

**PLAINTIFF'S EXHIBIT 17-H  
KAISER MEDICAL RECORDS**



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	01/26/05	Itchy rash (See Exposure list)	started in head and is now most intense in itchy in intertriginous areas: axilla, behind knees, groin) Skin-macular smooth lesion back and trunk. Blanching and not raised. Oral & conj mucosa wnl	Kaiser Stockton	Michael Wong, MD	KP Volume 1 pg 4	Hives	Discussed allergy test and blood test would not be helpful at this time. No history of suspicion for food/drink or other contact		Steroid Shot, Benadryl, triamcinolone cream	Dr. refers to similar outbreak roughly 4 months prior.	Exposure	Rash	Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.	Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.
Exposure	2/8/2005 appt time 12:01 pm 2/8/2005 10:30 am	Skin test Review/follow-up returns today with questions about episodes of itching and summertime fatigue. Last month had itchy rash that was possibly caused by having to clear brush in the forest. Says the	follow up of 1/26/05 visit	Kaiser Stockton	Michael Wong, MD	KP Volume 1 pg 6	November 2004 Skin test did not reveal that patient is severely allergic to pollens, dust mites or molds. Today's intradermal tests were also negative	Discussed fatigue is a symptom with many potential problems, (environmental control and avoidance measures)		N/A	Dr. refers to immunotherapy suggested by input from PCP, consider DERM for itching. Pt wants ST and IT...discussed the pros, cons, limitations, risks of immunotherapy. Pt wants to just try it. We will Prick and ID and see if there is something to merit allergy shot program			Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.	Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.

17-H-1



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	03/04/05	Migraines	Migraines (2x per month) and upper back spasms	Kaiser Stockton	Paul Rose, DO	KP Volume 1 pg 9	Migraines, right upper back spasms	P Amerge 2.5mg ud, Advil, Vicodin for occ migraine that doesn't respond to Amerge PRN F/U		Advil, Vicodin			Migraines		
Exposure	10/24/05	c/o rash on the back	rash on back would like dermatology referral	Kaiser Stockton	Hymavathy Lasti, MD	KP Volume 1 pg 10	Positive for discrete lesions on the back	dermatitis: possible tinea. Further evaluation needed. Refer to derm appt booked		Maxalt				Formalin-eye irritation redness and pain, skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.	

17-H-2



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/Rx	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	11/17/05	Sore throat, fatigue, body pains	Sore throat, fatigue, body pains for 3 days c/o fever/headache	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 12	Viral upper respiratory illness	Nose is congested, sinus non tender		Rest, hydration			Sore throat	Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, leading to burning and prickling sensation, sore throat, respiratory irritation when inhaled	Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.
GYN	02/14/06	Check up	N/A	Kaiser Stockton	Thomas Leong, MD	KP Volume 1 pg 14	Normal gyn exam			n/a					
Exposure	06/02/06	c/o allergy symptoms for several days	allergy symptoms for several days. No history of asthma, continued migraines and trouble with ovarian cyst, rash on back	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 16	congested. Sinuses non tender positive for rhinitis on back.	allergic rhinitis: cont nasarel. 2. rash: thea		Lamisil for 2 weeks	refills of other medications - Ovarian cyst issues		Sinuses, Ovarian cyst issues, Formalin sprayed 4/18/09	Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.	



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Exposure	09/01/06	sinus pressure	allergies and sinus pressure for 4 days, anxiety	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 18	Nose is congested. Sinuses non tender	symptomatic therapy suggested:		Allegra and Flonase for congestion, Xanax for anxiety	Work related stress issues	Work Stress			
Exposure	12/04/06	cause of cough and body pains	cough and body pains for 3 days.	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 20	Viral upper respiratory illness	symptomatic therapy suggested:		Antex, cough syrup			Cough, Body pains	Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, burning and pricking sensation, respiratory irritation when inhaled	Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and
Exposure	03/21/07	shortness of breath	feeling shortness of breath, under a lot of stress which is causing multiple episode of anxiety a month.	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 22	Stress and anxiety attacks	advised to continue counseling			Formalin- sprayed at white slough 3/14/07	Anxiety	Shortness of Breath	Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and	



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Exposure	04/20/07	sinus pressure	c/o cont to feel anxiety, welbutin not helping, sinus	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 24	allergic rhinitis			Flonase, Allegra		Anxiety		eye irritation redness and pain, skin	
Exposure	06/22/07	Chronic Headaches	Email correspondence regarding Migraine headaches and remedies. Message therapy reveals arthritis forming in neck which causes migraines.	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 26-38	Pain Clinic referral, acupuncture suggestion	Continued message therapy and medication until Pain clinic/acupuncture appt is confirmed.		Vicodin					
Exposure	07/08/07	Chronic Headaches	Email correspondence - follow-up for 6/22/07 emails	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 39-42	Migraine Headaches	no pain medication prescribed. Too early for refill - last refill 6/23/07			Vicodin prescription - 3 times a day (2 every 4-6 hours) 800 milligrams IB profin and Malt max when vicodin done.				
Exposure	07/11/07	Lab work request	Emails correspondence: Delta blood bank unable to take blood due to low iron count and Complaining of headaches and fever past 2 days. Requesting lab screening to establish cause.	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 45	Lab Test request confirmed	Lab Test request confirmed			Worked in 3 hot spots at dawn killing adult mosquitos. Wanted to be screened for west nile virus but blood bank was unable to draw blood due to low iron. Employer does not provide lab screenings for west nile virus.				

17-H-5



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/Rx	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	07/16/07	Lab Results	Email correspondence - follow-up lab results	Electronic correspondence - Kaiser	Hymavathy Jasti, MD	KP Volume 1 pg 49	Lab results reveal no anemia, liver thyroid and				waiting for lab results for west nile virus test				
Stress	07/26/07	Neck Problems	Pain in neck and interscapular area. Pain radiates to both the shoulders and shoots up the head. Throbbing sharp shooting pain to the back of the head	Kaiser Stockton	Sylvia Fernandes, MD Reinaldo Romero, M/A	KP Volume 1 pg 53	Clinical examination lab results suggest diffuse myofascial pain syndrome - primary cervicalgia	Neck and shoulder pains associated with severe headaches. Patient claims pain is relieved by exercise, medication use (vicodin, maxalt, Xanax). Pain aggravated by stress and use of BLUE at work. Co-workers aggravate stress. Home exercise reviewed		continue vicodin, Naprosyn, flexural pm, No refill for vicodin given today last prescription filled 2 weeks ago. Injection of lidocaine/DepoMedrol, Naproxen, Cyclobenzaprine, Acetaminophen	Patient has received massage and chiropractic therapy and medication which help relieve pain. Patient has multiple emotional stressors but does not want to be referred to mental health clinic due to unpleasant past experiences				
Stress	08/05/07	Neck Problems Follow up	Shoulder x-rays completed and request for MD to review. Muscle relaxer prescribed not helping, requesting alternatives.	Electronic correspondence - Kaiser Stockton	Sylvia Fernandes, MD Reinaldo Romero, M/A	KP Volume 1 pg 56	MD to review shoulder x-rays.	Request that x-rays be taken to radiology department and scanned for MD review. Suggest that changing		Suggest contacting Primary PCP for renewal vicodin	MD Suggest following up with Chronic Pain clinic				



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Stress	08/05/07	Neck Problems on clinic and Follow up	PCP Follow up on chronic pain clinic and change in	Electronic correspond - Kaiser	Hymavathy Jasti, MD	KP Volume 1 pg 59	Medication reset to original count	PCP unsure of how Vicodin count was change		Hydrocodone-Acetaminophen 5	Flexural (Muscle relaxer) discontinued				
Stress	08/06/07	Neck Problems conducted at Follow up Chiropractic Office	x-rays	Electronic correspond - Kaiser Stockton	Sylvia Fernandes, MD Reinaldo Romero, MA	KP Volume 1 pg 62	X rays by chiropractic office for shoulder and back to be brought to next appt 8/20/07	n/a	n/a	n/a	n/a				
Stress	08/21/07	Update	mail order for med refills	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 65	placing a mail order request for med refills a few days early. Update on x-rays being reviewed by chronic pain	MD is ok with that and will refill order		Xanax	n/a				
Stress	08/24/07	Med refills rejected	Refill was sent to pharmacy but then rejected	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 67	Prescription for Xanax was approved PCP by rejected in pharmacy, PCP verified approval	Excuse letter for employer available 9/4/07.		Visit with chiropractor to relieve pressure in neck and sinus	Patient out sick 8/19/07, sent home early by boss 8/20/07, back to work 9/4/07.	Sinus Pressure			
Exposure	08/31/07	Flu like symptoms	sinus, sevir headache, vomiting diarrhea, fever dr excused needed for work	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 69-82	Drip from Sinus caused nausea in stomach and vomiting. Not flu								

7-11



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	09/10/07	Sinus pressure follow up	severe sinus pains for 4 days follow up	Kaiser Stockton	Kyra Smith, MA Hymavathy Jasti, MD	KP Volume 1 pg 83	allergic rhinitis	symptomatic therapy suggested:				Sinus Pressure		eye irritation redness and pain, Skin	
Other	09/12/07	Burning urine	Possible Urine/bladder infection	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 86	Bladder infection	OTC AZO and cranberry juice only temporary solution. Does on rid of infection. Suggest batrim		Trimethoprim-Sulfamethoxazole, Bactrim suggested by PCP, a lab test for infection, OTC meds AZO and cranberry juice by patient	Patient first tried OTC meds AZO and cranberry juice which was only temp relief. Asked for B 12 shot from PCP.	Infection			
Stress	10/01/07	Pain clinic update	update on progress of Chronic Pain Clinic Program, Kaiser Stockton having more pain and headaches than before. Unable to continue Message and	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 94	Pain and Medication Management	PCP suggest taking 600 mg of Ib 3x a day for to help with inflammation and to regulate in patients system to		600 mg Ib 3x a day	Patient feels trauma is getting worse due to repetitive motion at work. PCP agrees that work stress cause muscle	Work Stress	yes - Muscle soreness		

17-H-7



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Other	10/10/07	B12 Injection	B12 vitamin shot	Injection Clinic - Kaiser Stockton	Injection Nurse	KP Volume 1 pg 98	Vitamin Injection	n/a		Cyanocobalamin (B-12) Injection					
Exposure	10/10/07	sinus pressure	running nose, mild cough and nasal congestion	Kaiser Stockton	Xing-Jian S Lu, MD	KP Volume 1 pg 100	Acute URI	Rest and fluids		Sudor 8 mg-120, Cheratussin AC 10 MG-100 Syrup				Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure	
Stress	10/12/07	Pain medication alternatives	IB Probin is not working, would rather take pain med instead. 2x a day IB not enough.	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 102	Pain and Medication Management	Continue Ibuprofen may be 1/2 pill 2x a day to help with inflammation even though you done feel relief with pain. 6		n/a	Request change in Allergy medication from Allegra to Chlorphenir which was prescribed 2 days prior.				
Stress	10/13/07	Pain clinic update	questions regarding protocol for Pain management program	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 106	Pain and Medication Management	PCP not familiar with pain clinic processes, suggest calling clinic for explanation			has not received consultation regarding meds and whether on right meds or not.				
Stress	10/13/07	Pain medication alternatives	request for alternative pain medication with more pain relief and less acetaminophen	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 109	Pain and Medication Management	Norco - double pain medication than vicodin, 1/2 Tylenol, need on 3 a day for		Hydrocodone-Acetaminophen 10 - 1 pill 3x day	Body develops tolerance and may have to continue going up on pain meds.				



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Stress	10/24/07	Chronic Pain Management Consultation	Chronic Pain Management Consultation	Kaiser Stockton	Pamela Fostic, RN	KP Volume 1 pg 114	Case/Care Management, Scapula Chronic Pain, Level 2	Pain starts in Scapula worked through neck and into head.		Mind/body, MCP, fibromyalgia, tai chi, acupuncture, physical therapy, neck class	Pain core within pain 30 days - level 6/10	Work Stress			
Exposure	11/06/07	Chronic Pain Management Consultation	Chronic Pain Management Consultation	Kaiser Stockton	Andrew Finlay, MD	KP Volume 1 pg 118	Depression, anxiety, scapular pain, cervical disorder, strain/sprain, trapezius strain, rhinitis, allergies, care/case	Headache, migraines, menstrual disorder, Anxiety disorder, rhinitis, allergies, care/case	KP Volume 1 pg 118, 119, no visible lumbar or limb asymmetry	Hydrocodone-Acetaminophen 10/12 the every 4 hrs message, - trazodone 100 1 daily at bedtime	recommend heat, ice, massage, stretching, home exercise program, acupuncture	depression, anxiety		Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure	
Stress	11/06/07	Chronic Pain Management Evaluation	Health Psychology Evaluation	Kaiser Stockton	Monica Leal Foster, MD	KP Volume 1 pg 122	Chronic Pain Syndrome - Anxiety Disorder	Minimal social support, rarely uses alcohol, likes to be in control, healthy eating habits		Health and behavior assessment 60 min		Anxiety			
Stress	11/09/07	Dr excuse needed for work	off of work with a cold need dr excuse letter	Electronic correspond - Kaiser	Hymavathy Jasti, MD	KP Volume 1 pg 126	Excuse letter needed for Nov 7-9th, 2007 for work	pick up Monday		n/a	n/a				
Exposure	11/21/07	scapula pain, headache	Chronic Pain Acupuncture	Kaiser Stockton	Paul Simon, L.Ac	KP Volume 1 pg 127	Case/Care Management, Chronic Pain, Level 2	upper and back pain, r ankle soreness, sinus issues and low immune function with freq colds, flu allergies, Pt works with pesticides and had one serious work accident 2 years ago. Pt reports freq feeling warm and feverish, but has low temp when taken.		Return in 2 weeks		Work Stress			
	12/11/07	Neck pain	Physical Therapy visit	Kaiser Stockton	Kristy Nguyen PT	KP Volume 1 pg 131	Physical Therapy - Scapula	constant pain and ache in the r-l shoulder blade area. Worst		walking, massage, acupuncture	physical and emotional stress aggravate. Usine arms a	Work Stress			



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Stress	12/11/07	Stress	Chronic Pain Care Management - Health Psychology Clinic Visit	Kaiser Stockton	Monica Lee Foster, MD	KP Volume 1 pg 135	Stress - Chronic Pain Syndrome	she has no friends to talk to, feels she has low self-esteem and lack of coping skills. Trying to improve things by attending Delta College and exercising more and breathing techniques		Continue with treatment plan		Work Stress			
	01/07/08	scapula, knee pain	Chronic Pain Acupuncture	Kaiser Stockton	Paul Simon, L.Ac	KP Volume 1 pg 137	Case/Care Management, Chronic Pain, Level 2	upper and back pain associated with physical labor on job, R knee and leg still aching esp. when driving work truck. No sinus congestion, heavy menstrual since taking current job. Regular massage therapy cont. Pt took detox kit for 2 weeks, dermatitis arose and subsided.		Return in 2 weeks		Work Stress			
Stress	01/08/08	Pain clinic update	Refills of Pain meds needed and x rays due to Chronic Pain MD left program	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 139	Pain medication refill request by PCP	Concern that pt is receiving more meds than before. Still have 10 days left before new refill can be filled. Lab and radiology request sent		Physical Therapy, acupuncture	Pt says physical therapy and acupuncture are only temporary reliefs. Medication helps pt avoid chronic headaches		Yes - Pt Pain Meds dosage increasing		
Stress	01/08/08	Pain Management Program	Managing Chronic Pain Group Appointment	Kaiser Stockton	Monica Lee Foster, MD	KP Volume 1 pg 146	Chronic Pain Syndrome	pt attended group appt. Topics covered: Flare up management; sleep		Tai Chi - Participated with group					
Stress	01/08/08	Chronic Pain Management	stiffness in whole neck, feels like a headache coming on	Kaiser Stockton	Kristy Nguyen PT	KP Volume 1 pg 148	Physical Therapy visit - Spinal or strain of cervical spine	est brief assess of pt		Joint mobilization - 15 min, soft tissue mobilization 15 min, attended 30 tai chi group,					



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Other	01/15/08	allergy shot	Allergy Injection	Kaiser Stockton	Injection Nurse	KP Volume 1 pg 150	Allergy								
Stress	01/15/08	Chronic Pain Management	Managing Chronic Pain Group Appointment Physical therapy visit	Kaiser Stockton	Karen Messersmith, PT	KP Volume 1 pg 152	Chronic Pain Syndrome	pt attended group appt. Topics covered: Compassion and self-esteem		Participated in Tai Chi					
Stress	01/16/08	Lab Results	lab results	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 154	Thyroid, kidney, liver, iron count. Blood count are fine.	vitamin b 12 and x rays pending		n/a					
Stress	01/17/08	Chronic Pain Management	Physical Therapy visit	Kaiser Stockton	Kristy Nguyen PT	KP Volume 1 pg 156	Physical Therapy - Neck Pain, Chronic			Mobility joint 15 min, therapeutic exercise 15 min, est. brief assess					
Stress	01/25/08	Question about new Pain DR	Has there been a new Pain Dr assigned to Kaiser program yet?	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 159	Change of prescription request	Prescription changed Xanax to Soma. No new pain MD yet, all blood		Alprazolam 1 mg - 1 to 2x a day, Carisoprodol 350mg, 1 per day					
Stress	01/29/08	Chronic Pain Management	Managing Chronic Pain Group Appointment	Kaiser Stockton	Monica Foster, PhD Karen Messersmith, PT	KP Volume 1 pg 161	Chronic Pain Syndrome	pt attended group appt. Topics covered: Dealing with negative		Participated in relaxation training					
Stress	01/29/08	Chronic Pain Management	Chronic Pain Care Management - Health Psychology Clinic Visit	Kaiser Stockton	Monica Lea Foster, MD	KP Volume 1 pg 163	Chronic Pain Syndrome - - Stress	status unchanged, functional impairment unchanged.		review self-care tools, pt attending MCP today					
Stress	01/31/08	Pain Management Program	Prescription refill	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 166	Prescription refill	Received refill request that was too soon to refill. Pharmacy mistake.		There was a prescription refill available for pick up that had not been requested. Pharmacy made a mistake. (see - pg 167).					

17-H-11



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	02/02/08	Pain Management Program	update on progress of pain management Dr replacement	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 170	Pain management	PCP will continue to monitor and fill prescriptions until replacement pain management MD is onboard.			using deep heat patches for pain. Not interested in any stronger pain medication				
other	02/02/08	Excessive bleeding during menstrual cycle	Excessive bleeding during menstrual cycle	Kaiser Stockton	Xing-tian S Lu, MD Evangeline Tongco, MA	KP Volume 1 pg 172		Pt c/o heavy Menstrual for a long time, have been seeing gyn for this problem		Yasmin 28					
Stress	02/06/08	Neck Pain	Chronic Neck Pain	Kaiser Stockton	Dewey M Blevins, PT	KP Volume 1 pg 174	Physical Therapy - Neck Pain, Chronic	Bi-lateral trap and neck pain believed secondary to emotional and		c/c of pain at end ranges. STW CX Spine					
Stress	02/06/08	scapula pain	Chronic Pain Acupuncture	Kaiser Stockton	Paul Simon, L. Ac	KP Volume 1 pg 176	Case/Care Management, Chronic Pain, Level 2	pt reports having flu for about 2 weeks. Pt feels better		Return in 2 weeks				Formalin- eye irritation redness and pain, skin	
Stress	02/19/08	Chronic Pain Management	Managing Chronic Pain Group Appointment	Kaiser Stockton	Monica Foster, PhD Karen Messersmit, PT	KP Volume 1 pg 178	Chronic Pain Syndrome	pt attended group appt. Topics covered: Pacing; Mindfulness		RTC for next L2 Group	attended class and participated in discussion and exercises				
Stress	02/19/08	Pain Management Program	Physical Therapy visit	Kaiser Stockton	Dewey M Blevins, PT	KP Volume 1 pg 180	Physical Therapy - Neck Pain, Chronic	Doing better (less HA) believed secondary to, emotional. Being seen at chronic pain class. Scheduled to see acupuncture. Goes to gym and yoga		pt to try and manage pain with current tools	pt being seen by a number of providers with min objective findings at this time. Subject degree of stress over lay				



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Stress	02/21/08	scapula pain	Chronic Pain Acupuncture	Kaiser Stockton	Paul Simon, L. Ac	KP Volume 1 pg 182	Case/Care Management, Chronic Pain, Level 2	Bilat scapula, neck and shoulder pain. Pt has been working hard at her job which aggravates these areas. Palpation for tender pt.				Work Stress			
Stress	03/07/08	Chronic Pain Management	Chronic Pain Care Management - Health Psychology Clinic Visit	Kaiser Stockton	Monica Lea Foster, MD	KP Volume 1 pg 184	Stress - Chronic Pain Syndrome	home life ok again, back to stress at work. Got negative evaluation, wonders if it's retaliatory. Would like better "coping mechanism" wants approval from others. Pt attends pain management classes. Likely not giving herself credit for progress she has made.		current focus on treatment - work Stress. Cont. MCP, consider MBM, Next apt 3 weeks. Work on diffusion skills		Work Stress			
Other	03/14/08	Work Excuse needed	Work excuse needed for 3/14/08	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 189	Out sick, sick note needed for work	work excuse fax to home			Sick for a few days but only took 3/14/08 off			irritation redness and pain, skin redness and pain,	
Stress	03/20/08	Chronic Pain Management	Chronic Pain Management routine follow-up	Kaiser Stockton	Pamela Flosie, RN	KP Volume 1 pg 193	Case/Care Management, Chronic Pain, Level 2	N/A		N/A					



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Stress	03/31/08	scapula pain, headache	Chronic Pain Acupuncture	Kaiser Stockton	Paul Simon, L. Ac	KP Volume 1 pg 194	Case/Care Management, Chronic Pain, Level 2	L side scapula and posterior neck pain. Large tight area at gb21. Tender points around scapula, HA x3 days. Starts at base of neck and radiates up		heat lamp relieves tight area, able to relax during treatment. Rtn in 3 wks					
Stress	03/31/08	Chronic Pain Management	Chronic Pain Care Management - Health Psychology Clinic Visit	Kaiser Stockton	Monica Lea Foster, MD	KP Volume 1 pg 196	Chronic Pain Syndrome	Did not do well on testing for another job. But things at work has changed so less insecure. Pain up a little due to physical aspect of job. Missed MCP apt due to not enough time on books at work to take off. Will begin Mind body medicine 4/3/08. good mood today and managing all aspects of stress more productively.							
Stress	04/02/08	Question about new Pain DR, med resistance, longer lasting symptoms	Out of Meds and feels she is having withdrawal symptoms	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 201	Pt becoming resistant to Norco Pain reliever	PCP suggest long term med (morphine) because pt becoming		If Pt decides to take the oxycodone, make apt with PCP	Has updated PCP regarding missed MCP classes due to no available				

17-H-14



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	04/05/08	Pain medication alternatives	Alternative medications	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 203	Pain Medication alternatives	Pt beginning to want a change (decrease) in medication. Discussed discontinuing Soma, feels it is contributing to memory loss, and vicodin			Feels Having Migraines about once a week				
Stress	04/07/08	Chronic Pain Management update	working on trying to use less medication	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 211	Pain Medication reduction goal. Recognizes the significance of pain medication dependency and consequences				Appreciation for time and effort PCP has put into Pain management efforts over the past year				
Stress	04/21/08	scapula pain	Chronic Pain Acupuncture	Kaiser Stockton	Paul Simon, L. Ac	KP Volume 1 pg 212	Case/Care Management, Chronic Pain, Level 2	Right side upper back tightness and scapular, left side pain at last visit, but							
other	04/23/08	Work Excuse	Clinic visit verification	Electronic correspondence - Kaiser	Hymavathy Jasti, MD	KP Volume 1 pg 214	Clinic visit verification	unable to fax to work due to confidentiality policy, sent to pt							

17-H-15



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	04/26/08	Medical records request	A request for any medical records within the past 2 years related to Stress and Pain	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 221	Medical records request	All records show of Chronic Pain, suggest contacting the business office for records							
Stress	04/26/08	Pain medication side effects	Showing signs of side effects with Norco Pain medication	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 223	Medication reduction goal	Suggested Morphine as alternative to Norco. Pt having withdrawal symptoms with Norco but decreasing intake.			Pt has cut back on Norco and Xanax intake, has discontinued Soma.				
Stress	05/05/08	sinus pressure	allergies and sinus pressure	Kaiser Stockton	Howard Gon Chew Young, MD	KP Volume 1 pg 229	URI - allergic rhinitis	Sore throat, ears congestion, nausea, clear nasal congestion, no		Nasarel 29, sudor-8, Promethazine-Codeine 5.25					
Stress	05/17/08	Chronic Pain Management	Refills of Pain meds needed	Electronic correspond - Kaiser	Hymavathy Jasti, MD	KP Volume 1 pg 231	Norco prescription refill	PCP going on vacation will refill prescription before he leaves.			Pt will be out of town this week and PCP on vacation				
Stress	05/24/08	Headache	Migraine headaches for 3 days	Kaiser Stockton	Lorna C. Failano-Ago, MD	KP Volume 1 pg 233	Case/Care Management, Chronic Pain,	Migraine headaches for 3 days with		Intramuscular injection, Promethazine					
Stress	05/24/08	WNV Testing request	WNV Testing request, having mild headaches and feverish, skin sensitive around neck and spine. Recent mosquito bite	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 238	WNV testing request approval	approved WNV testing sent request to lab,			Pt requested WNV testing from the Dr Ago but was told it was too expensive.			Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, burning and pricking sensation, respiratory irritation when inhaled.	



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	05/27/08	Headache	Migraine headaches for 7 days	Kaiser Stockton	Charles Chao-Hua Yang, DO	KP Volume 1 pg 244	Migraines, Strain, Scapula	history of migraine headaches, complaints of pain, no relief with home medication. Had relief with last injection. Admits symptoms		ketorolac promethazine 60 mg injection, recommended use of tennis ball for relief.	return to clinic if pain worsens and fail to improve as anticipated.				
Stress	05/28/08	Migraine headaches	Migraine headaches for several days	Kaiser Stockton	Aung Aung Htoon, MD	KP Volume 1 pg 247	Nausea and vomiting, Migraine	Pt c/o migraines for 4 days she has a well established history of recurrent migraines. Throbbing pain, global, bilateral in the frontal area. Associated symptoms: light		Promethazine 25 mg for nausea, Pt appears in pain, preferring to lie in a darkened room.	pt asked for work excuse note that she missed 3 days of work				
Stress	06/07/08	Headache	Migraines	Kaiser Stockton	Agnieszka Lech, MD	KP Volume 1 pg 255	Chronic Pain Syndrome - Headache	Pt with history of chronic neck pain, pain under rt scapula radiating upward		Intramuscular injection, ketorolac tromethamine 60 mg injection,	Pt is not ready to move to stronger meds at this time		Yes - rt scapula pain, HA not responding to		
Stress	06/07/08	Med refills	would like to get med refills	Electronic correspondence - Kaiser	Hymavathy Jasti, MD	KP Volume 1 pg 262	Chronic Pain Syndrome, refills needed to early.	suggest discussing new meds, will not continue refilling							

17-H-17



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	06/28/08	Headache	Migraines	Kaiser Stockton	Sherri Day, RN	KP Volume 1 pg 264	Migraine Headaches	Migraines for 2 days, pt has well established history of recurrent migraines. Throbbing pain, unilateral in the rt frontal area, light sensitivity and nausea. pt has already taken home meds for this headache with no relief.		pt appears to be in pain and prefers to lie in dark room, Ketorolac Tromethamine - injection, Promethazine injection					
Stress	06/28/08	Med refills	refills needed before the holidays. Having chronic headaches.	Electronic correspondance - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 268	chronic migraine headaches, refills needed	refills will be approved							
Knee	06/28/08	work related knee injury, headaches, shoulder pain		Electronic correspondance - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 267	future appointment to discuss medical files								
Knee	07/11/08	Update	Reason for no shows.	Electronic correspondance - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 270	work injury and workers comp appt keeping pt	Keep PCP updated							
Pain	07/20/08	Med refills	Refills of Pain meds needed	Electronic correspondance - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 272	Refills requested - rejected by	pt requesting refills on meds every month 7-10 days to early. Using 8		Plan needed for future med refill request	pt says water in the knee diagnosed. Been				
Pain	07/21/08	Med refills	Refills of pain meds approved	Electronic correspondance - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 275	Refills requested - approved by PCP				pt to make appt with PCP to discuss plan for medication management. Feels embarrassed with amount of meds being used for pain management.				
pain	07/24/08	Appt rescheduling	requesting earlier appt	Electronic correspondance - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 278	rescheduled appt approved	PCP can see pt on 7/25/08 in the morning			pt has several appt coming up and would like to take care of as many as she can in one area in one day if possible.				

17-H-18



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Pain	07/25/08	cancel rescheduled appt.	Need to keep original appt	Electronic correspondence - Kaiser	Hymavathy Jasti, MD	KP Volume 1 pg 280	keep original appt Monday				pt was scheduled for an MRI that ran over the time and caused a				
pain	07/25/08	Follow-up appt.	Chronic Pain Management routine follow-up	Kaiser Stockton	Pamela Flossic, RN	KP Volume 1 pg 281	Case/Care Management, Chronic Pain, level 2	Left voicemail message to reschedule follow-up							
Pain	07/28/08	Recheck	follow-up with pain management	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 282	Chronic Pain, Hypertri glycer idemia	discussed health issues, trouble with chronic pain management unable to control pain with out medications, withdrawal symptoms with out meds, taking more thn 9 Narco a day, knee pain (work related injury) getting f/u with occmed, work scheduling conflicts prevent attendance to pain clinic and therapy, stress and myofacial pain and headaches getting worse, discuss recent lab results, labs show high triglycerides, need to control with diet and without meds, to continue currents meds for now, but plan to discontinue all meds by dec.		advised to stay on recommended dosage for a day. Advised to count number of pills per day. Advised to cont excercises and other relaxation techniques.	100% of visit was counseling and discussion.	Hypertri glycer idemia			
Pain	08/05/08	referral needed for Dr	referral for Dr fernandes	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 284	Referral needed to see Dr Fernandes (Spine clinic)	referral sent.							

61-H-19



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Pain	08/06/08	Med refills	requesting medication refills	Electronic correspondance - Kaiser	Hymavathy Jasti, MD	KP Volume 1 pg 286	Requesting refill for meds 11 days to early	Last refill request to filled before refill date. Pt advised to monitor med intake							
Pain	08/06/08	referral to see Dr Fernandes	Physical medicine and rehabilitation	Electronic correspondance - Kaiser Stockton	Sylvia Fernandes, MD Reinaldo Romero, MA	KP Volume 1 pg 293	requesting appt with Dr Fernandes to get help with decreasing medication intake	appt to be made by Reinaldo Romero							
pain	08/07/08	asking why MRI has not been done	pt asked why MRI had not ever been ordered for amount of pain in neck and shoulder	Electronic correspondance - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 300	MRI testing question	MRI used in neck and lower back only if you are suspecting nerve problems or disc problems.							
gyn	08/07/08	GYN appt cancelled by office	GYN appt needed	Electronic correspondance - Kaiser Stockton	Thomas Leong, MD	KP Volume 1 pg 303	Cancelled appt, need appt asap rescheduled due to work schedule	Appt will be rescheduled ASAP by medical assistant							
Exposure	08/07/08	Update on appts		Electronic correspondance - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 305	Appt with Dr Work for Migraines and								
Exposure	08/13/08	Update on appts	keeping in contact with PCP regarding recover and Medication management	Electronic correspondance - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 307	Appt to have colon and fiber cleansing with Dr Nutura. Hoping this will lower cholesterol	Have blood work done in November			Pt keeping track of medications and counting. Following a new diet called your blood type and you.				

17-H-20



[illegible]



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
	Exposure	09/11/08	Medication update		Electronic correspondence - Kaiser	Hymavathy Jasti, MD	KP Volume 1 pg 335	tension in neck and shoulders, sore around temples, woe up with migraine.	do not take norco everytime headache						
	Knee	09/15/08	Neck Pain, Knee Pain	Chronic Pain Acupuncture	Kaiser Stockton	Paul Simon, L. Ac	KP Volume 1 pg 340	Case/Care Management, Chronic Pain, Level 2	pt on disability for a few months about to have r knee surgery on tom muscle reduced stress from not working, neck and upper back pain on r side, right temple HA, R knee pain, underneath the patella and behind the knee		Return in 2 weeks				
	pain	09/16/08	complaint with chronic pain program	unable to schedule an appt for weeks. And unable to pick up prescriptions	Electronic correspondence - Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume 1 pg 344		Opioid have to be hand written according to state of CA		Opioid sent to pharmacy and appt being scheduled				
	Exposure	09/16/08	lab result		Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 1 pg 347	lab results	fasting lab results are fine						

17-H-22



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	09/16/08	shoulder pain	followup on right shoulder pain	Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume pg 349	Migraine, Shoulder pain	upper back pain radiation to neck and occipital HA to frontal HA. Is coping with pain		Hydrocodone-Acetaminophen 10, Opana ER 10 mg			CRP - Opioid		
Exposure	09/26/08	Annual exam		Kaiser Stockton	Lynn Soares Grismore, NP	KP Volume pg 354	Annual Exam	Normal Exam, pap smear collected							
Exposure	09/26/08	Med refills	out of Norco	Electronic correspondence - Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume pg 362	Early Refills requested - approved by PCP	Should not be out of Norco but will refill this time only, pt needs to stretch remainder of meds until next visit.							
Exposure	09/29/08	Headache	new meds not working, any alternatives	Electronic correspondence - Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume pg 358	no alternatives avail. HA should be based on joint pain, will discuss at next visit								
Exposure	11/12/08	refill request	requesting medication refills	Electronic correspondence - Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume pg 376	Early Refills requested - approved by	refill request approved for one month		pick up hand written for opieid	refill request before holiday trip				
Exposure	11/29/08	Neck Pain	Physical Therapy visit	Kaiser Stockton	Karen Messersmith, PT	KP Volume pg 377	Chronic midback and neck pain	Pain started with physical work at job, physical and emotional stress triggers HA or increased midback tension. Been of work for 6 months and on a lot of meds		meds, ice, massage					
other	12/01/08	weight loss medication question		Electronic correspondence - Kaiser Stockton	Hyanavathy Jasti, MD	KP Volume pg 382	Phentermine	Phentermine cannot get over the counter. Must be prescribed but very dangerous. Not recommended			Pt feels 20 over weight since being off work for 5 months				

17-H-23



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	12/03/08	refill request		Electronic correspondence - Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume pg 386	Refills requested - approved by PCP	refills for Opana and vicodin to last 2 month (until 2/09/09)		returning back to work after the first of year					
Stress	12/09/08	Chronic Pain Management	Physical Therapy visit	Kaiser Stockton	Karen Messersmith, PT	KP Volume pg 389, 390	Chronic Pain Syndrome	pt did not complete MCP, but still being seen by Simon and Messersmith and intake with Foster. Pt did well		Manual therapy techniques, training, self care, home management, one					
Pain	12/18/08	Chronic Pain Management	chart review	Kaiser Stockton	Kari Hasbun, RN	KP Volume pg 392	Reviewed Chart for possible discharge from program protocols								
Stress	12/19/08	Appt scheduling	call in to set up appt	Kaiser Stockton	Karen Messersmith, PT	KP Volume pg 394	2 scheduling appt for PT								
Stress	12/20/08	Appt scheduling	call in to set up appt	Kaiser Stockton	Monica Lea Foster, MD	KP Volume pg 395	1 scheduling appt for PT	called pt. was unable to take appt fro 12/22/08 due to moving this							
Stress	12/23/08	refill request	Refills of Pain meds needed	Electronic correspondence - Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume pg 398, 400	Early Refills requested - approved by PCP	pt called requesting early vicodin refill, stated she is out and afraid of withdrawals, PCP approved request			2nd Early vicodin prescription approved for 2 months supply to last until 2/8/09. Next early request will be in violation of contract and Opioid will not be able to be refilled at all.				

17-H-24



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	12/30/08	Follow-up appt.	Medication management	Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume 2 pg 405	Thoracic Facet Arthropathy - Migraine	upper back pain radiation to neck and occipital HA to frontal. Here for follow up. Thought 2/2 thoracic facet arthropathy. Spent 2-3 weeks moving and have some pain exacerbation and needed one early refills for Norco. Pain is throbbing, aching and pain level today is 4/10. aggravating factors are stress adn recent moving from her house. relieving factors massage and medication. GOAL- looking for a new job which may require drug testing and needs to get off for long term			Pg 407 - pt report. Chronic pain report				
Exposure	01/02/09	prescription	old expired prescription request	Electronic correspondence - Kaiser Stockton	Hymavathy lasti, MD	KP Volume 2 pg 409	Prescription refill request - allergies	PCR Approved		Phenylephrine-Guaifenesin 30-600					
Exposure	01/02/09	Dermatologist referral	Dermatologist referral request, sunscreen, laser hair removal	Electronic correspondence - Kaiser Stockton	Hymavathy lasti, MD	KP Volume 2 pg 412	Large amount of hair growing on chin, and pre cancer spots on body.	No prescription for sunscreen, use hat and long sleeves to avoid sun exposure, skin lesion make appt with PCP. No referral needed					yes - pre cancer spots, hair on chin	Corp Protection EC 60-6 Causes skin irritation, allergic	



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/ RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	01/02/09	Chronic Pain Management	Norco use is increasing, requesting early refill	Electronic correspondence - Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 pg 413, 414, 415	Early Refills requested - NORCO, Rejected,	Norco/Vicodin early refill request rejected, violation of pain contract, lower Opana doses may be cause for mild withdrawal symptoms, not norco. Alternative med suggested (Suboxone) or second opinion. Unable to reach pt via phone.			pt taking 1 Opana a day for last 12 days. 2 Norco 3x a day. Does not want to increase Opana, wants to "wean" off of Meds. HA are increasing to level 10 daily concentrated in scapula beelines to neck. Suggest 1 1/2 Opana) having new symptoms, could like different HA to go with Chronic, more tension, a nit mood.		Yes-moody. HA with more tension, level 10	1	
Exposure	01/05/09	Chronic Pain Management	no early refill needed for vicodin	Electronic correspondence - Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 pg 416	Pt does not want MD to refill Norco until expiration date. Is cutting the Opana in half. Requesting for 5 mg dosage next refill. Wants to "stop" Opanaall together, or stay at low dose. Is suffering from withdrawal over weekend. Afraid to return to work in that state. big knot in shoulder. no second opinion needed	advised pt to Do NOT cut the Opana ER in half can cause serious complication. Continue to take whole pill and come see MD in a few days before you run out.							
Exposure	01/14/09	Appt scheduling	Availability on 01/19/09 and 02/16/09.	Electronic correspondence - Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 pg 418, 419	Mild Anti-depressant request. Norco refill request	1/19 and 2/16 are holidays no apt avail. Supports pt's plan regarding meds. Refill of Norco not until 1/20. redicuss at meds at next visit. Do not cut OPANA in half.			Pt requesting appt either 1/19, 2/16 or anytime after 4:40 pm. Pt requesting refill request for Norco 4 days early. Want to discuss med decreasing. Working out daily to build strength in shoulder.		yes, anti depressant		
Knee	01/19/09	Knee Problems	Ortho-Right knee consultation	Kaiser Stockton	Eric Wayne Larsen, MD	KP Volume 2 pg 709	Pain, Patellofemoral Syndrome	pt c/o of right knee pain. Initial injury at work. Has had a knee arthroscopy and them reinjured work comp has denied recent claim. Current pain anterior, around patella some lateral joint pain. No locking, no instgability, pos swelling. Educated pt on diagnosis, prevention and treatment.	KP Vol 2 pg 710	Ice, NSAIDS pm, recommend orthotics, VMO strengthening and hamstring, quad, alf and IT band stretching. Demonstrated rehab and handout given. Check MRI for surgical options. f/u 1 week after MRI		Knee			

17-H-26



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/ RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	01/20/09	Chronic Pain Management	Refills of pain meds approved	Electronic correspondence - Kaiser	Alex Huaphong Phan, MD	KP Volume 2 pg 422	Norco prescription refill	refill request approved		Hydrocodone Acetaminophen limit of 3 per day					
Exposure	01/22/09	Chronic Pain Management	Missed phone appt. for script up (Opana)	Electronic correspondence - Kaiser	Alex Huaphong Phan, MD	KP Volume 3 pg 427, 428, 429, 430, 431	Phone appt and script medication pick-up	Called pt 3 times at both number provided without success. Left messages, will try to TAV next week			Pt gave home number and cell number to MD for phone appt. She is working outdoors but says she is avail after 9:00 am				
Exposure	01/23/09	Chronic Pain Management	Phone appt - script pick up	Electronic correspondence - Kaiser	Alex Huaphong Phan, MD	KP Volume 2 pg 433	Thoracic Facet Arthropathy - Migraine Chronic Care Management, Chronic Pain Level 2.	Return in 4 weeks		Opana ER 5 mg, 1 every 12 hour 9 fill later 1/31/09					
Exposure	01/27/09	appointment needed	appointment needed for PT	Electronic correspondence - Kaiser	Karen Messersmith, PT	KP Volume 2 pg 435	Appt needed for Physical Therapy	Appt set for 2/12/09 @10 am			Pt requesting a "reset" due a few bad days				
Exposure	01/27/09	Chronic Pain Management	appointment needed by last day of meds	Electronic correspondence - Kaiser	Alex Huaphong Phan, MD	KP Volume 2 pg 434	Appt needed for chronic pain medication by	Pan out of the office until 2/2/09 per Dr. Fernandes. Contact MA spoke to pt and informed her the he would take her refills to pharmacy this afternoon before 2pm	KP Vol 2 pg 444, alert, well appearing, and in no distress, clear to auscultation, no wheezes, rates or rhonchi symmetric air entry,		Active problems, Migraines, Case/Care mgmt, chronic pain level 2, Hypertiglyceridemia, Reactive airway disease	yes - skin problems	Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, burning and prickling sensation, respiratory irritation when inhaled		
Exposure	01/30/09	Chronic Pain Management	outgoing call from Kenneth Hadden, MA	Kaiser	Alex Huaphong Phan, MD	KP Volume 2 pg 440		MA spoke to pt and informed her the he would take her refills to pharmacy this afternoon before 2pm							
Exposure	02/12/09	Skin problems, spots on face	Spots on face, burn	Kaiser	Hymavathy Jasti, MD	KP Volume 2 pg 443	Health check up	follow up exam, feeling imbalance and wants to try anti depressant without weight gain or loss sexual desire, getting counselling, c/o dark spots on face, not raised, not changing, no family history of skin cancer. Has episode of burn and now healing. Chronic pain program want to cut down on pain meds							

17-H-27



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/ RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	02/12/09	Chronic Pain Management	Physical Therapy visit	Kaiser Stockton	Karen Messersmith, PT	KP Volume 2 pg 446	Physical Therapy - Neck Pain, Chronic	Went to work 1/5/09. Started exercising in Jan which is helping physically and mentally. Goal to get off meds, recent moved helped her stress which a lot is lifted and physical symptoms. Some shoulder pain, L-R now. On one migraine since back to work. work hours are same as clinic hours which makes it difficult to make appts.	Kp vol 2 pg 447						
Exposure	02/12/09	Chronic Pain Management	Chronic Pain Care Management - Health Psychology Clinic Visit	Kaiser Stockton	Monica Lea Foster, MD	KP Volume 2 pg 448	Chronic Pain Syndrome	pt doing well, have not seen in a while, son reconnected with her and apologized, attending school full time, daughter graduated HS working full time living on her own. Pt moved to down size, went back to work, despite some of the same problems doing well, much less stress. Committed to exercise and getting stronger, seeing dr Phan for med management with goal of getting off opioids, is considering a low dose of anti depressant/cymbalta, taking classes.		discussed treatment options, Risk benefits of treatments discussed recommended schedule pleasant events, No further treatment.					
Exposure	02/20/09	cancelled appt	CPP Office cancelled appt again	Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume 1 pg 451	1/21/6/09 Appt cancelled by CPP office and pt wants to lower Opana dosage from 10 mg a day to 5 set up phone appt.	New appt needs to be made by week of 2/20/09 to discuss Opana dosage and refill. If office visit is unavailable then phone appt set 2/23/09 thu, 10/45 am			refill needed by 2/27 letting MD know a week ahead in case and is out of office. Rescheduling anti depressant. Only one		Yes - Migraines subside from daily to 1 in 3 weeks		
Exposure	02/21/09	Appt scheduling	Phone appt - script pick up	Electronic correspond - Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume 2 pg 454	Phone appt set 2/23/09 thu, 10/45 am	Appt set for 3/30/09 at 9:45 am			Pt request appt. union rep suggest a federal complaint filing for Work	Pull record			
Exposure	02/23/09	Chronic Pain Management	requesting appt	Electronic correspond - Kaiser Stockton	Monica Lea Foster, MD	KP Volume 2 pg 462, 463	Appt request				Pt was off of work for 7 month with HA relief, back to work for 2 months and HA have flared up. HA back at	Pull record	Yes - HA flare ups		
Exposure	02/24/09	Chronic Pain Management	Chronic HA Pain, due to stress at work	Electronic correspond - Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume 2 pg 465	Case/Care Management, Chronic Pain, Level 2	Morco 890 refill done. She is tapering down with Opana ER, phone appt scheduled		Hydrocodone-Acetaminophen 10-1 at 1 to 3 x daily					

17-H-28



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/ RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	02/26/09	refill request	Opana refill script - phone apt	Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 Pg 470	Case/Care Management, Chronic Pain, Level 2	spoke to pt today. Doing very well on the tapering dose and would like to wean it off slowly over one month. No objective to this and has ordered Opana 5mg. Should last until 3/26/09. will return to see MD before her meds are up.	Opana ER 5mg, #30						
Exposure	03/03/09	appt update	Chronic Pain Care Management - Health Psychology Clinic Visit	Electronic correspondence - Kaiser Stockton	Monica Lea Foster, MD	KP Volume 2 Pg 472, 477, 478	Chronic Pain Syndrome Future visit	Appt set for 3/30/09 at 2:15pm			pt confirming appointment				
Exposure	03/03/09	med update	Medication tampering update	Electronic correspondence - Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 Pg 473, 474, 475	Chronic Pain Syndrome	Advises pt to watch for withdrawal symptoms from tampering off Opana. Advised to go to ER if symptoms occur. Shaking, sweating, nervousness, tremor.	Norco and opana refills are avail per MD 3/3/09	pt has been on Opana for 5 days, trying to taper off completely. Still researching AD medications Day off on 3/31/09 would like an appt. Feels pain as decreased from Chronic to Acute with exercise					
Exposure	03/05/09	Chronic Pain Management	Med refill	Electronic correspondence - Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 Pg 481	Medication refill request	pt called to availability of Norco. A check of med list show a RX was already done on 3/5/09. told pt to check with pharmacy for pick up. She verbalizes understanding							
Exposure	03/05/09	appt request	Physical Therapy visit	Electronic correspondence - Kaiser Stockton	Karen Messersmith, PT	KP Volume 2 Pg 483	Appt request	availability on 3/6/09 @12:00							
Stress	03/05/09	Emergency appt request	Chronic Pain Care Management - Health Psychology	Electronic correspondence - Kaiser Stockton	Monica Lea Foster, MD	KP Volume 2 Pg 485	Appt request	MD suggest that pt appt with Mental Health and been seen on Crisis basis based on work related harassment			pt is experiencing harassment at work from many people. Unable to sleep, union rep involved. Feeling sick and called off of work today.	Work Stress	Yes - Harassment at work		

17-H-29



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/ RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	03/05/09	Migraine headaches	Chronic HA Pain, due to stress at work	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 488, 489	Chronic Pain Syndrome - Migraine	HA since night before. Migraine no new symptoms, tried medication requesting injections, no weakness, stress at work, trouble sleeping, advised to f/u with pain clinic	general exam normal, pt appears well, alert and oriented x3 appears to be severe pain. Good air entry, sound are normal	Morphine Injection, Promethazine Injection					
Stress	03/06/09	sinus pressure	score and irritated throat	Electronic correspond - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 492	Score and irritated throat	saw pt day before and noticed throat was sore looked irritated more from sinus drip than infection. Suggest nasal spray and allergy meds, decongestion meds regularly						irritation redness and pain, skin redness and pain, frequent or	
Stress	03/08/09	Mental Health Crisis Basis question	Chronic Pain Care Management - Health Psychology Clinic Visit	Electronic correspond - Kaiser Stockton	Monica Lea Foster, MD	KP Volume 2 pg 494	It would like to know the details of Mental health crisis.				pt is having migraines that she feels are affecting her blood pressure. Migraines contributed to fight at work of which caused high anxiety. Depending on union rep to assist in work environment issues.				
Stress	03/14/09	Medication refill	Change in Medication direction request. From 3 per day to 9 a day	Electronic correspond - Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume 2 pg 495, 501	Change of prescription direction request	Change in norco direction from 3 per day to 8 per day. Does not recommend that pt take 8 day. Should only take 4 per day as needed. Continue Opana ER and once finished, take couple extra norco as needed. See MD in early April		3/16/09 Norco refill #240 should last 2 month	pt is requesting change in Norco direction. Was taking 9 per day before and now prescription are 3 a day which put her at pharmacy. Felt pharmacist looked at her with judgement.		Formalyn sprayed 3/12/09		
Stress	03/16/09	appt request	Chronic Pain Management follow up appt	Electronic correspond - Kaiser	Alex Huanphong Phan, MD	KP Volume 2 pg 497, 499	Chronic Pain Syndrome Future visit, request 3/31/09.	appt for 3/31/09 is approved			pt scheduled appt for 3/31/09 then called and change to 4/1/09 for Chronic Pain follow				

17-H-30



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/ RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	03/16/09	appt request	Chronic Pain Management follow up appt request	Electronic correspondence - Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 pg 497, 499	Chronic Pain Syndrome Future visit, request 3/31/09, then changed to 4/1/09	appt for 3/31/09 is approved			pt scheduled appt for 3/31/09 then called and change to 4/1/09 for Chronic Pain follow up			1	
Stress	04/01/09	Chronic Pain Management routine follow-up, Phone appt	Chronic Pain Management routine follow-up, Phone appt	Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 pg 505, 508	Management, Chronic Pain, level 2 - Migraine Thoracic Facet Arthropathy, Depression	Spoke in length today, pt thinking of joined armed forces, would like to wean off Opioid soon, reports HA has been more frequent as new job is very stressful, educated her re: rebound HA and morphine injections, she will continue trying to reduce Norco from 6-8 day to 3-4 a day. Redquest a mood stabilizer that will not affect libido or cause weight gain, has been on paxil in the past did not work. Lyrica nd cymbalta not best fit for her. Rtn in 4 weeks	Trial of Celebra started	Citalopram 10 mg	pt contacted MD to change face to face meeting to phone appt due to re-injuring of knee, is very depressed. <b>Formalyn spray date 3/12/09</b>	Yes - Depression			
Stress	04/04/09	update	new medication pick up, Norco future refill	Electronic correspondence - Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 pg 512	will set appt to see MD in 20 days to see how new anti-depressant medication is working	contact MD on day of Norco refill for refill							
Stress	04/08/09	refill	Norco refill not showing in system	Electronic correspondence - Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 pg 515, 517	Norco refill not in system at pharmacy	Refill sent to pharmacy and ready for pick up			Refill was being sent to Manteca pharmacy by mistake, pt request that meds be sent to Stockton pharmacy				
Stress	04/22/09	Xanax early refill request	Early refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Just, MD	KP Volume 2 pg 526, 527	Refills requested - rejected by PCP	Request is too early - Pt need to manage one week with the 6 pills left, pt needs to make appt with mental health clinic.							
Stress	04/23/09	refill request	allergy med refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Just, MD	KP Volume 2 pg 531	Refills requested - approved by PCP	refill request approved			Chlorphenirami ne-Pseudoephed	Pt left allergy meds in work truck but is off on medical leave and cannot get meds from work site.			

17-H-31



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/ RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	04/23/09	Chronic Pain Management	Chronic Pain Management routine follow-up	Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume 2 pg 536, 537, 538	Thoracic Facet Arthropathy - Migraine Chronic Care Management, Chronic Pain Level 2.	c/o of upper back pains with radiation to neck and occipital HA. Has weaned her off of Opiana ER for several weeks. Has lateral meniscus tear and she will see the orthopedic next week. Has been on Celebra and feels she is gaining. Pain is aching and throbbing and the pain level today is 5/10. Aggravated by stress at work and relieved my massage and medication. Pain med Norco 8-10 per day, no side effects reported.	Mood is fair, sleep is fair, pg 537, 538	Hydrocodone/Acetaminophen limit of 3 per day, Morphine Injection					
Stress	04/28/09	refill request	Xanax refill request - reminder	Electronic correspond - Kaiser Stockton	Hymavathy Last, MD	KP Volume 2 pg 541	Refills requested - approved by PCP	refill request approved							
Stress	05/07/09	Prescription change request	request for daily dosages be changed	Electronic correspond - Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume 2 pg 545	Chronic Pain Syndrome	Will increase celebra only and will discuss all other changes at next visit.			pt has asked for daily dosages of celebra to be changed from 10 mg 2x day to 20mg 2x a day. Morphine sulphate from 15mg 2x day to 30mg 2x day, Norco to 4 per day. Has reduce maxalt use to half and has not had to come in for morphine shots.				
Stress	05/13/09	Chronic Pain Management	Chronic Pain Management routine follow-up	Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume 2 pg 552	Thoracic Facet Arthropathy - Migraine Chronic Care Management, Chronic Pain Level 2.	upper back pain radiating to neck and occipital HA to frontal HA. Has increased Celebra as instructed but no difference in mood yet. pain is aching, throbbing and the pain level today is 9/10, aggravated by stress relieved my meds and massage. Current pain medication MSO4 and Norco afford her 100% relief, no side effects reported.	Mood is fair, sleep is fair, pg 553, 554	Morphine 15 mg oral tab 1 every 12 hours					
Stress	05/17/09	Chronic Pain Management request	Early refill request	Electronic correspond - Kaiser Stockton	Hymavathy Last, MD	KP Volume 2 pg 557	Refills requested - approved by PCP	How is asthma/ contact. Will change xanax at next refill, how is celebra working? Suggest that xanax be weaned off completely soon. Should not be on celebra and xanax at same time for too long.			pt leaving town, requesting refill of Xanax but at a lower dosage.				
Stress	05/18/09	Chronic Pain Management request	Norco and celebra refill request	Electronic correspond - Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume 2 pg 558	Chronic Pain Syndrome	refill request approved			pt request refill request				

17-H-32



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/ RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	05/18/09	Depression	Email correspondence - discussion regarding celiac and Xanax, getting counseling and f/u at pain clinic	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 567	Adjustment disorder w/ depression	Secure message discussion regarding medications				Depression	Yes - Adjustment Disorder		
Stress	06/02/09	Chronic Pain Management	Chronic Pain Management routine follow-up	Electronic correspondence - Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume 2 pg 572	Chronic Pain Syndrome	keep appt on 9th, email MD in the morning to discuss medication, Mandatory face to face next month			Pt request phone Chronic pain appt; back at work, PT on knee and appt with surgeon regarding knee. AD working fine and no stress at work, but job is physical. Unable to meet this visit.				
Stress	06/03/09	Chronic Pain Management	Refills of Pain meds needed	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 573	refill request	phone appts set for f/u on depression. Newly diagnosed pt are to be seen every 2-3 weeks. For 3 times. 2 phone appt scheduled			pt unable to have face to face meeting with Pain MD due to work obligations and just returning back after being off for 3 months. Needs med refill. Busy season w/ mosquitos				
Stress	06/04/09	Chronic Pain Management	Chronic Pain Management routine follow-up	Electronic correspondence - Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume 2 pg 578	Chronic Pain Syndrome	not necessary to show up at the clinic not not cancel appt. MD to call pt will refill meds. Pt new job making it hard to meet.							
Exposure	06/05/09	sinus pressure	allergies and sinus pressure	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 580	Allergy, sinus pressure	pt already taking strong meds. PCP suggest continue with meds and wear a hat.			Taking twice the daily dosage of medication. Pt request stronger meds	Sinus pressure, congestion cannot stop coughing, cannot sleep, working in highly sensitive environment.			
Exposure	06/05/09	sinus pressure	allergies and sinus pressure	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 582	Phone appt for f/u	PCP to call pt or send email for next appt			Back to work for 9 days now. Use shoulder and arms a lot. AD meds working well.	Shoulder knot and pains			
Exposure	06/08/09	Chronic Pain Management	Depression	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 585, 586	depression	PCP called to check on pt to see how she is doing with anxiety and depression			pt doing well with meds	depression, anxiety			

17-H-33



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment t/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	06/09/09	Chronic Pain Management	Chronic Pain Management routine follow-up, phone appt	Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 pg 589	Arthropathy - Migraine Chronic Care Management, Chronic Pain Level 2.	Celebra is working well. Reports weight gain, cut down to 1/2 xanax dosage. Happy with current med plan. Suggest if more weight gain, may need to change med				shoulder pains and tension			
Stress	06/11/09	Chronic Pain Management	Chronic Pain Care Management - Health Psychology Clinic Visit	Electronic correspondence - Kaiser Stockton	Karen Messersmith, PT	KP Volume 2 pg 592	2 appt needed for Physical Therapy				using shoulder a lot at work, tried to practice the PT therapy, unsuccessful, requesting an appointment				
Stress	06/30/09	Chronic Pain Management	Chronic Pain Management Program	Electronic correspondence - Kaiser Stockton	Pamela Flossic, RN	KP Volume 2 pg 596	Discharged from CPP	Discharged from CPP due to inactivity for 5 months. Will continue to see Dr Phan until he discharges			Note: inactivity contributed to pt work schedule.	Work Stress			
Stress	07/06/09	Chronic Pain Management	Depression	Kaiser Stockton	Hymavathy Last, MD	KP Volume 2 pg 598	Depression	spoke to pt by phone. Doing well with celebra, C/o continue work stress, getting f/u with pain clinic				Work Stress			
Stress	07/08/09	Chronic Pain Management	Chronic Pain Management Program - Discharge	Kaiser Stockton	Pamela Flossic, RN	KP Volume 2 pg 599	Chronic Pain Program Discharge	pt in CPP since 10/2007, being discharged from program and pain prescriptions before forwarded to PCP for all refills and follow-up care.	Pain 10/10, requesting change in meds dosing. Pain over 7 days 8/10		Discharge letter to be sent after appt 7/22/09.	Chronic Pain Program Discharge			
Stress	07/10/09	Chronic Pain Management	Chronic Pain Care Management - Health Psychology Clinic Visit	Kaiser Stockton	Monica Lea Foster, MD	KP Volume 2 pg 602	Chronic Pain Syndrome, Adjustment Disorder (AD), W/ anxiety and Depression. Stress	Anxiety including excessive worry, relentless and hypervigilance. Depression, artemidone, depressed mood, insomnia, hypersomnia, irritability and decreased energy. Problems at work, pain & muscle tensions	Tearful and fidgety although pleasant and cooperative		re-injured knee, legal assistant needed for work issues,	Anxiety, work stress			
Stress	07/10/09	Shoulder Pain, Neck pain, Knee pain	Chronic Pain Management routine follow-up	Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 pg 604	Chronic Pain Syndrome, Anxiety Disorder, Migraine, thoracic Facet Arthropathy, Case/Care MGMT, Chronic Pain Level 2	upper back pain radiation to neck and occipital HA to frontal. Here for follow up. Thought 2/2 thoracic facet arthropathy. Request for Monica Foster (PhD), and Pam Flossic, RN in attendance pt Pain is throbbing and level 10/10, aggravating factors stress, anxiety and fear. pg 605			Hydrocodone 15 mg oral tab 1 every 12 hours, Hydrocodone/Acetaminophen 10	Ortho would like the second opinion before assigning a disability number. Pain level has improved			
Stress	07/21/09	Follow-up appt.	Chronic Pain Management routine follow-up	Kaiser Stockton	Alex Huamphong Phan, MD	KP Volume 2 pg 613	Case/Care Management, Chronic Pain, Level 2 - Migraine, Knee Joint Pain, Thoracic Facet Arthropathy, Monitor Opioid Therapy	upper back pain radiating to neck and occipital HA to frontal HA. Pain level 6/10. retiring for new part in job, since being off stressful environment pain has improved and mood well. Acute stress and anxiety 2/2 work environment. Much better since off work past month.							

17-H-34



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/exam results	Treatment/RX	Comments	Type
Stress	07/27/09	Chronic Pain Management	Physical Therapy visit	Kaiser Stockton	Karen Messersmith, PT	KP Volume 2 pg 624	Chronic Pain Physical Therapy Reevaluation	re injured knee at work moving a brush. Off work since. Right knee continues to swelling, worsens when working. Knee pain keeps up at night. c/o upper back pain, triggered my stress. HA and sinuses				Work Stress, Knee
Stress	08/27/09	Update	update on progress	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 652	update and refill xanax request				relieved from job, knee re injured in past few months, health improvement since time away from work. Concerned that health insurance may discontinue	Work Stress
Stress	09/15/09	Chronic Pain Management	Chronic Pain Management routine follow-up	Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume 2 pg 657, 659	Case/Care Management, Chronic Pain, Level 2, Monitoring Opioid therapy, Pain due to total knee arthroplasty, chronic pain	BP is extremely high, pt refuses to take meds, severe episodes of pain, never too MS04 SR prescribed, brought script back, pain stems from stress at work, weaning down Norco, started legal action against job no lawyer. Pain reduces as stress from work decreases	BP 155/112 w/ repeat reading 144/106, kp vol 2 pg 657 exam info pg 661	Hydrocodone Acetaminophen - limit of 5 per day, Ibuprofen 800 1 every 8 hrs		Work Stress, Knee
Stress	09/28/09	question re: second opinion for Knee		Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 669		Contact Occ Med to see how to get second opinion			pt was told by work comp to get a second opinion re: knee, but unsuccessful in getting work comp to cooperate. How can pt get second opinion with kaiser occ med? Concerned that health insurance will be terminated soon.	Work Stress, Knee

17-H-35



Relieved Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/exam results	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction- 1	Chemical Reaction- 2
Stress	09/28/09	MRI referral request		Electronic correspondence - Kaiser Stockton	Hymawaty last, MD	KP Volume 2 pg 672	Chronic Pain Syndrome - knee	Unable to send referrals for work comp cases. For knee MRI are ordered by Ortho surg			Phone appt with state to complain re: work place and request investigation. Not able to get cooperation from work comp. pt requesting MRI referral.	Work Stress, Knee			
Stress	10/01/09	knee update	Cancelling appt with PCP. Going to Occ Med	Electronic correspondence - Kaiser Stockton	Hymawaty last, MD	KP Volume 2 pg 675	Chronic Pain Syndrome - knee	PCP can take care of knee and set up appt with Ortho as long as it is not claimed as workers comp.			pt has contacted an attorney who informs her personal insurance can not refuse if work comp does not respond. Will follow up with Occ med. will not be returning to work.	Work Stress, Knee			
Stress	10/06/09	Chronic Pain Management	Chronic Pain Management routine follow up	Kaiser Stockton	Alex Huapong Phan, MD	KP Volume 2 pg 677	Case/Care Management Chronic Pain, Level 2. Monitor g Opioid therapy. Pain due to total knees arthropathy, chronic pain	no change in pain pattern, several episodes of pain related to stress at work. no change in anxiety. Seeing work comp MD today. Pain is stabbing, aching, sharp.	9/13/10/9 - w/ repeat exam info pg 678, 680	Hydrocodone - Acetaminophen - limit of 4 per day.		Work Stress, Knee			
Stress	10/08/09	Chronic Pain Management	Chronic Pain Management routine follow up	Electronic correspondence - Kaiser Stockton	Hymawaty last, MD	KP Volume 2 pg 682	MRI to be scheduled. Knee surgeon requested that no appt with PCP until after knee MRI w/ worker's comp.	n/a			pt saw ortho surgeon who requested an MRI from work comp adjuster hoping it pains out. if denied pt will f/u with PCP. Knee has had further injury since last MRI	Work Stress, Knee			
Stress	10/27/09	Chronic Pain Management update	Chronic Pain Management Consultation	Electronic correspondence - Kaiser Stockton	Alex Huapong Phan, MD	KP Volume 2 pg 685	Request for refill and check in	MD is fine with seeing pt and will call tomorrow.			pt would like to see MD while at facility attending a class. Unable to pay co pay for regular appt and just wanted to check in with MD and get refill approved.	Work Stress			
Stress	10/28/09	Chronic Pain Management	Refills of Pain meds needed	Electronic correspondence - Kaiser Stockton	Alex Huapong Phan, MD	KP Volume 2 pg 688	refills requested by MD	MD tried to reach pt by phone unable to reach her. Norco refill today appropriate. 3 week supply approved		Hydrocodone - Acetaminophen - limit of 3 per day.		Work Stress			
Stress	10/28/09	Chronic Pain Management	Chronic Pain Acupuncture	Electronic correspondence - Kaiser Stockton	Paul Simon, L.Ac	KP Volume 2 pg 690		pt attended acupuncture and nutritional class. participated in Self - acupuncture training review and expansion, and received information about nutritional approaches to pain relief.				Work Stress, Knee			

17-H-36



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom
Stress	11/12/09	Chronic Pain Management	Chronic Pain Management follow up appt request	Electronic correspondence - Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume 2 pg 692	Norco refill request and appt needed	refill request approved. Pt to see MD in 3 weeks			Med to run out on 11/17 No appt was avail to accommodate the next refill.	Work Stress	
Knee	11/13/09	Chronic Pain Management	Chronic Pain Management routine follow up, Phone appt	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 696	Case/Care Management , Chronic Pain, Level 2, Monitoring Opiclip therapy, Pain due to total knee arthroplasty, Stress	spoke to pt, rx sent, advised to follow up with pain specialist on 12/2. c/o knee pain, s/p work related injury 3 times. c/o cont pain and swelling in the leg. Now work comp denying care and want to get opinion through Kaiser. Not a work related injury. (see pg 707)		Hydrocodone Acetaminophen - limit of 2 per day for 3 weeks.		Work Stress, KNEE	
Stress	11/23/09	Chronic Pain Management	Tension while sleeping	Electronic correspondence - Kaiser Stockton	Alex Huaphong Phan, MD	KP Volume 2 pg 714	Tension, biting lip while sleeping	Feels meds will not suppress the level of stress felt from work, suggest seeing a psychiatrist. Will discuss more at next visit			Pt recently returned back to work and is feeling the level of stress returning. Has had episodes of lip biting while asleep and awaking with evidence of teeth grinding and body tension. Is seeking legal action against employer and requesting documentation of the need for medical attention to prove the amount of stress the work environment has had on her body. requesting a pain medication change.	Work Stress	Teeth grinding, lip biting
Knee	12/01/09	MRI Visit		Kaiser Stockton	Radiology	Transactio n Receipt 002	MRI					MRI	

17-H-37



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom
Stress	12/02/09	Chronic Pain Management update	Medication dosage follow up	Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume 2 pg 716	Case/Care Management , Chronic Pain, Level 2, Monitoring Opioid therapy, Pain due to total knee arthroplasty, stress	No change in pain pattern, taking xanax daily reduction of 3mg to .75mg. Request trigger point injection muscle knot in rt shoulder Pain is stabbing, aching, sharp. Pain level 7/10. mood is good, sleep good. Work related stress	Pg 717, 718	Hydrocodone Acetaminophen - limit of 3 per day.	pt reports that employer is under investigation, the workplace has a less stressful situation as everyone at work is "afraid" of him now. She is likened as "standing up to the bull". Current desk job longer working manual labor.	Work Stress	
Stress	12/05/09	refill request rejected by pharmacy	requesting medication refills be approved	Kaiser Stockton	Alex Huanphong Phan, MD	KP Volume 2 pg 723, 724	Prescription refill rejected by pharmacy (too early)	#42 norco sent to pharmacy 11/26/09, 12/9/09 is refill date, Pt is to take responsibility of pain medication dosage as recommended to avoid MD have licensure issues. 12/2/09 MD sent Rx to pharm, pharm refused to refill until 12/9.	See pg 720, 721	pt requesting that Norco prescription be approved MD to be filled by pharm.			
Knee	12/07/09	Knee Problems	Ortho-Right knee follow up	Kaiser Stockton	Eric Wayne Larsen, MD	KP Volume 2 pg 726	Current Tear knee, Meniscus	pt have lateral symptoms consistent with meniscus tear and parameniscal cyst. Meets indications for arthroscopy. She is going to have is approved through workers comp and will plan to schedule surgery.	pg 727, 728, 729			Knee	
Stress	12/14/09	Chronic Pain Management	Chronic Pain Management Program - Discharge	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 2 pg 739	Returning to PCP for full care and Pain management	Xanax refill sent to RX. Norco refill ready for Pick up 12/9/09			Pt asking if Norco dosage of 3 per day is ok with PCP.	Work Stress, Knee	
Stress	12/14/09	Depression	Adjustment Disorder w/Depressed Mood	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 741	Refills requested - approved by PCP	refill request approved		Alprazolam .25 mg 1 to 3x a day		Work Stress	
Stress	12/14/09	Medical record	Pt requesting medical records be changed	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 742, 743	Pt believes medical records are inaccurate	PCP explains medical records are a part of pt history and cannot be deleted. Although there is a part of med records that is considered active. Information is a Pt medical chart cannot be removed but it is not part of the active file.			Pt c/o medical records showing that Pt abused Marijuana and history of depression is inaccurate and would like to have it removed from file.	Work Stress, Knee	

17-H-38



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Lab/ exam results	Treatment/RX	Comments	Type	New Symptom
Stress	12/15/09	Chronic Pain Management	Chronic Pain Management Program - Discharge	Kaiser Stockton	Pamela Flossic, RN	KP Volume 2 pg 744	Discharged from CPP	pt has been seen in CPP since 2007 with be discharged after appointment with Dr. Phan.	work, pg 745, 746,	Active Problem list: Chronic Pain, Hypertiglyceridemia, Reactive Airway Disease, Adjustment Disorder w/Depressed Mood, Monitoring Opioid therapy	Pt notice increase in pain due to weather changes, reduction in stress has resolved neck pain and spasms	Work Stress	
Stress	01/03/10	refill request	Early refill request	Electronic correspondence - Kaiser Stockton	Hymavathy lasti, MD	KP Volume 2 pg 751	Early Refills requested - approved by PCP	pt is supposed to be tapering off norco but back to original dosage. Reminds pt that meds will not help chronic pain for too long. Meds refill approved due to pt leaving town		Hydrocodone Acetaminophen - 10 limit of 3 per day	Pt request Norco early refill request due to leaving town.	Work Stress	
Stress	01/21/10	Lab work request	Annual Cholesterol and liver test request, Norco Refill request	Electronic correspondence - Kaiser Stockton	Hymavathy lasti, MD	KP Volume 3 pg 755	Norco Refill request denied, Hypertiglyceridemia	Fasting lab request sent to lab. 90 pills of Norco received on 1/3/10 should last one more week.	request for Potassium, glucose, ferritin, iron, Alt serum, creatine Kinase, Lipid Panel		Pt requesting Norco refill and dosage change from 3x daily to 4x daily. Requesting annual lab testing.		
Stress	01/25/10	Reminder for Norco refill	PCP suggested pt remind of Norco refill this week.	Electronic correspondence - Kaiser Stockton	Hymavathy lasti, MD	KP Volume 3 pg 759	Norco refill request and dosage change - approved	PCP changed dosage of norco to 4x daily w/ 120 pills ready for pick that should last for 30 days. No early refills. Keep appt with Dr. Phan if cortisone injection needed. PCP does not give cortisone shots. If shot needed is Toradol pt will need appt.		Hydrocodone Acetaminophen - 10 - limit of 4 per day.	Pt c/o right shoulder pain shifting to left side and slowing progressing to L4. pt suggested canceling appt with Dr. Phan and see PCP instead. PCP suggests keeping appt with MD (Phan). Pt feels Soma is causing memory loss but feels that is only option for shoulder spasms.	Work Stress	shoulder spasms
Stress	02/03/10	CPP Discharge	CPP Discharged	Kaiser Stockton	Pamela Flossic, RN	KP Volume 3 pg 773	CPP Discharge	Informed Pt of CPP discharge. No longer part of program. No acupuncture appt will be made. Pt should contact PCP for all refills and followup care for chronic pain.	pg 774, 775				



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	03/08/10	Xanax early refill request	Xanax refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 777	Adjustment disorder w/ depression	PCP denied first request for early refill. Request approved after Pt explained reason for request. pt to call PCP before requesting early refills so that it is not refused.	Alprazolam .25 mg 1 to 3x a day	pt recently had knee surgery outside, through workers comp. on crutches and can not provide transportation for self would like to order early refill of xanax for now because of difficulty picking up Rx.	knee			
Stress	03/15/10	contact information for Dr. Monica Foster	Dr. Monica Foster, Psychologist, contact information	Electronic correspondence - Kaiser Stockton	Pamela Flossic, RN	KP Volume 3 pg 786	Long term Psychology counseling needed	Dr. Foster no longer with Kaiser. Nurse Flossic to let pt know if contact info is avail to share.		Pt would like to contact Dr. Monica Foster for continue counseling. Requesting contact information.				
Knee	03/15/10	Refill request and Sleep aid	sleep aid and refill Norco refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 788	Chronic Pain	Norco refill approved, Ambien prescription sent to rx	Hydrocodone Acetaminophen - 10 - limit of 4 per day. Zolpidem 10- mg					
Stress	03/18/10	contact information for Dr. Monica Foster	Dr. Monica Foster, Psychologist, contact information	Electronic correspondence - Kaiser Stockton	Pamela Flossic, RN	KP Volume 3 pg 792	Seeking couples counseling	N/A		Looking for couples counseling and individual. (Ex-husband) see also: pg 786	Stress			
Knee	04/02/10	Chronic Pain Management request	2 days early refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 794	Xanax refill request	refill request approved, liver detox is OTC, contact Health products	Alprazolam .25 mg 1 to 3x a day	Pt c/o severe knee pain. MRI suggest extensive damage to knee. Chipped bone	Knee	chipped bone in knee, per MRI		
Knee	04/11/10	Chronic Pain Management request	Norco refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 798	Pt unable to walk since surgery	Norco refill approved	Hydrocodone Acetaminophen - limit of 4 per day.	Pt is in severe pain since knee surgery 4 weeks earlier.	Knee			

17-11-40



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Treatment/Rx	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Rash	04/18/10	Fungal Rash on stomach and Chest	Referral request for Stress/therapy counseling, rash on stomach and chest	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 799	Rash	Lamellar for rash, PCP does not have any suggestion for counseling, suggest Pt uses own resources	Terbinafine 250 mg oral	Pt returning to work soon and request referral for counseling. Has developed rash on stomach and chest, request prescription	Work Stress	Rash	Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.	
Stress	04/22/10	Kanax refill request	refill request with dosage change	Electronic correspondence - Kaiser Stockton		KP Volume 3 pg 804	refill request	PCP does not think Pt should keep changing dosage, suggest Pt should take time to recovery after surgery. Not to hurry and stress about it.		Pt request dosage of Kanax be 4x a day at .5 mg strength				
Stress	04/23/10	refill request	refill request with dosage change	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 807		Kanax refill dosage changed to 4 times a day as requested by Pt.	Alprazolam .5 mg - 1 to 4x a day	Pt has begun physical therapy this week, has an appt with grand jury re: complaints against employer. Stressing about returning to work in 2 weeks and will stay on same dose of Kanax	Work Stress, Knee			
Stress	05/06/10	Norco refill request	Norco refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 809, 810, 811, 812	Early Refills requested - NORCO, Rejected,	PCP will not refill until next week - too early. Even though refilled on 11th, did not pick up until 15th which changed the next refill to the 15th (30 days from pickup)		Pt requested Norco refill, says she was unaware that the refill date was 15th instead of the 11th. Leaving town and wanted to pick before she left.	Work Stress			
Stress	05/19/10	chemical dependency treatment	tampering off medications	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 813 - 817	Requesting help to tamper off medications	PCP suggest that pt try to start gradually reducing dosages, from 4 a day for a week to 3x a day, etc. Explains that this will be painful but doable. Other alternative is Mental Health clinic for counseling. Suggest that pt not use Kanax as a crutch when tampering off of Norco		Pt requesting suggesting on tampering off medications. Pt has tried Kaiser counseling without much success during divorce and dealing with Son's private issues. Felt as though she was being judge and not helped. Needs support and is not getting it. Going through 2 legal battles regarding work stress is increasing. Will not use Kanax as crutch	Work Stress	chemical dependency		

17-H-41



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Treatment/Rx	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	08/07/10 update		Progress and update	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 818, 819	Progress and update	Norco refill approved, lab test still avail, fasting lab test.		Pt is attending school, working with personal trainer and recovering from second knee surgery, working out 3 hours a day and able to run for first time in 2 years. Requesting blood/lab work, norco refill, blood/lab work, norco refill.	Work Stress, Knee			
Stress	09/06/10 update		returned to work/migraines progressing	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 823	work stress			Returned to work 1 week, knots and migraines have returned. Receiving same treatment as prior to injury. Will schedule appt with PCP.	Work Stress			
Stress	10/03/10 Appt scheduling	appointment scheduled	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 827	Appt scheduled with PCP, Norco refill and dosage change	Norco dosage changed from 4x day to 5x day per Pt request. Suggest pt makes a decision regarding job and demands it has on body.	Hydrocodone Acetaminophen - limit of 5 per day	Pt returned to work one month ago. Physical demands on body has increased pain levels on knee, shoulders, legs and contributing to severe migraines. 2 appts scheduled with PCP. In case pt has to work mandated overtime for holiday, 2nd appt is back up.	Work Stress				
Exposure	10/30/10	Discussion of possible work environment hazards	Discussion of possible work environment hazards	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 838, 839	Possible unsafe work environment	PCP suggest that is may be possible that work situation may have caused some of the symptoms, but there is no way to prove it, no blood test avail for it.		Pt exposed to human waste without being informed my employer and requesting blood work. Sick with sinusitis, flu and cold symptoms since 2005 which she previously thought was the result of stress. Would like to discuss issue with PCP	Work Stress		Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.	
Exposure	10/31/10	Lab Results	Discuss with PCP lab results	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 842, 843	lab results			Pt request appt to discuss lab results	Work Stress	5		
Exposure	11/07/10	refill request	inhaler refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 846	inhaler refill request	refill request approved	albuterol inhaler	pt request albuterol inhaler.	Work Stress			
Stress	11/15/10	Xanax refill request	refill request sent to Rx by PCP but no record of it in system	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 848	Xanax refill request	refill request approved and resent to pharmacy	Alprazolam .5 mg -1 to 4x a day	pt request Xanax refill.	Work Stress			

17-H-42



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	11/28/10	Exposure issues	List of complaints for correspondence review	Electronic - Kaiser Stoughton	Hymawathy Jast, MD	3 pg 850-856	Lump on scalp, shoulder and chest area, skin cancer screening, rash	PCP suggest dermatology referral. Pt needs to either take pics of skin and rash or come in to see PCP to be referred. See pg 855		pt c/o lump on scalp that has been there for 4 years. Shown to PCP then. Discoloration of shoulder and chest area, skin cancer screening - discoloration on face w/ broken vessels on nose, blotchy, itchy rash on shoulder and chest area. Believes exposed to unknown chemicals on job.	Exposure	Lump on scalp, discoloration on shoulder and chest.	Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, burning sensation, respiratory irritation when inhaled	Formalin - eye irritation redness and pain, skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.
Exposure	12/06/10	Sore throat, congestion	Sinus issues	Kaiser Stoughton	Hymawathy Jast, MD	3 pg 858	URI - Upper Respiratory illness.	Pt does not smoke, no history of asthma, no shortness of breath, c/o sore throat, post nasal drip, myalgias and fever for 4 days	push fluids, rest and return office visit if symptoms persist or worsen	Pt received dr note for work, 12/31 - 12/7. see pg 859	Exposure		Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, burning sensation, respiratory irritation when inhaled	Formalin - eye irritation redness and pain, skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.
Exposure	12/09/10	possible viral infection		Electronic correspondence - Kaiser Stoughton	Hymawathy Jast, MD	3 pg 861	chest congestion- possible viral infection	Pt has possible viral infection with congestion and cough which can last for 10-14 days, suggest pt drink plenty of fluids and take decongestant		Pt cancelled throat culture because throat pain gone but has chest congestion	Exposure		Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, burning sensation, respiratory irritation when inhaled	
Exposure	12/10/10	rash	rash on shoulder and chest area	Kaiser Stoughton	Basil M. Hantash, MD	3 pg 863	Time Versicolor, Lentigo, Seborrheic Keratosis	location of rash in multiple areas. Right frontal scalp surface has stuck on tan 3 cm plaque with cobblestone surface, scaly annular plaques on the upper arms and chest, freckles on the face and trunk	Fluconazole 200 mg. Skin - begin treatment, freckles - sun protection daily with spf 30, treat annular plaques on the chest - seborrheic blue soaks	Rash on arm and chest not treatment. Pt request facials screening due to concern about skin cancer and sun exposure, evaluated new growth on the scalp, lesion swells and resolves, back and forth. No discharge, scabs, present for 9 years	Exposure		Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, burning sensation, respiratory irritation when inhaled	Formalin - eye irritation redness and pain, skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.
Knee	12/29/10	Right knee swelling	Motor vehicle accident	Kaiser Stoughton	Ga Marie Gray, MD	3 pg 869	Neck pain, Hypertrophic tendinitis, knee joint pain	Pt denies head trauma or loss of consciousness. MVA occurred 3 days prior to visit, c/o daily moderate pain in shoulder and knees. Neck strain education info given to Pt	Knee pain - Rest, ice, compression, Neck Pain elevation, Neck Pain warm heat, alternate with ice to neck area, continue OTC NSAID, Physical Therapy appt suggested	Pt was in car accident 3 days prior to visit, in a parking lot no police report filed. Hit from behind. Was working at time but does not plan to file a work related injury. Reports MVA, shoulder/neck strain, knee pain. Pt is stationary when hit from behind, no airbag deployment. Pt has on seatbelt	Knee		Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, burning sensation, respiratory irritation when inhaled	

17-H-43



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	12/24/10	Norco refill request	Early refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 875		refill request approved		pt going out of town same time PCP on vacation, was recently rear ended by a car at work. Started counseling.				
Stress	12/25/10	Migraine headaches	Chronic HA Pain	Kaiser Stockton	Twanda Adeshina, MD	KP Volume 3 pg 876	Migraine Headaches	Pt c/o migraines and nausea since night before. HA on left side. Light sensitive. Requesting pain injection	Promethazine 25 mg injection, Hydromorphone 2 mg injection	Pt c/o migraine HA for 2 days. Has taken usual meds with no relief.	Stress			
Exposure	02/11/11	sinus pressure	requesting sinus and congestion medications	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 894	allergic rhinitis	sudated and claritin OTC meds are suggested to pt. suggest that pt take meds before symptoms begin (prevention). Sent Rx for allerga	Fexofenadine 50 mg, 1 tab 2x a day	Pt requesting sinus medication that is not OTC. Required to work in secluded areas with dead trees heavy pollen/dust. high sinus/allergy environment. c/o bad sinus HA. see pg 896			Formalin- eye irritation redness and pain, Skin redness and pain, frequent or prolonged exposure causes hypersensitivity leading to contact dermatitis. Respiratory tract irritation include sore throat, coughing and shortness of breath.	
Exposure	02/18/11	fatigue, stress, cough	Virai upper respiratory illness	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 903	URI - Upper Respiratory illness.	Pt c/o cough, congestion, sore throat, post nasal drip and productive cough for a few days. No history of asthma, fever, chills or shortness of breath. pt does not smoke. Works in sewage company in cold while exposed to lots of toxins. c/o stress at work as she does not have more sick leave. feeling sick all the time with sinuses BP was high with first walked in was on phone with boss. BP went down after phone call and after rest. spoke to pt re: long term problems with sinuses and chronic fatigue due to lack of rest.	Pushed fluids, rest and return office visit if symptoms persist or worsen.	Pt was on phone with employer and bp was 167/104. see pg 904			Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, burning and prickling sensation, respiratory irritation when inhaled	
Stress	02/27/11	xanax dosage change request	request for dosage increase	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 909	Issuance of repeat prescription	Request approved	Alprazolam .5 mg -1 tab 6x a day	Pt request increase in anxiety meds to 6 per day				
Stress	03/21/11	Message from MA regarding overdue Cervical Screening	Reminder	Electronic correspondence - Kaiser Stockton		KP Volume 3 pg 917	Cervical Screening due							



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	03/26/11	Hostile work environment	Cause of stress	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 920	Hostile work environment causing much pain and stress	PCP feels xanax prescription may cause dependency		pt explains that work environment is hostile and stressful since investigation and possible grand jury criminal charges against employer.				
Exposure	04/10/11	sinus meds requested	nasal spray for sinuses requested	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 927	Refills requested approved by PCP	refill request approved	Fluticasone nasal spray					
Exposure	04/27/11	Chronic Headaches	Migraines	Kaiser Stockton	Charles Denman, MD	KP Volume 3 pg 933	Migraine Headaches	Pt was initially upset because unable to receive injection after 7pm. Pt decided to try PO medications. History and exam consistent with Migraines	Promethazine 25 mg tab					
Exposure	04/27/11	Flu like symptoms	Headaches, Diarrhea, dizziness	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 938- 947	Flu like symptoms	PCP feels that pt may have viral infection, suggest fluids and rest. Note for work avail		pt is experiencing chills, vomiting, sweats, HA, diarrhea, dizziness for 3 days. May need note for work				
Exposure	05/25/11	Mail order prescriptions and Chiropractic information request	problems with mail order and pharmacy Stockton	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 952- 957	Request for info re: chiropractors thru Kaiser. Refill requested approved by PCP	mail orders have been approved and will be sent to pt. Kaiser has no outside resources for chiropractic or massages		Although not experiencing much emotional stress at work, there is an increase physically which has caused severe tension in neck and shoulder. Request information on Kaiser Chiropractic or preventive measures				
Stress	05/29/11	refill request	Early refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 961- 970	Early refill request in question	PCP makes note of list of early refill request. Suggest stronger meds instead of Norco.		pt gets 3- massages a week due to help prevent Migraine HA. Neck has arthritis. Does not want to start Morphine because may interrupt work.				
Stress	06/11/11	Chronic Headaches	Migraines	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 973- 974	Chronic Pain Syndrome - Migraine	Morphine shots and tabs require a clinic visit and a hard copy script.		Pt c/o of severe HA with no pain med left to control it. Requesting Morphine shot.				
Knee	07/12/11	Chronic Pain Management	Refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 975- 976, 977	Knee injury, Norco refill request	PCP out of office, KP suggest contacting pharmacy directly		Pt has reinjured knee with stake through the incision. Request for Norco refill.	Knee			
Knee	07/13/11	Chronic Pain Management	Right Knee Stockton	Kaiser Stockton	Lilli Ann Gooch Reyes, MD	KP Volume 3 pg 978	Knee Joint Pain	right knee injury at work. Does not want to f/u with oc med MD she saw after injury. Norco refill request filled, she should f/u with oc med MD since it is work related.	Hydrocodone Acetaminophen - 10 limit of 4 per day. Rtn in 2 weeks	Pt has reinjured right knee at work. Metal pole through knee. PCP is out of office	Knee			

17-H-45



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Treatment/Rx	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	07/20/11	Fever	Fever	Kaiser Stockton	Charanjit Mann, MD	KP Volume 3 pg 986	Pharyngitis, insurgence of throat Repeat Prescription	Pt walk in with initial complaint of fever. Feeling run down for a few days, sore throat, felt feverish, sweating, headache no dizziness, cough, refill of Xanax. Note: pt should never exceed force for lift carry	Alprazolam .5 mg -1 to 4x a day, Cephalexin 500 mg	off work 3 days, 7/19-7/21.				
	07/22/11	Visit		Kaiser Stockton	Hymawthy Jasti, MD	N/A								
Exposure	07/26/11	Recheck	2 week follow	Kaiser Stockton	Mya-Mya Winn, MD	KP Volume 3 pg 990	URI - Upper Respiratory illness. Knee joint Pain	Rt knee pain, no worker comp claim, to see ortho, feverish request to chk for infection, sore throat, chest tightness	use albuterol as needed				Evergreen Corp Protection EC 60-6 Causes skin irritation, allergic reactions, burning and prickling sensation, respiratory irritation when inhaled	
Exposure	07/27/11	lab exam	lab results	Electronic corresponden ce - Kaiser Stockton	Mya-Mya Winn, MD	KP Volume 3 pg 996	lab results	test look normal and nothing to worry about		pt feels lab result may look out of normal range. Taking OTC supplements				
Knee	08/01/11	Note for school quarter for requested	Excuse note needed for quarter for school needed	Electronic corresponden ce - Kaiser Stockton	Hymawthy Jasti, MD	KP Volume 3 pg 1002, 1003	Request for school excuse needed	PCP suggest pt first speak to Ortho MD at next appt. PCP will write to school re: Med condition is Ortho does not.		Pt requesting note to verify why she is unable to finish the quarter because of severe knee injury				
Knee	08/03/11	Ortho Consultation	Knee Pain - Consultation	Kaiser Stockton	Charles Buckfield, MD	KP Volume 3 pg 1005	Contusion of knee	MD suggest she has a contusion on right knee from bumping it 6/29/11 on a pole. Exam reveals no swelling, but tender at the anterior portal scar. MRI Ordered		Pt has severe pain in right knee				
Knee	08/04/11	New medication trial	New Pain Medication	Electronic corresponden ce - Kaiser Stockton	Hymawthy Jasti, MD	KP Volume 3 pg 1008 - 1017	Knee pain and new pain medication	PCP suggest morphine, stronger but use less per day		pt agrees to try the Morphine tabs for 15 days. While waiting to have MRI. Meeting with new committee for grand jury it discuss work investigations on 16th and would like to remain on something that she is familiar with until then.				
Knee	08/06/11	New medication trial	Prescription request	Electronic corresponden ce - Kaiser Stockton	Hymawthy Jasti, MD	KP Volume 3 pg 1022 -	New medication prescription request and refill of Norco	PCP notified Pt that Morphine tabs can't not be called in to pharm, has to be hand written. Norco was approved for refill instead by PCP		pt called to leave message to PCP to approve the Morphine tabs. Unable to send email from work. Worked from 7am to 11pm. Morphine tabs unable to pick up and PCP approved Norco but Pharm rejected, no early refill.				

17-H-46



Relative illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Knee	08/09/11	New medication trial	Prescription refill	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 1028	New medication prescription	PCP sent script for Morphine tabs pharm by MA day before. Confirms ready for pickup.		Pharmacy was unable to locate Prescription for Morphine tabs. Ritting to see if prescription as finally arrived from PCP.				
	08/09/11	MRI	MRI	Kaiser Stockton	Lab Tech					Pt feeling lymph nodes are swollen, gland and around neck and shoulders. Running a mild fever, and "just does not feel right". Sore throat and pain in trigger points. Was exposed to "dirty water" and requesting lab results. Will have blood cultures done.				
Exposure	08/16/11	Lab Results	Request for lab work	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 1035 - 1039	Lab work still pending	PCP notifies Pt of pending blood cultures that Pt has not done. Blood test was taken in Oct and was good.						
Exposure	08/18/11	Nausea	Nausea/fatigue	Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 1040	Fatigue	No signs of bacteremia or joint infection from exposure to dirty water. Ordered all labs, explained to pt re: possible fibromyalgia vs chronic fatigue vs stress, if all test are normal, will consider stress reduced Somatic symptoms or fibromyalgia, pt agreed, f/u after labs		Pt c/o nausea and feeling tired, concerned that she has infection in blood from being exposed to dirty water. Feeling feverish, body aches, and dizziness. Seeing work comp MD for knee pain, lot of stress at work and doesn't feel good at any time. Wants to check bacteria in blood stream.				
Stress	08/19/11	Blood test result and refill request	Blood test results Refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 1048 - 1053	Explanation of results	Per PCP, no sign of infection or inflammation with Bacterial or fungal. Symptoms may be caused from stress. Suggest Pt contact stress management program, through mental health clinic.		Pt not "happy" Stress conclusions via PCP. Feels there is no remedy to outcome.				
Stress	08/25/11	Morphine Refill request	Morphine request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 1055	Refills requested	Pt unable to be locate both Morphine and Norco for pain at same time. Pt to make a decision on Narco or Morphine. Morphine for chronic pain. Does patient want to switch?		Pt been off of work for a week and symptoms has gone away. Feels job is cause of previous symptoms				
Exposure	08/27/11	refill request	Norco refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 1057	Refills requested approved by PCP	Early refill for Norco, will refill due to vacation time, but last early refill, PCP does not recommend Antibiotics but sent to pharm up to pt to take or not.	Hydrocodone Acetaminophen - 10 tabs 4 x a day	Pt travelling to Tahoe, requesting Norco refill, c/o soar throat, feverish, clammy and not doing anything, requesting antibiotics and Ibuprofen per ortho MD	Potential bacteria infection			

17-H-47



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Treatment/Rx	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Exposure	08/29/11	refill request	Refill request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 1062 - 1066		Symptoms are not related to hard pt has good cholesteral BP, refill request sent to Rx.	Doxycycline Hyclate- 100 mg Ibuprofen- 800	pt having recurring symptoms, throbbing pain in joints, right side extending from shoulder to elbow. concerned related to heart, requesting antibiotics and Ibuprofen per ortho MD				
Exposure	09/09/11	Antibiotic update	Antibiotic update	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 1067	Update on antibiotic effects	PCP still does not agree pt should take antibiotics but glad feeling better.		pt started the antibiotic and was sick for first three days, but feeling better now. And hoping this will end the "bug or bacteria retaining"				
Knee	09/09/11	Prescription change request	prescription request	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 1069 - 1082		Pt currently takes Xanax .5 mg 6 x a day, asking if want to change to 3 x day. PCP changed refill to 1.0 4x a day as requested by pt. does not agree with pt dosage and concerned re: addiction to controlled substance		pt has been off work for 2 week due to knee injury. Required to stay off feet. Expecting surgery and can't sleep. Extremely restless. Requesting prescription dosage change while recovering from knee surgery. Change from .5 6x to .5 8x or 1.0 4x a day.				
Knee	09/12/11	Follow-up appt	Ortho Right knee follow up	Kaiser Stockton	Charles Buckenfield, MD	KP Volume 3 pg 1083	Contusion of knee - MRI Clarification	Pt in for F/U of right knee pain, MRI conducted by Kaiser and one thru outside source. KP MRI show no tears of the meniscus. Outside MRI showed tear of the lateral meniscus body and the anterior horizontal, but may be old from previous surgery. Outside MRI also suggest tear in superior medial meniscal capsular ligament to heal on it's own. MD says she could heal and may just have scar tissue. will give her time to heal and if not will recommend an arthroscopy. will see her as needed.		Pt describes some improvement, is off work and doing PT via outside Ortho for work injury				

17-H-48



Relative Illness	Date	Reason for Visit	Detailed Description	Facility	Provider	Location of Evidence	Diagnosis	Dr's notes	Treatment/RX	Comments	Type	New Symptom	Chemical Reaction-1	Chemical Reaction-2
Stress	09/29/11	Chronic Fatigue Syndrome	Chronic Fatigue Syndrome	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 1087-1094	Question regarding Chronic Fatigue Symptom	PCP has no medical test or evidence to show a medical reason Pt should be off work. work note request denied. Suggest Pt locate another PCP and get a second opinion, wait for infection control MD thru W/C for diagnosis. PCP order Stool sample for Pt		Pt c/o of recurring symptoms same as before antibiotics. Missed 3 days of work and requesting dr excuse for work. Being referred to infectious disease specialist thru work comp. Pt wants to make appt to coem see PCP but PCP is not avail.				
	10/03/11	Emergency Visit	Migraines	Kaiser Manteca	ER	Co Payment Receipt No. WA21417								
	10/24/11	ER Followup	Migraines	Kaiser Stockton	Hymavathy Jasti, MD	Co Payment Receipt No. 8706049	Migraines	advised pt to increase level of physical activity	Hydrocodone Injection Promethazine Injection		Migraines			
Stress	11/13/11	Chronic Pain Management	Norco dosage change	Electronic correspondence - Kaiser Stockton	Hymavathy Jasti, MD	KP Volume 3 pg 883	No co dosage change requested	PCP suggest pt come up with long term plan for med use. Norco long term is not good for liver. suggest Morphine. Will approve the dosage change to 2 pills 4 x a day.	Hydrocodone Acetaminophen - 10 2 tabs 4 x a day	pt request change in Norco dosage to 8 daily to see if this works for her constant pain level. Unable to find another job with med benefits and salary needed. c/o of tendinitis and tear in left knee and right knee. does not want to take morphine.	Knee			
	04/13/12	Lab Visit		Kaiser Stockton	Lab Tech	Transactio n Receipt 006								
	07/13/12	Visit		Kaiser Stockton	Kim Yen Vo, MD	Transactio n Receipt 001				See Copayment worksheet				
	07/13/12	Lab Visit		Kaiser Stockton	Lab Tech	Transactio n Receipt 005	Blood work							
	07/16/12	Rx pick up		Kaiser Stockton	Pharmacy	Transactio n Receipt 004								
	09/18/12	UNUM Form		Kaiser Stockton	Orthopedic	Transactio n Receipt 007	UNUM Form							
	06/26/13	Visit		Kaiser Stockton	Hymavathy Jasti, MD	Transactio n Receipt 008								

17-H-49