

## **Straightforward SOAP – E/M + Acupuncture Follow Up Encounter**

Acu Med a 67 years of age male presents in the acupuncture clinic.  
Patient identity confirmed by name and DOB: Yes  
Initial encounter date: 03/12/2020  
Last encounter date: 07/03/2020  
Today 07/11/2020 is acupuncture encounter # 6 this year.  
It has been 1 week(s) since last visit.  
This is session # 6 for this complaint.

Topical Allergies reviewed: **Latex/bandage**  
Medication reviewed: Yes  
Cautions: None

**Chief complaint(s):** Chronic low back pain with right sided sciatica

### **SUBJECTIVE**

Acu Med presents today in the acupuncture clinic to continue address chronic low back pulling ache pain radiating to right leg that has been here for 3 years and is worse in the winter. Now pain stops at the glut. He is able to accomplish Casco shopping. Still has troubles to bend forward and cannot cut the grass.

Has frequent urination at night and ED.

Is under care of cardiologist for Bundle of His block and hypercholesteremia.

#### **1. Musculotendinous Meridian System:**

##### **VA pain rating scale**

**Pain severity: 3/10** (on the scale 1 to 10, 0 = no pain, 10 = unbearable pain)

**Affected Daily Life Activity (ADL): Severity 3/10** (on the scale 1 to 10, 0 = does not interfere, 10 = completely interferes)

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

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

**Pain contributing to STRESS: 2/10** (on the scale 1 to 10, 0 = does not interfere, 10 = completely interferes)

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

Medication/dosage: 1 tablet 3 times a day Ibuprophen

**Secondary complaint:** none

**Medical History Relevant to Complaint(s):** none

### **OBJECTIVE**

#### **Physical Exam:**

**Tenderness/pain with palpation:** lumbar muscles, along UB meridian(s)

**Trigger/Ashi points:** Right UB25 & GB30 Point(s)

## Visual inspection/Observation

*Discolorations:* none

*Edema:* none

*Ambulation/Gait:* Norm,

*Spirit/Shen:* Alert

*Qi:* Normal breathing

**Labs:** None relevant since last encounter

**Imaging:** None relevant since last encounter

**TM Tongue:** Pale, thicker white coat

**TM Pulse:** slow, slippery, deficient on sun



## ASSESSMENT

*Response to last 6 treatments:* Today Acu Med presents to reassess and keep addressing chronic low back pain with right sided sciatica that has improved by 30% comparing to acupuncture visit # 1. Pain used to go all the way the right ankle and make him limp now it stops at the glut and he can walk.

*Pain severity changes:* was 5/10, now 3/10, improved by 40%,

*Affected Daily Life Activity (ADL) changes:* improved by 20%, was able to walk for 20 min max, now can walk for 1 hour

*Medication/dosage changes* from 4 Ibuprophen a day reduced to 3 a day

*Changes in visit frequency to other health care provider for pain management:* had none since acupuncture start

Patient presentation is consistent with the established plan of care and is improving according to plan.

Today acupuncture treatment is based on Traditional Medicine theory: TCM Eight Principles, TCM Meridian, Organ (Zang-Fu),

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

The following problems are addressed at this encounter.

*ICD-10 Diagnosis:* M54.41 - Lumbago with sciatica, right side

*ICD-11 Chapter 26 TM pattern:* SF79 Spleen deficiency with dampness accumulation pattern (TM1)  
SF97 Kidney yang deficiency pattern (TM1) SG26Bladder meridian pattern (TM1)

*TM Treatment Principle:* Relieve pain, transform dampness, tonify Spleen, warm Kidney Yang, unblock Bladder Meridian

## **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:* Lateral recumbent on the left.

*Style:* TCM,

*Points:* Bilateral - UB20, UB23, UB24, Ub26; Right-Yaoyan, Gb30 – 13 minutes spent face to face time with the patient for set 1

Needles Set 2, *Position:* Lateral recumbent on the left

*Style:* TCM

*Points:* Right - Gb20, SI3, UB62; Left – Sp9, K7 – 8 minutes spent face to face time with the patient for set 2

Needles were retained for 30 minutes

# of needle inserted: 15

# of needles withdrawn: 15

*TCM topicals used:* Zheng Gu Shui

*TDP lamp applied to:* Lumbar

*Adjunct techniques used:* Tuina - on the lumbar area

*E-Steam:* None

Adverse Events: None, patient tolerated the procedure well.

**Therapy outcomes:** Therapeutic

### **Short term goal:**

Reduce pain by 20% in 6 sessions.

Improve ROM by 10% in 6 sessions

Improve ADLs: Increase ability to walk to 2 hours

### **Long term goal:**

Reduce pain by 50 % in 3 months.

Improve ROM by 15 % in 3 months

Improve ADLs: enable to cut the grass

## HOME GOING INSTRUCTIONS

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

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

*Home Use Topical Rx:* Po Sum On Oil

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.

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12 minutes was spent on Established Patient Present Illness Evaluation

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

33 total minutes spent at this encounter.

### **Coding**

**99212:** 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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