

## SOAP - Acupuncture Follow Up Encounter NO E/M

Acu Electa a 55years of age Female presents in the acupuncture clinic.

Patient identity confirmed by name and DOB: Yes

Initial visit date: 06/11/2020

Today 07/11/2020 is acupuncture encounter # 9 this year.

This is session # 21 for this complaint.

It has been 2 week(s) since last visit.

Cautions: **Lymphedema – right arm – post mastectomy**

Topical Allergies reviewed: **Latex/bandage**

Medication reviewed: Yes **Current Chemotherapy**, Lyrica, Oxycodone

### Chief complaint(s):

1. feet and right-hand chronic chemo induced neuropathy
2. right shoulder pain

### SUBJECTIVE

Acu Electa presents today in the acupuncture clinic to continue address chronic chemo induced neuropathy in right hand and both feet, that feel like “numb glove and socks”, has troubles with balance while walking, and cannot button a shirt. Today neuropathy pain is 3/10.

Started 9 months ago at 7<sup>th</sup> chemo treatment for right sided E+ metastatic breast cancer. She continues to receive chemo every 2 weeks; accordingly, neuropathy aggravates dependent on chemo tx schedule.

Today is day 7 after last chemo

*Current and/or Prior treatment since last visit:*

Medication/dosage: continues Lyrica 2 times a day

**Secondary complaint:** right shoulder pain 3/10 – constant, hard to lift arm, worse at night

*Current and/or Prior treatment:* started PT who did Dry Needling around right shoulder yesterday

Medication/dosage: Oxycodone at night

**Medical History Relevant to Complaint(s):** Metastatic breast cancer

### OBJECTIVE

**Physical Exam:** *None Performed*

### Visual inspection/Observation

*Discolorations:* pale with dry cracking skin feet and fingertips

*Edema:* none

*Ambulation/Gait:* unsteady

*Spirit/Shen:* Alert

*Qi:* Weak/low voice

**Labs:** None relevant since last encounter

**Imaging:** None relevant since last encounter

**TM Tongue:** pale, thick greasy coat

**TM Pulse:** weak, slippery

## ASSESSMENT

*Response to the previous treatment:* Patient has responded favorably to last acupuncture Tx, chronic paraneesthesia pain has improved for few days after that gradually returned but with lesser intensity.

Today acupuncture treatment is based on Traditional Medicine theory: TCM Eight Principles, Microsystem.

Today treatment follows established TM strategy: treat Manifestation/Branch and Cause/Root simultaneously

The following problems are addressed at this encounter.

1.

*ICD-10 Diagnosis:* G63.1 Polyneuropathy in neoplastic disease

*ICD-11 Chapter 26 TM pattern:* **SF00 Blood deficiency pattern (TM1), SF79 Spleen deficiency with dampness accumulation pattern (TM1)**

2.

*ICD-10 Diagnosis:* M25.511 - Pain in right shoulder, G89.3 - Neoplasm related pain (acute) (chronic)

*ICD-11 Chapter 26 TM pattern:* **SF01 Blood stasis pattern (TM1), SE91Qi stagnation pattern (TM1)**

*TM Treatment Principle:* relieve pain, disperse Dampness, promote smooth movement of Qi, activate Blood, tonify Spleen

## PLAN OF CARE

Risk, Benefit, Alternative Personnel, Equipment, Financial Responsibilities discussed with patient.

Informed Consent and Intake form located in patient file.

Counseled patient on risks of acupuncture including pain, infection, bleeding, and no relief of pain.

All questions were answered. Patient verbalized understanding and agreed to begin care.

### Acupuncture:

Needles Set 1, *Position:* Sited.

*Style:* Tung,

*Points:* Left ankle Ashi – 3 needles – manipulation and active right shoulder movement

15 minutes spent face to face time with the patient for set 1

Needles Set 2, *Position:* Supine

*Style:* TCM,

*Points:* Bafeng, St36, Sp10, Sp9, Sp3

12 minutes spent face to face time with the patient for set 2

# of needle inserted: 19

# of needles withdrawn: 19

*TCM topicals used:* Zheng Gu Shui on feet and right hand

*TDP lamp applied to:* Feet

*Adjunct techniques used:* None

*E-Stream:* Bafeng ← St36, Wave pattern set to DD (1), Frequency set to 2:0Hz, Intensity set to patient's tolerance.

Adverse Events: None, patient tolerated the procedure well.

***Therapy outcomes:*** Symptom management

#### ***HOME GOING INSTRUCTIONS***

***Follow up acupuncture schedule:*** in 2 weeks

*Ear seeds/pellets:* Points left Ear – Shenmen, Shoulder and Hand. Patient was instructed to remove them after 3 days

#### ***What to expect after acupuncture:***

After the removal of acupuncture needles, there may be some minor soreness, itch, little to no sensation in the treatment area. In rare occasion, there can be mild bruising/bleeding. The bruising will gradually fade away in a couple of weeks.

If you have not eaten before acupuncture, you may experience dizziness/nausea. Drink some warm fluids to help with the symptoms.

If you had acupuncture treatment for chronic pain, you may experience some ache sensation for a couple of days. This will gradually dissipate with subsequent sessions.

Acupuncture is a fairly safe procedure, but if you had needles near/around your ribcage and are experiencing any of these symptoms, contact your acupuncturist immediately:

- Sudden shortness of breath
- Increase breathing rate
- Chest pain
- Dry cough
- Bluish discoloration of the skin
- Excessive sweating that you never experience before

After acupuncture treatment, you should rest/relax for a few hours. Do not shower or get yourself wet. Avoid strenuous workouts or stressful situations. It is normal to feel tired or sleepy after the acupuncture treatment.

Having questions or concerns? Please, send me a message via your secure patient's portal, they will be answered within one business day.

Provider Name: Tung TCM LAc.

27 minutes was spent on acupuncture procedures face to face with the patient at this encounter.

#### ***Coding:***

**97813:** Acupuncture, one or more needles, with electrical stimulation, initial 15 minutes.

**97814:** Acupuncture, one or more needles, with electrical stimulation, each additional 15 minutes. With re-insertion.

## *HOME GOING INSTRUCTIONS*

***Follow up acupuncture schedule:*** in 2 weeks

***Ear seeds/pellets:*** Points left ear – Shenmen, Shoulder and Hand. Patient was instructed to remove them after 3 days

***What to expect after acupuncture:***

After the removal of acupuncture needles, there may be some minor soreness, itch, little to no sensation in the treatment area. In rare occasion, there can be mild bruising/bleeding. The bruising will gradually fade away in a couple of weeks.

If you have not eaten before acupuncture, you may experience dizziness/nausea. Drink some warm fluids to help with the symptoms.

If you had acupuncture treatment for chronic pain, you may experience some ache sensation for a couple of days. This will gradually dissipate with subsequent sessions.

Acupuncture is a fairly safe procedure, but if you had needles near/around your ribcage and are experiencing any of these symptoms, contact your acupuncturist immediately:

- Sudden shortness of breath
- Increase breathing rate
- Chest pain
- Dry cough
- Bluish discoloration of the skin
- Excessive sweating that you never experience before

After acupuncture treatment, you should rest/relax for a few hours. Do not shower or get yourself wet. Avoid strenuous workouts or stressful situations. It is normal to feel tired or sleepy after the acupuncture treatment.

Having questions or concerns? Please, send me a message via your secure patient's portal, they will be answered within one business day.

Provider Name: Tung TCM LAc.