened immune system due to a medical condition, chemotherapy, a medication you are taking (your doctor likely would have mentioned this to you), or if you had an organ transplant.
- Symptoms are getting worse or lasting more than 10 days.

Returning to Work or School

- For a viral illness, you may return to work or school when you begin to feel better. Until then, you are contagious. Allergy-related symptoms are not contagious.
- Wash your hands often and avoid close contact with others to prevent the spread of the infection.

Other Health Care Recommendations for you
Personal Action Plan
END OF ENCOUNTER**08/04/2022 - Orders Only in NURSE CLINIC FAM****Visit Information****Provider Information****Encounter Provider**

Avina, Laura (R.N.), R.N.

Department

Name	Address	Phone
NURSE CLINIC FAM	3782 W MARTIN LUTHER KING JR Los Angeles CA 90008-1703	833-574-2273

Reason for Visit**Visit Diagnosis**

- SCREENING FOR COVID-19 DISEASE [Z20.822]

Labs**SARS-COV-2, QUALITATIVE, NAA (COVID-19), KP LAB [1554007186] (Final result)**

Electronically signed by: Avina, Laura (R.N.), R.N. on 08/04/22 1109

Status: **Completed**

08/04/2022 - Orders Only in NURSE CLINIC FAM (continued)

Labs (continued)

Ordering user: Avina, Laura (R.N.), R.N. 08/04/22 1109 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.
 Ordering mode: Standard
 Cosigning events
 Electronically cosigned by Stahl, Jerusha Emily (M.D.), M.D. 08/04/22 1133 for Ordering
 Frequency: Routine 08/04/22 - Class: Clinic Collected
 Quantity: 1 Lab status: Final result
 Diagnoses
 SCREENING FOR COVID-19 DISEASE [Z20.822]

Provider Details

Provider	NPI
Avina, Laura (R.N.), R.N.	—
Stahl, Jerusha Emily (M.D.), M.D.	1083894638

Questionnaire

Question	Answer
First COVID test?	No
Patient symptomatic?	No
Patient hospitalized?	No
Patient in ICU?	No
Patient employed in Health Care?	Unknown
Patient living in congregate setting?	Unknown
Patient pregnant?	Unknown
Result Release to patient?	Immediate

Order comments: NASAL SWAB: Instruct Patient to self-collect or Parent/Guardian/Caregiver to help with specimen collection from ANTERIOR NARES. If not possible, following instructions below: NASAL SWAB: Observe Enhanced Droplet Precautions. Use the same swab for both oropharyngeal and nasopharyngeal sites: (1) swab back of throat, avoiding tongue, and then (2) place same swab into a nostril parallel to palate for a few seconds to absorb secretions; place swab into a sterile container with viral transport media. Store/transport refrigerated or on ice.

Specimen Information

ID	Type	Source	Collected By
C0000220222160 55772	—	NASAL SWAB	RNC 08/04/22 1106

COVID-19 Asymptomatic Screening: Exposure, Travel, Education, or Another Reason [1554007186] (Abnormal)

Resulted: 08/05/22 1146, Result status: Final result

Order status: Completed Filed on: 09/29/22 1038
 Collected by: RNC 08/04/22 1106 Resulting lab: SCPMG REGIONAL REFERENCE
 LABORATORIES, CLINICAL PATHOLOGY - CHINO HILLS

Narrative:
 RMS ACCN: 726752344
 Acknowledged by: Stahl, Jerusha Emily (M.D.), M.D. on 08/05/22 1159

Components

Component	Value	Reference Range	Flag	Lab
SARS-COV-2 (COVID-19), QUALITATIVE, NAA	Positive	Not Detected	A !	SCPMG

Comment:
 NAA (Nucleic Acid Amplification) assays are the primary molecular diagnostic method for SARS-CoV-2 viral RNA detection (also known as RT-PCR or TMA).

This test is only for use under the Food and Drug Administration's Emergency Use Authorization (EUA).

Test results are for the identification of SARS-CoV-2 RNA, which may be detectable in samples submitted during the acute phase of infection.

Positive / Detected. SARS-CoV-2 RNA present.
 Negative / Not Detected results for SARS-CoV-2 do not rule out COVID-19 infection and should not be used as the sole basis for patient management.
 Negative / Not Detected results must be combined with other information such

08/04/2022 - Orders Only in NURSE CLINIC FAM (continued)**Labs (continued)**

as patient history, clinical observations and epidemiology. Resubmit if clinically indicated.

Presumptive Positive. Not all COVID-19 targets detected. Consider the test POSITIVE if there was a high pre-test probability of COVID-19 infection. Consider repeat testing if clinically indicated.

Inconclusive
. Not all COVID-19 targets detected. Consider repeat testing if clinically indicated.

For "Invalid" results a new specimen needs to be obtained for retesting.

This test is only authorized for the duration of the declaration that circumstances exist justifying the authorization of the emergency use of in vitro diagnostic tests for detection of SARS-CoV-2 and/or diagnosis of COVID-19 infection.

Testing Performed By

Lab - Abbreviation	Name	Director	Address	Valid Date Range
1753 - SCPMG	SCPMG REGIONAL REFERENCE LABORATORIES, CLINICAL PATHOLOGY - CHINO HILLS	Steven McLaren, DO	13000 Peyton Drive Chino Hills CA 91709	03/28/19 2201 - Present

COVID-19 Asymptomatic Screening: Exposure, Travel, Education, or Another Reason [1554007186]

Resulted: 08/05/22 0550, Result status: In process

Order status: Completed

Filed on: 09/29/22 0336

Collected by: RNC 08/04/22 1106

Narrative:

RMS ACCN: 726752344

Reviewed by

Stahl, Jerusha Emily (M.D.), M.D. on 08/05/22 1159

Stahl, Jerusha Emily (M.D.), M.D. on 08/05/22 1159

Stahl, Jerusha Emily (M.D.), M.D. on 08/05/22 1159

Indications

SCREENING FOR COVID-19 DISEASE [Z20.822 (ICD-10-CM)]

All Reviewers List

Stahl, Jerusha Emily (M.D.), M.D. on 8/5/2022 11:59

Stahl, Jerusha Emily (M.D.), M.D. on 8/5/2022 11:59

Stahl, Jerusha Emily (M.D.), M.D. on 8/5/2022 11:59

Letters**COVID-19 Test Guidance for Isolation by Scal E-Visit, Provider (M.D.), M.D. on 8/5/2022**

Status: Sent

Letter body:

08/04/2022 - Orders Only in NURSE CLINIC FAM (continued)

Letters (continued)

8/5/2022

Name: **Pepper Smith**
Address: **2822 7th Ave**
Los Angeles CA 90018

Re: Pepper Smith

To Whom It May Concern:

Based upon guidelines from the California Department of Public Health (CDPH), **Pepper should self-isolate given a POSITIVE COVID-19 result until the following criteria are met.**

If Pepper has or had COVID-19 symptoms, self-isolation should continue until:

- It has been at least 5 days since symptoms started,
- There are no fevers,
- Other symptoms have improved,

AND

- A negative diagnostic test was collected 5 days or more after symptoms began.
- If fevers persist, isolation should continue until fevers resolve.
- If other symptoms are not resolving, isolation should continue until symptoms are resolving or until after day 10 since the symptoms started.
- Alternatively, if retesting on or after day 5 does not occur, Pepper may end isolation after day 10 (since symptoms started), provided there are no fevers and other symptoms are improving.

If Pepper never had COVID-19 symptoms, self-isolation should continue until:

- After it has been at least 5 days since Pepper first tested positive,

AND

- A negative diagnostic test was collected 5 days or more since Pepper first tested positive.
- Alternatively, if retesting on or after day 5 does not occur, Pepper may end isolation on day 10 (since the initial positive result).

After day 10, a negative COVID-19 antigen or PCR test result is NOT required for discontinuing self-isolation, based upon recommendations from CDPH.

Healthcare workers should contact their employers for further guidance as the isolation requirements may differ from above.

NOTE: Kaiser Permanente physicians and clinicians will NOT issue off-work or off-school notes based upon self-reported positive COVID-19 test results. Home antigen testing is approved by CDPH for confirmation of COVID-19 infection and does not require health care provider confirmatory testing, nor does this type of testing require further notes or documentation from a doctor's office.

Detailed recommendations are available at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID->

08/04/2022 - Orders Only in NURSE CLINIC FAM (continued)

Letters (continued)

[19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx](#)

Sincerely,
Kaiser Permanente
8/5/2022 1:16 PM

08/04/2022 - Orders Only in NURSE CLINIC FAM (continued)

AFTER VISIT SUMMARY

Pepper Smith MRN: 000004779300



Today's Visit

You saw LAURA AVINA RN, R.N. on Thursday August 4, 2022. The following issues were addressed:

- SCREENING FOR CORONAVIRUS DISEASE (COVID-19)

What's Next

You currently have no upcoming appointments scheduled.

Medications

New Orders

Normal Orders This Visit

SARS-COV-2, QUALITATIVE, NAA (COVID-19), KP LAB [87635 CPT(R)]

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

Allergies as of 8/4/2022

Reviewed by Martinez, Robert (R.N.), R.N. on 7/25/2022

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		

kp.org

View your After Visit Summary and more online at <https://healthy.kaiserpermanente.org/hconline/ie/>.

General Information

SKIP THE TRIP. Have our pharmacy come to you!

New and refill prescriptions mailed to your home.

WHEN USING THE MAIL ORDER OPTION FOR OBTAINING PRESCRIPTIONS:

08/04/2022 - Orders Only in NURSE CLINIC FAM (continued)

- **You must be able to wait 7 days** before starting a new, mail-order prescription. Medications needed before 7 days should be filled at the pharmacy. Ask the pharmacist if you have questions.
- You will need to have a **credit card** on file to use the mail-order option, unless you have dual medical coverage or have MediCal health benefits. You may bring a credit card to the pharmacy to be placed on file or enter while ordering on line.
- For most medications that are meant to be refilled every 30 days, filling the prescription by mail **you can obtain a 3-month supply** for just 2 months of copay!

4 WAYS TO RECEIVE PRESCRIPTIONS BY MAIL:

- If **checking-in at the Pharmacy**, ask for the mail order option to avoid waiting for the prescriptions to be filled. This is available only for medications not needed within the next 7 days.
- **Go to kp.org/Rxrefill**. After signing into kp.org, you will be brought to the Pharmacy Center.
- Use the **Kaiser Permanente app** for your mobile device. Find and download the app by searching for Kaiser Permanente on the Apple Store or the Google App Store.
- **Call (866) 206-2983** and be sure to have your medical record number and the prescription number located on the medication label ready when you call.

**You must be registered on KP.ORG to order prescriptions online or through the KP app.
Not registered yet? Go to KP.ORG/REGISTERNOW to get started.**

For questions, call member services at

[800-464-4000](tel:8004644000) or TTY [711](tel:711)
[800-788-0616](tel:8007880616) (Spanish)
[800-757-7585](tel:8007577585) (Chinese dialects)

Hours

Open 7 days a week
 24 hours a day
 Closed holidays

Medicare members

[800-443-0815](tel:8004430815) or TTY [711](tel:711)

Hours

Open 7 days a week
 from 8 a.m. to 8 p.m.

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.

08/04/2022 - Orders Only in NURSE CLINIC FAM (continued)

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!

Thrive Local

Find help in your community

We're here to support you however we can. If you need help with essentials like housing, childcare, or food, Thrive Local Connections can help connect you to resources in your community. Call 1-800-443-6328 (TTY 711), Monday through Friday between 8 a.m. and 5 p.m.

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

END OF ENCOUNTER

08/06/2022 - Message in CARE MANAGEMENT PROGRAM

Visit Information

Provider Information

08/06/2022 - Message in CARE MANAGEMENT PROGRAM (continued)**Visit Information (continued)****Encounter Provider**

Phan, Jesse (R.N.), R.N.

Department

Name	Address	Phone
CARE MANAGEMENT PROGRAM	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-3273

Reason for Visit**Chief Complaints**

- COVID-19 RESULTS REVIEW
- COVID-19 DIAGNOSIS CONFIRMED

Clinical Notes**Telephone Encounter****Phan, Jesse (R.N.), R.N. at 8/6/2022 0717**

Author: Phan, Jesse (R.N.), R.N.
Filed: 8/6/2022 7:18 AM
Status: Signed

Service: —
Encounter Date: 8/6/2022
Editor: Phan, Jesse (R.N.), R.N. (REGISTERED NURSE)

Author Type: REGISTERED NURSE
Creation Time: 8/6/2022 7:17 AM

WLA COVID CLOSED LOOP TEAM

Basename	Value	Specimen Type	Date/Time
• COVID19	Positive (A)	NASAL SWAB	08/04/2022
• COVID19	Not Detected	NASAL SWAB	07/22/2022
• COVID19	Not Detected	NASAL SWAB	06/18/2022
• COVID19	Not Detected	NASAL SWAB	12/15/2020
• COVID19	Negative	NASAL SWAB	10/31/2020

Chart reviewed, patient identified as a potential candidate for antiviral or monoclonal antibody treatment based on NIH tier system, Tier 4

Patient messaged with COVID-19 test management information via kp.org, advised to call COVID team at (323) 857-3909 if interested.

JESSE PHAN RN
Kaiser Permanente, Kaiser WLA
7:17 AM
8/6/2022

Electronically signed by Phan, Jesse (R.N.), R.N. at 8/6/2022 7:18 AM

08/06/2022 - Message in CARE MANAGEMENT PROGRAM (continued)

END OF ENCOUNTER

08/06/2022 - Patient Message in CARE MANAGEMENT PROGRAM

Visit Information**Provider Information****Encounter Provider**

Phan, Jesse (R.N.), R.N.

Department

Name	Address	Phone
CARE MANAGEMENT PROGRAM	6041 CADILLAC AVE Los Angeles CA 90034-1702	323-857-3273

Messages**Covid Test Information**

From	To	Sent and Delivered
Jesse (R.N.) Phan, R.N. Last Read in kp.org 8/6/2022 1:56 PM by Pepper Smith	Pepper Smith	8/6/2022 7:18 AM

Dear Ms. Smith,

I am contacting you to inform you that your recent COVID-19 test is POSITIVE.

Basename	Value	Specimen Type	Date/Time
• COVID19	Positive (A)	NASAL SWAB	08/04/2022
• COVID19	Not Detected	NASAL SWAB	07/22/2022
• COVID19	Not Detected	NASAL SWAB	06/18/2022
• COVID19	Not Detected	NASAL SWAB	12/15/2020
• COVID19	Negative	NASAL SWAB	10/31/2020

You have been identified as a potential candidate for treatment with one of the medications approved for COVID-19 treatment under the Emergency Use Authorization (EUA) by the Food and Drug Administration (FDA). Be aware that this is NOT a guarantee of eligibility; you must undergo a phone evaluation with one of our providers to determine if you are a candidate. If you are interested in treatment, please call (323) 857-3909 at your earliest convenience. EUA medications must be given within a specific window of time from the onset of your symptoms. Please leave your name, medical record number, and best contact number to reach you.

Please note, if you already received specific follow-up instructions from your doctor or employer, please follow the instructions of your doctor or employer.

The good news is that this virus usually causes typical cold and flu-like symptoms that typically resolve in about 2 weeks.

Home Isolation & Self Care Instructions

08/06/2022 - Patient Message in CARE MANAGEMENT PROGRAM (continued)

Messages (continued)

Stay home. Do not leave your home, except to get medical care, until your healthcare provider says it's ok. Do not go to work, school, or public areas, and do not use public transportation or taxis.

Separate yourself from other people and animals in your home. As much as possible, stay in a different room from other people in your home and if possible, use a separate bathroom, and have a separate sleeping space. If you must be in the same room as other people, wear a facemask to prevent spreading germs to others.

Cover coughs and sneezes. To prevent spreading germs to others, when coughing or sneezing, cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash hands with soap and water.

Keep hands clean. Wash hands often and thoroughly, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available and if hands are not visibly dirty.

Avoid sharing household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people or pets in the home. These items should be washed thoroughly after use with soap and warm water.

Clean all "high-touch" surfaces every day.

Self-care at home includes getting rest, drinking plenty of fluids, and if needed, taking over-the-counter (OTC) medications for pain and symptoms relief.

Whom Can I Call With Questions?

If symptoms worsen, additional concerns arise, questions about your symptoms, or for Off-Work Order concerns/extensions, please call (833) 574-2273 to book a same/next-day appointment with a provider.

When Do I End My Home Isolation?

Kaiser Permanente uses the Symptoms- and Time-based Methods for determining clearance from isolation from COVID-19, based on recommendations from the Centers for Disease Control (CDC).

You will be cleared to come out of isolation if:

- 1) You have not had a fever for at least 24 hours (without the use of fever-reducing medications) AND
- 2) Your symptoms have improved.
- 3) It has been *at least* 10 days since the onset of your symptoms, OR you have taken a negative rapid antigen COVID test (home test) on Day 5 or later.
 - If you are still having active symptoms at Day 5, repeat testing is not recommended, and you should isolate for the full 10 days.

08/06/2022 - Patient Message in CARE MANAGEMENT PROGRAM (continued)

Messages (continued)

If you meet the guidelines above, you are no longer considered infectious and have been cleared by Kaiser Permanente, your Healthcare Provider.

Please note that it is NOT NECESSARY to re-test if you have isolated a full 10 days. If your symptoms are improved, you have no fever, and have isolated a full 10 days, you are no longer considered to be contagious.

For more information regarding isolation and quarantine, visit:
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

According to current CDC guidelines, Employers should not require a COVID-19 test result to return to work. According to the CDPH, Employers should not use testing to impermissibly discriminate against employees who have previously tested positive for COVID-19 by preventing their Return To Work in a manner consistent with public health recommendations.

When Can I Get the COVID-19 Vaccine/Booster?

Even though you have the COVID-19 illness, it is still recommended that you get the vaccine, or if fully vaccinated, the booster shot. You are able to receive the COVID-19 vaccine/booster as soon as you have completed your home isolation period, and have recovered from your illness. You may go online to make an appointment at <https://healthy.kaiserpermanente.org/southern-california/health-wellness/coronavirus-information/vaccine-appointments>, or call the appointment line to make an appointment.

When to Seek Prompt Medical Attention

If your symptoms are severe such as...

- Trouble breathing that gets worse
- Pain or pressure in chest that gets worse
- Blue tint to lips or face
- Fast or irregular heartbeat
- Confusion or trouble waking
- Fainting or loss of consciousness
- Lethargy
- Coughing up blood

Or if you think you are having a medical or mental health emergency, go to the closest Emergency Room or call 911 if needed. Do not wait for our call back. If possible, when you arrive at the Emergency Room, stay in the car and wear a mask and have your driver or family member go inside and let the ER staff know that you have COVID-19 and need help. When calling 911, please inform them you are positive for COVID-19 and wear a mask.

Thank you for allowing Kaiser Permanente to be part of your care.

JESSE PHAN RN
Kaiser Permanente, Kaiser WLA

08/06/2022 - Patient Message in CARE MANAGEMENT PROGRAM (continued)**Messages (continued)**7:18 AM
8/6/2022**END OF ENCOUNTER****08/10/2022 - Telephone Appointment Visit in INTERNAL MEDICINE****Visit Information****Provider Information****Encounter Provider**

Mayorquin, Patricia (M.D.), M.D.

Authorizing Provider

Mayorquin, Patricia (M.D.), M.D.

Department**Name**

INTERNAL MEDICINE

Address3782 W MARTIN LUTHER KING JR
Los Angeles CA 90008-1703**Phone**

833-574-2273

Level of Service**Level of Service**

PHYS TAV, EST PAT, 5-10 MIN OF MEDICAL DISCUSSION

Reason for Visit**Chief Complaints**

- HEMORRHOIDS
- PROACTIVE CALL - PRE-VISIT PREP (shingrix)

Visit Diagnoses

Name	Code	Chronic?
IRRITABLE BOWEL SYNDROME (primary)	K58.9	Yes
GERD (GASTROESOPHAGEAL REFLUX DISEASE)	K21.9	Yes

Clinical Notes**Progress Notes****Mayorquin, Patricia (M.D.), M.D. at 8/10/2022 1303**

Author: Mayorquin, Patricia (M.D.), M.D.

Filed: 8/10/2022 1:06 PM

Status: Signed

Service: —

Encounter Date: 8/10/2022

Editor: Mayorquin, Patricia (M.D.), M.D. (Physician)

Author Type: Physician

Creation Time: 8/10/2022 1:03 PM

TELEPHONE APPOINTMENT VISIT (TAV) -- 1:03 PM

Pepper Smith is a 51 year old female

TELEHEALTH ADVISORY

Prior to rendering the telehealth services:

1. I explained that there is available a face-to-face appointment with a provider to render the same health care services as this telehealth encounter.
2. The patient agreed to receive health care services via telehealth for this encounter.

08/10/2022 - Telephone Appointment Visit in INTERNAL MEDICINE (continued)**Clinical Notes (continued)**

Reason for TAV: HEMORRHOIDS and PROACTIVE CALL - PRE-VISIT PREP

Health Maintenance Due

Topic	Date Due
• IMM ZOSTER (50 YRS AND OLDER) (1 of 2)	Never done

PHONE VISIT DOCUMENTATION:

Having intermittent abdominal cramping, bloating, loose stools/constipation for a few mo
 Had recent colonoscopy showed small int hemorrhoids
 Denies any rectal bleeding
 Dx with IBS
 Told not sure of diet to help

ASSESSMENT:**Encounter Diagnoses**

Code	Name	Primary?
• K58.9	IRRITABLE BOWEL SYNDROME	Yes
• K21.9	GERD (GASTROESOPHAGEAL REFLUX DISEASE)	

discussed cont daily fiber supplement, hydration

Nutrition consult for IBS

Can schedule follow up with GI if not improving

PLAN:**Orders Placed This Encounter**

- REFERRAL NUTRITION COUNSELING

Time spent with patient or guardian over the phone was 10 minutes.

Electronically signed by:

PATRICIA MAYORQUIN MD

8/10/2022

1:03 PM

Electronically signed by Mayorquin, Patricia (M.D.), M.D. at 8/10/2022 1:06 PM

Other Orders**Referral****REFERRAL NUTRITION COUNSELING [1554007189] (Active)**

Electronically signed by: Mayorquin, Patricia (M.D.), M.D. on 08/10/22 1303	Status: Active
Ordering user: Mayorquin, Patricia (M.D.), M.D. 08/10/22 1303	Authorized by: Mayorquin, Patricia (M.D.), M.D.
Ordering mode: Standard	
Frequency: Routine 08/10/22 -	Class: Internal referral
Quantity: 1	Released by: Mayorquin, Patricia (M.D.), M.D. 08/10/22 1303
Diagnoses	

08/10/2022 - Telephone Appointment Visit in INTERNAL MEDICINE (continued)**Other Orders (continued)**IRRITABLE BOWEL SYNDROME [K58.9]
GERD (GASTROESOPHAGEAL REFLUX DISEASE) [K21.9]**Provider Details**

Provider	NPI
Mayorquin, Patricia (M.D.), M.D.	1235429416

Questionnaire

Question	Answer
For consults, do you authorize this department to book a telephone or video visit if available?	Yes

Order comments: Reason: IBS

Referral Details

Referred By	Diagnoses	Referred To	Type	Priority
Mayorquin, Patricia (M.D.), M.D. 3782 W MARTIN LUTHER KING JR LOS ANGELES CA 90008-1703 Phone: 833-574-2273 Fax: 833-574-2273	IRRITABLE BOWEL SYNDROME GERD (GASTROESOPHAGEAL REFLUX DISEASE) Order: Referral Nutrition Counseling Reason: Specialty Services Required	WEST LA MEDICAL CENTER U 6041 CADILLAC AVE LOS ANGELES CA 90034-1702 Phone: 323-857-2000 Specialty: Nutritional Services	Outpatient Service	Routine

Comment: Reason: IBS

Question	Answer
For consults, do you authorize this department to book a telephone or video visit if available?:	Yes

IndicationsIRRITABLE BOWEL SYNDROME [K58.9 (ICD-10-CM)]
GERD (GASTROESOPHAGEAL REFLUX DISEASE) [K21.9 (ICD-10-CM)]**END OF ENCOUNTER****08/16/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT****Visit Information****Self Triage Covid-19 Group Dt Scal**

Last updated: 9/29/2022 10:40 AM PDT

08/16/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)**Visit Information (continued)**

Which of the following COVID-19 concerns is your reason for visit?

COVID-19 Symptoms & Testing, Cold, Cough, Sore Throat

Your answers to the following questions are part of your medical record and should reflect your current symptoms. Treatment decisions are based on your answers and can be harmful if you are not answering the questions accurately. Changing answers to questions and submitting multiple E-visits may result in the inability to treat you online.

--

Are you pregnant or possibly pregnant?

No

Have you had a baby in the past 6 weeks?

No

Do you have any of the following conditions?

No, I do not have any of the above conditions.

We provide a detailed clinical evaluation via this E-visit with a series of questions to direct you to the appropriate care based on your careful answers.

I would like to go through the more detailed assessment.

Do you currently have any of the following symptoms?

Fever

No

New cough or worsening of a long-standing cough

Yes

New loss of taste or smell (Anosmia)

No

Nausea or Vomiting

No

Headache that is different from past typical headache

Yes

Repeated shaking chills

No

Diarrhea (frequent loose or watery stool)

No

Sore throat

Yes

Muscle aches/pain over entire body

Yes

Nasal congestion or runny nose

Yes

Do you have any of the following?

Phlegm that is mostly blood

No

NEW or worsening shortness of breath where you are struggling to breathe while sitting still.

No

Taking a new blood pressure medication AND developed a dry cough that continued for more than 3 days

No

Cough so much that it keeps you from being able to sleep for more than 1-2 hours at a time

Yes *

Do you have wheezing (high pitched whistling or musical sound) coming from your chest NOT your nose?

No

The following symptoms indicate potential serious or concerning condition that WILL require an assessment by a clinician. Do you have any of the following with your headache?

NEW weakness on one side of the body or face

No

NEW vision changes such as not able to see through one eye.

No

Confused thinking or speech

No

Light causes unbearable pain

No

A rigid or stiff neck causing pain when trying to touch your chin to your chest

No

08/16/2022 - Patient Self-Triage in SCAL ML E-VISITS ADMIN DEPT (continued)**Visit Information (continued)**

Falling to one side when walking since symptoms begin and lasting more than a few minutes and not due to injury

No

Very sudden onset, severe headache with vomiting.

No

Are your muscle aches:

Mild

Is your sore throat:

Mild

The following symptoms indicate potential serious or concerning condition that WILL require an assessment by a clinician. Do you have any of the following?

Drooling that is getting worse

No

Swelling of face, neck, lips, tongue or throat that is rapidly getting worse

No

The following symptoms indicate potential serious or concerning condition that WILL require an assessment by a clinician. Do you have any of the following?

Abdominal pain

No

New rash with small red/purple spots or patches

No

Severe weakness that makes walking or standing difficult

No

Fever of 103 or greater

No

When did you start having these symptoms?

8/2/2022**Patient Instructions****Selftriage Alert Reuse Appt_Ctr_C19 Adult Regn Peq_Scal****Pepper Smith,**It is important that you monitor your symptoms closely and call the Appointment Center at **1-833-574-2273** (TTY 711) to schedule a telephone or video visit. Inform them you have completed an E-visit.As your trusted partner in health, please click on this link: kp.org webpage for more information on **COVID-19**. Check this webpage often for updated information as COVID-19 is constantly evolving and changing.**PLEASE DO NOT WALK IN TO ANY MEDICAL FACILITY WITHOUT SPEAKING TO A MEDICAL PROFESSIONAL FIRST** to avoid putting you, your loved ones, or others around you at risk.**END OF ENCOUNTER****08/16/2022 - Ancillary Orders in EDWL****Visit Information****Department**

Name	Address	Phone
EDWL	6041 Cadillac Ave.	323-857-2000

08/16/2022 - Ancillary Orders in EDWL (continued)**Visit Information (continued)**

Los Angeles CA 90034

Reason for Visit**Visit Diagnosis**

- EPIGASTRIC ABDOMINAL PAIN [R10.13]

Other Orders**Medications****Famotidine (PEPCID) 20 mg Oral Tab [1554000613] (Active)**Electronically signed by: **Interface, Scal_ Pharmacy on 08/16/22 0000** Status: **Active**

Ordering user: Interface, Scal_ Pharmacy 08/16/22 0000 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: BID 08/16/22 - 08/15/24

Class: Fill Later

Diagnoses

EPIGASTRIC ABDOMINAL PAIN [R10.13]

Provider Details

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

Reordered from: Famotidine (PEPCID) 20 mg Oral Tab

Indications

EPIGASTRIC ABDOMINAL PAIN [R10.13 (ICD-10-CM)]

Alum-Mag Hydrox-Simeth (GERI-MOX ANTACID-ANTIGAS) 200-200-20 mg/5 mL Oral Susp [1554000615] (Discontinued)Electronically signed by: **Interface, Scal_ Pharmacy on 08/16/22 0000** Status: **Discontinued**

Ordering user: Interface, Scal_ Pharmacy 08/16/22 0000 Authorized by: Stahl, Jerusha Emily (M.D.), M.D.

Ordering mode: Standard

Frequency: QID 08/16/22 - 09/02/22

Class: Fill Later

Discontinued by: Stahl, Jerusha Emily (M.D.), M.D. 09/02/22 1602

Diagnoses

EPIGASTRIC ABDOMINAL PAIN [R10.13]

Provider Details

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

Admin instructions: between meals and at bedtime

Reordered from: Alum-Mag Hydrox-Simeth (GERI-MOX ANTACID-ANTIGAS) 200-200-20 mg/5 mL Oral Susp

Indications

EPIGASTRIC ABDOMINAL PAIN [R10.13 (ICD-10-CM)]

END OF ENCOUNTER**08/17/2022 - Telephone Appointment Visit in FAMILY MEDICINE KP CARE NOW****Visit Information****Provider Information****Encounter Provider**

Katsura, Christopher (M.D.), M.D.

Authorizing Provider

Katsura, Christopher (M.D.), M.D.

08/17/2022 - Telephone Appointment Visit in FAMILY MEDICINE KP CARE NOW (continued)**Visit Information (continued)****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**

- COUGH

Visit Diagnosis

- COUGH, UNSPECIFIED [R05.9]

Clinical Notes**Progress Notes****Katsura, Christopher (M.D.), M.D. at 8/17/2022 1115**

Author: Katsura, Christopher (M.D.), M.D.	Service: —	Author Type: Physician
Filed: 8/17/2022 11:18 AM	Encounter Date: 8/17/2022	Creation Time: 8/17/2022 11:15 AM
Status: Signed	Editor: Katsura, Christopher (M.D.), M.D. (Physician)	

APPOINTMENT VISIT (AV) -- 11:16 AM

Pepper Smith is a 51 year old female

Reason for TAV: COUGH

Health Maintenance Due

Topic	Date Due
• IMM ZOSTER (50 YRS AND OLDER) (1 of 2)	Never done
• IMM COVID-19 (6 MO AND OLDER) (3 - Booster for Moderna series)	10/09/2021

TELEHEALTH CONSENT

Prior to rendering the telehealth services:

1. I explained that there is available a face-to-face appointment with a provider to render the same health care services as this telehealth encounter.
2. The patient consented to receive health care services via telehealth for this encounter.

PHONE VISIT DOCUMENTATION:

2 weeks since covid
Still having dry cough
But soemtiems gets brown phlegm like today

ASSESSMENT:

Printed on 10/10/22 10:34 AM

Page 1593

08/17/2022 - Telephone Appointment Visit in FAMILY MEDICINE KP CARE NOW (continued)**Clinical Notes (continued)****Encounter Diagnoses**

Code	Name	Primary?
• R05.9	COUGH, UNSPECIFIED	

PLAN:**Orders Placed This Encounter**

- Azithromycin (ZITHROMAX) 250 mg Oral Tab
- Fluticasone (FLOVENT HFA) 44 mcg/actuation Inhl HFAA

Post covid though? Trial flovent but given mucus trial azithro

Strict return precautions. If worsening of symptoms to call KP Now or Kaiser or go to the closest urgent care or emergency department for evaluation as this could represent a life threatening emergency that should be promptly re-evaluated

Electronically signed by:

CHRISTOPHER KATSURA MD

8/17/2022

11:18 AM

- Patient aware of the limitations of the virtual visit due to the lack of visual in-person examination.

Electronically signed by Katsura, Christopher (M.D.), M.D. at 8/17/2022 11:18 AM

Other Orders**Medications****Fluticasone (FLOVENT HFA) 44 mcg/actuation Inhl HFAA [1554000617] (Active)**

Electronically signed by: **Katsura, Christopher (M.D.), M.D. on 08/17/22 1118** Status: **Active**
 Ordering user: Katsura, Christopher (M.D.), M.D. 08/17/22 1118 Authorized by: Katsura, Christopher (M.D.), M.D.
 Ordering mode: Standard
 Frequency: Routine BID 08/17/22 - 08/16/24 Class: Fill Later
 Diagnoses
 COUGH, UNSPECIFIED [R05.9]

Provider Details**Provider**

Katsura, Christopher (M.D.), M.D.

NPI

1568704914

Questionnaire**Question**

Is this medication for a workers' compensation condition?

Answer

No

Admin instructions: . Rinse mouth well after use. Shake well before use

Indications

COUGH, UNSPECIFIED [R05.9 (ICD-10-CM)]

Azithromycin (ZITHROMAX) 250 mg Oral Tab [1554007190] (Expired)

Electronically signed by: **Katsura, Christopher (M.D.), M.D. on 08/17/22 1118** Status: **Expired**
 Ordering user: Katsura, Christopher (M.D.), M.D. 08/17/22 1118 Authorized by: Katsura, Christopher (M.D.), M.D.
 Ordering mode: Standard

08/17/2022 - Telephone Appointment Visit in FAMILY MEDICINE KP CARE NOW (continued)**Other Orders (continued)**

Frequency: Routine 08/17/22 - 09/16/22 2359

Class: Fill Later

Diagnoses

COUGH, UNSPECIFIED [R05.9]

Provider Details**Provider**

Katsura, Christopher (M.D.), M.D.

NPI

1568704914

Questionnaire**Question**

Is this medication for a workers' compensation condition?

Answer

No

Indications

COUGH, UNSPECIFIED [R05.9 (ICD-10-CM)]

Patient Instructions

Please go to the emergency department if you have worsening of your current symptoms, vomiting blood or green stuff, severe headache/neck pain, chest pain, fever > 101, loss of consciousness, paralysis, confusion or change in your mental status, trouble breathing, bloody diarrhea, worsening weakness or trouble walking, or any other worrisome symptoms as this could represent a life threatening emergency that should be promptly evaluated.

Thank you for choosing to use Kaiser Permanente KP NOW After Hours phone services. Remember virtual telephone visits are brief and does not constitute a complete medical evaluation of your current condition. It is important for you to follow up with your primary care doctor. If you need to make an appointment you can call 1-800-954-8000 Monday — Friday 7am to 7pm.

If you are taking ANTIBIOTICS

- Please be aware of antibiotic resistance and the importance of appropriate antibiotic use. PLEASE take them exactly as instructed. Do not skip, share or stop early without checking with your healthcare professional. Not taking antibiotics in the way it was prescribed can lead to treatment failure and development of resistance. This means the antibiotic doesn't work on these bacteria anymore. Contact your healthcare team if you develop side effects of the antibiotic per the pharmacy education.

08/17/2022 - Telephone Appointment Visit in FAMILY MEDICINE KP CARE NOW (continued)

AFTER VISIT SUMMARY



Pepper Smith MRN: 000004779300

📅 8/17/2022 12:10 PM 📍 FAMILY MEDICINE KP CARE NOW

Instructions from CHRISTOPHER KATSURA MD, M.D.
 Your personalized instructions can be found at the end of this document.

Today's Visit

You saw CHRISTOPHER KATSURA MD, M.D. on Wednesday August 17, 2022. The following issues were addressed:
 • COUGH

What's Next

SEP 15 2022	Patient Education with GUSTAVO ORTEGA JR CHE, C.H.E. Thursday September 15 1:00 PM	MEMBER HEALTH EDUCATION 110 N LA BREA AVE INGLEWOOD CA 90301-1708 323-421-2710
-------------------	---	---

Medications

NEW Medications

Azithromycin (ZITHROMAX) 250 mg Oral Tab
Fluticasone (FLOVENT HFA) 44 mcg/actuation Inhl HFAA

Visit Medication List Patient reported, restarted, and
 new medications relevant to this visit. This may not reflect all medications the patient is taking.

Azithromycin (ZITHROMAX) 250 mg Oral Tab (Taking) Fluticasone (FLOVENT HFA) 44 mcg/actuation Inhl HFAA (Taking)	Dosage Take 2 tablets by mouth daily for 1 day, THEN 1 tablet daily for 4 days. Inhale 2 Puffs by mouth 2 times a day . Rinse mouth well after use. Shake well before use
--	---

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

Allergies as of 8/17/2022

Reviewed by Martinez, Robert (R.N.), R.N. on 7/25/2022

	Severity	Noted	Reaction Type	Reactions
No Known Drug Allergies	Not Specified	06/01/2005		