

## Moderate Level SOAP – E/M + Acupuncture Follow Up Encounter Example

Acu Wors a 42 years of age female presents in the acupuncture clinic.

Patient identity confirmed by name and DOB: Yes

Initial encounter date: 08/20/2018

Last encounter date: 03/13/2020

Today 07/11/2020 is acupuncture encounter # 12 this year.

It has been 16 week(s) since last visit.

This is session # 72 for this complaint.

Topical Allergies reviewed: None

Medication reviewed: Yes – Humira monthly infusions

Cautions: **Spinal cord stimulator in left glut - Implanted device,**

### Chief complaint(s):

1. Chronic low back pain
2. Fibromyalgia
3. Abdominal pain
4. Severe Anxiety

### SUBJECTIVE

@NAME@ presents today in the acupuncture clinic to continue address chronic constant dull low back pain that is worse in airconditioned space and then rains. Pain has significantly aggravated during long break without acupuncture.

As well has generalized chronic dull Fibromyalgia pain that feels like she “weights a ton”. Pain has been here for 7 years, started after labor, during which she sustained severe blood loss, had blood transfusion, infected cesarean section scar that could not heal for over 6 months, has received multiple antibiotic treatment that triggered Chron’s.

#### 1. Musculotendinous Meridian System:

VA pain rating scale

*Pain severity:* **6-8/10** (on the scale 1 to 10, 0 = no pain, 10 = unbearable pain)

*Affected Daily Life Activity (ADL):* Severity **7/10** (on the scale 1 to 10, 0 = does not interfere, 10 = completely interferes)

*Pain interfering with SLEEP:* **5/10** (on the scale 1 to 10, 0 = does not interfere, 10 = completely interferes)

*Pain affecting MOOD:* **8/10** (on the scale 1 to 10, 0 = does not interfere, 10 = completely interferes)

*Pain contributing to STRESS:* **5/10** (on the scale 1 to 10, 0 = does not interfere, 10 = completely interferes)

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

Medication/dosage Takes 3 - 20mg tablets of Oxycodone 2 times a day

#### **Secondary complaints:**

Abdominal pain today pain is cramping 5/10. Has increased morning diarrhea with lots of mucus. Has aggravated due to worry over financial situation.

Severe Anxiety that interferes with her sleep, that in turn aggravates pain

**Medical History Relevant to Complaint(s):** Has Chron's, had 3 bowel resection surgeries

**Social Determinants of health:**

Weight/Diet – in last few weeks, is eating “Food Pantry” canned foods and pasta. Her husband lost work due to COVID, she cannot work because of health, that causes severe stress.

Current occupation - Unemployed

Physical activities – has no strength to do anything,

Housing – living in low income housing apartment, with increasing crime in the neighborhood that causes her to worry about her child safety.

Veteran - No,

Addictions – Smoking, occasionally smoking pot

**OBJECTIVE**

**Physical Exam:** *None Performed*

**Visual inspection/Observation**

*Discolorations:* none

*Edema:* none

*Ambulation/Gait:* Norm,

*Spirit/Shen:* Distressed

*Qi:* SOB

*5 element constitution:* Yellow, sing, fragrant, sympathy

**Labs:** None relevant since last encounter

**Imaging:** None relevant since last encounter

**TM Tongue:** unavailable due to Covid mask

**TM Pulse:** SI +1 HT +1 / LU 1- LI 1-

GB +1 LR +2 / SP - ST -

BL +1 KI +1 / PC +1 TE +1

**ASSESSMENT**

**Response past treatments:** Today Acu Wors presents to reassess and keep addressing chronic low back pain that has worsened comparing to acupuncture visit # 11 on 03/13/2020, whole last year on every other week acupuncture she was doing really well with stable pain control. This year due to long break between acupuncture sessions because of COVID and worsened social determinants of health situation pain has aggravated severely.

**Pain severity changes:** was 4/10, now 6-8/10, worsened by 50%,

**Affected Daily Life Activity (ADL) changes:** worsened by 30%, was able to do house hold activities for 3-4 hours a day, now can move only for about an hour

**Pain interfering with SLEEP changes:** worsened by 50%,

**Pain affecting MOOD changes:** severely worsened, cannot fall asleep for hours due to anxiety and worry

**Pain contributing to STRESS changes:** worsened by 50%

*Medication/dosage changes:* in 03/2020 was taking only 1 tablet of Oxycodone 20mg 2 times a day now had to increase to 3 tablets 2 times a day

*Changes in visit frequency to other health care provider for pain management:* had few unplanned appointments with her pain management MD due to increased pain and inability to receive acupuncture. As well had unplanned appointment with gastroenterologist because of aggravated abdominal pain due to Chron's.

Today acupuncture treatment is based on Traditional Medicine theory: 5 Element.

Today treatment follows established TM strategy: treat Cause/Root only.

The following problems are addressed at this encounter.

*ICD-10 Diagnosis:*

1. M54.4 Chronic Low back pain
2. M79.7 Fibromyalgia
3. R10.84 Generalized abdominal pain
4. F41.1 Generalized anxiety

ICD-11 Chapter 26 TM pattern: SF72 Spleen deficiency with qi stagnation pattern (TM1), SF7B Cold-dampness encumbering the spleen system pattern (TM1),

*TM Treatment Principle:* relieve pain, assess for Aggressive energy, IDs or EDs; clear blocks; tonify CF

**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:* Prone.

*Style:* Worsley 5 Element.

*Points:* BL 13, 14, 15, 18, 20, 23 disperse – 12 minutes spent face to face time with the patient for set 1

Needles Set 2, *Position:* Supine

*Style:* Worsley 5 Element

*Points:* LR 14, LU 1, SP 3, ST 42 – 8 minutes spent face to face time with the patient for set 2

Needles were retained for 30 minutes

# of needle inserted: 20

# of needles withdrawn: 20

*TCM topicals used:* None

*TDP lamp applied to:* Lumbar

*Adjunct techniques used:* Moxa cones X 5 - 7 ST 36 & SP 3 - 10 minutes spent face to face time with the patient

*E-Steam:* None

Adverse Events: None, patient tolerated the procedure well.

***Therapy outcomes:*** Symptom management

## HOME GOING INSTRUCTIONS

**Follow up acupuncture schedule:** in 1 week.

*Ear seeds/pellets:* Points Shenmen Patient was instructed to remove them after 3 days

*Home Use Topical Rx:* Po Sum On Oil on the back

Dosage instructions: Apply on painful area as needed. Do not cover the area, do not use heat or ice on the top. Wash your hands thoroughly after use.

Patch may be retained on the skin up to 8 hours, it may cause redness and rash. Do not use patch if you have latex allergy.

### **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: Worsley Worsley LAc.

30 minutes was spent on Established Patient Present Illness Evaluation

30 minutes was spent on acupuncture procedures face to face with the patient

60 total minutes spent at this encounter.

### **Coding**

**99214:** Office or other outpatient visit for the evaluation and management of a Established patient

**97810:** Acupuncture, one or more needles, without electrical stimulation, initial 15 minutes of personal one-on-one contact with the patient.

**97811:** Each additional 15 minutes of personal one-on-one contact with the patient, with re-insertion of needles.

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