

**KAISER PERMANENTE** STK-WEST LANE  
 7373 WEST LANE  
 STOCKTON, CA 95210-3377

ANDERSON, TIFFANY K  
 MRN: 110007897964  
 DOB: 8/22/1970, Sex: F  
 Enc. Date: 11/06/07

**Office Visit**

**Visit Information**

	Provider	Department	Encounter #
11/6/2007 11:00 AM	MONICA LEA FOSTER	Stk-Cpp* >West Lane	48714084

**Allergies as of 11/6/2007**

	Noted	Type	Reactions
No Known Allergies			

**Immunizations**

		Date Reviewed as of 11/6/2007
Vitamin b-12 cyanocobalamin	10/10/2007 (37 Y)	Never Reviewed as of 11/6/2007

**Diagnoses**

Visit Diagnoses  
**CHRONIC PAIN SYNDROME - Primary**  
**ANXIETY DISORDER**

**Vitals**

(None)

**All Flowsheet Data (all recorded)**

**\*\*No Flowsheet Template found\*\***

**Encounter Information**

Date & Time	Provider	Department	Center
11/6/2007 11:00 AM	MONICA LEA FOSTER	Stk-Cpp* >West Lane	STKA

**Progress Notes**

**Foster, Monica Lea (Ph.D.) PSYCHOLOGIST 11/6/07 12:19 PM Signed**  
**DO NOT COPY WITHOUT SPECIAL RELEASE**

Chronic Pain Care Management: Health Psychology Evaluation Note

Other Medical History: None

Current Medications: Norco, Xanax, Ibuprofen

Prior Treatments: Yoga and heat/ice helpful; massage and chriopractor not helpful b/c it's only tempoaray, Rx meds temporary relief only

Psychological History: Has had prior counseling but not a good experience. Has been able to work with a mentor at church which has been very helpful. Hx of anxiety and panic.

Sleep Assessment: Sleep medications: BNX (Xanax only). Has not tried Trazodone

ADL's:

- wash dishes
- meal preparation
- laundry
- grocery shopping
- light housekeeping

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