

Paula Dawes 24.11.1955 (68yrs) @ 03/07/2024

Married – Allan Dawes, No Children

GP: Dr Elizabeth Moloney, Provider: 5967483K. Keperra Family Practice, 577 Settlement Road, Keperra 4054

Pain Specialist: Dr Michelle O'Brien, Provider: 210057DH. St Vincents, Kangaroo Point

Naturopath Herbalist: Briony Tarling 0404 214 465 bkwalford@hotmail.com

Gynaecologist: Dr Namrata Bajra, Provider: 256073PT. Suite 5, 125 Flockton Street, Everton Park, 4053

- **NEVER TO TAKE AGAIN – DULOXETINE/CYMBALTA**
 - Prometrium (HRT) 100mg/cap/1/night
 - Estradiol Gel 0.06% (HRT)/2 full pumps/morn
 - MIRENA Levonorgestrel (Progestin control) 20mcg/24hr IUD (inserted 1.2.23)
 - Esopreze (Esomeprazole) (Reflux) 20mg tab/1/morn
 - ~~Movalis/Meloxicam (Anti-inflammatory) 15mg/ x 1/morn (Removed 14.6.24)~~
 - Levothyroxine 200mcg (Thyroid) 1100mcg/week (1 x 200mcg M-F; ½ tab 100mcg Sat; None on Sun)
 - Atorvastatin/Lipitor (Cholesterol) 20mg tab x 1/day
 - Amlodipine (Apotex) (Blood Pressure) tablets 5mg/1/morn (Started in hosp-14.5.24)
 - Macuvision Plus tablet/1 tab/night
 - **Norspan 10MCG/HR Patch/1/week (3.7.24 changed down from 15mcg to 10mcg)**
 - **Lyrica/Pregabalin 25mg x 1/morning (4.7.24 changed down from 2 tabs to 1)**
 - **Lexapro/Escitalopram 10mg/1/morning**
 - **Lyrica/Pregabalin 150mg/1/night**
 - **Amitriptyline 10mg/1/night (27.6.24 changed down to 1 tablet, 3.7.24 Stopped)**
 - **Palexia IR 50mg tab/1-4/daily-as needed.**
 - Temazepam – as needed.
 - Furosemide Tab 40mg 100/2 tabs/twice day (Started 13.6.24)
 - PEA600/tab/2/twice day
 - Lions Mane Mushroom Caps/4/morn after first meal
 - Herbal Mix (Nerve & Energy) 7.5ml/twice day
- ~~Caruso's Fluid Away tabs x 2/twice daily – Fluid Retention is a new issue for me since hospital. Furosemide replaced this from 13.6.24.~~

MEDICAL PROCEDURES:

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| 16.02.2015 | Pilonidal Sinus – Chermside Hospital emergency dept. |
| 10.12.2015 | Dr Patten – Total knee replacement arthroplasty – left knee |
| 01.01.2016 | Nerve pain from knee up to thigh and in feet to present day. |
| 28.02.2018 | Dr Aponsa – Surgery to L4/L5 & L5/S1 decompression and rhizolysis with L4/S1 instrumented fusion with PLIF |
| 09.03.2018 | Drop Foot – right foot – and overly sensitive foot. Continues to present day. |
| 03.05.2018 | Dr Noel Saines – Neurologist to assess loss of R/leg strength and R/foot issue – drop foot (right) confirmed and no other action was offered to regain this loss. |
| 11.05.2019 | Fall at holiday house – Hamstring strain and tear found in the following week after presenting to the Tweed Heads Hospital. This is not my first fall, due to my instability caused by my feet sensitivity and slow response to my leg movement. I also fell in my front yard onto my back. After a time alone I crawled to a wall and righted myself. I suffer ongoing issues of walking into people/walls etc to this day. |
| 28.11.2019 | In line with the illness on return from O/S holidays, complete an Endoscopy + Colonoscopy. Both cleared with no issues. |
| 17.12.2019 | Sleep Study – In Home - Failed. |
| 13.01.2020 | Sleep Study – In Home – Failed |
| 22.01.2020 | Referral to North Brisbane Sleep Centre for overnight clinical assessment. Results faxed 11.2.20. |
| 06.02.2020 | Bursitis found on right hip – dye injected guided injection done on 11.2.20. |
| 15.02.2020 | Very little to no effect or relief from the above-mentioned injection |
| 28.02.2020 | Dr Daniel Berge – Pain Specialist <ul style="list-style-type: none"> - Amy Underwood – Psychologist - Caroline Morton – Bio Mechanical Physiotherapy Specialist |
| 15.09.2020 | Pain in right knee, left hand side and some on right hand side. Leg muscles extremely tight and throbbing. Kneecap is warm to touch. Only little swelling, no redness. |
| 08.10.2020 | ECG done by QScan to assess if there are any areas of concern. Dr Millsom advised nothing out of the ordinary for the pain. |
| 03.11.2020 | Dr Homan – 2 nd opinion on Dr Burge - increased Lyrica with recommendation to continue to increase nights and consider days until I reached a maintainable level in both pain management and physical effects.
More importantly, his professional opinion was that I am a perfect candidate to consider Spinal Nerve Stimulator – conducted under a Pain Specialist. Appointment made to return to Dr Berge. |
| 19.11.2020 | Dr Berge has referred me to the Wesley Pain Management Clinic for review. |

01.12.2020 Dr Chan/Wesley Pain Management reviewed along with Physio and Exercise Physiologist. To continue weekly and also to see Occupational Therapist and Psychologist. Ongoing weekly appointment at Wesley Pain Management as above. With purpose to add strength.

04.05.2021 Metro Radiology completed a left pes anserine HCLA injection under ultrasound guidance.

30.05.2021 Now at 4 weeks after this above treatment only about 30-40% improved.

17.06.2021 Dr Berge has referred me to Dr Gamboa for his consideration. Appointment made for 17 June 2021.

07.07.2021 Dr Gamboa found small flaps of articular cartilage that he believes is catching and causing the pain. The meniscus is in good condition, and I do have some arthritis, nothing too bad.

11.12.2021 R/H Knee Arthroscopy - Brisbane Private Hospital by Dr Gamboa.

12.04.2022 Nerve Conduction Study done for my feet – prickly and burning soles. At BCNC by Dr Cullen O’Gorman. Referred to Dr Michelle O’Brien to help with change to opiate medications. Evidence of right peroneal neuropathy, although L5 radiculopathy would have similar appearance on nerve conduction studies and EMG, this was not performed to clarify as this was not a primary diagnostic question.

05.10.2022 R/H Total Knee Replacement with new kneecap – Dr Gamboa – Brisbane Pvt Hospital

28.10.2022 MOHS op on Right Eye Inner Canthus by Dr Dougal Coates and plastic surgery by Dr Scott Teske

01.02.2023 Dr Michelle O’Brien Pain Specialist/Surgeon. First Appointment.

20.03.2023 Dr Namrata Bajra – Hysteroscopy D&C, Insertion of MIRENA Levonorgestrel 20mcg/24hr IUD at North West Private Hospital, Everton Park.

24.07.2023 St Vincents, Kangaroo Point admitted for 10 days of Ketamine Infusions administered daily. To try and recentre/calm the nerves. No success!!

19.09.2023 Nerve Conduction Study performed at St Andrews, Spring Hill by Dr Michael Leitch of Neurosciences. This was performed on both arms/wrist with the conclusion of Carpel Tunnel in both. The right hand is the most affected.

24.10.2023 CPAP Auto Adjusted machine now purchased and in use. Revisit back to Dr Fiene around March/April 2024.

21.11.2023 COVID-19 contracted on cruise holiday. 5 days isolation. Given 5 days course of Paxlovid, on the ship.

06.12.2023 Dr O’Brien-Radiofrequency neurotomy 1 of 2 - L3/4 medial branches RIGHT; sacroiliac joint + S2 nerve root block RIGHT and steroid injection into RIGHT greater trochanteric bursae.

28.01.2024 Dr O’Brien-Radiofrequency neurotomy 2 of 2 - L3/4 medial branches LEFT; sacroiliac joint + S2 nerve root block LEFT; LEFT cluneal and steroid injection into LEFT greater trochanteric bursae.

19.02.2024 Bad fall onto the concrete in our front entrance at home. I have now realised that I not only fell but I was air born for a few minutes. Emergency Dept at North West to find, by CT scan, that I have chipped a 5mm calcium from my spinal area. No damage to the bone structure at all. Very bruised and sore all down my right side from my breast to my right knee.

08.03.2024 Covid-19 (PD+AD) contracted on a Regis Shopping Trip. Extremely sick. Prescribed 5-day course of Paxlovid. Sick for 10days with 3 days bed bound.

15.03.2024 Dr Jenkins visit to advise that I was feeling very unwell and short on breath. Advised just the remain of past.

12.05.2024 Ambulance called at my appointment with Dr Elizabeth Moloney. Temp 38.1 and Covid like symptoms. Admitted to Prince Charles Hospital – Dr Philip Masel. Discharged 19.03.2024 – Diagnosis- Covid and community acquired Pneumonia.

22.05.2024 Presented to St Vincent’s Private Emergency with temperature at 37.5. No Covid symptoms but very unwell feeling. Admitted 12.30am 13.2024. Diagnosis – Multi Lobe Pneumonia with Legionnaire infection. 10 days. Discharged

20.05.2024 Attendings: Dr Monica Wagenaar, Dr Alex Chaudhuri and Dr Andrew Rosenstengel.

03.06.2024 Dr Wagenaar mentioned the consideration of weight loss injections – Saxenda, Ozempic (Wegovy) or Mounjaro (US: Zepbound)

25.07.2024 Dr O’Brien – Echocardiogram & MRI Spine – total Spine Reason: ‘Fall & disequilibrium ?Cause’ – Dr Moloney advised Echo all clear.

Dr Catherine Maussen – Physician, first appointment. Referred by Dr Michelle O’Brien.

CONCERNS:

- Chronic on-going pain/discomfort from nerve pain in both legs, left knee, right hip, both feet and lower back. Pain can be so bad that from a sleeping state I am screaming out in pain.
- Also, muscle tightness which often requires physio to help relieve the tightness.
- Day time feet are not able to be without shoes/sandals to hold the foot firm. If shoeless, then most uncomfortable, and difficult to walk. Always overly sensitive to touch. Standing on a surface in bare feet can cause an uncomfortable concern and is front of mind as a daily physical issue.
- Chronic tiredness – often leads to closing eyes at traffic lights and at time difficulty keeping eyes open during the working day and driving the highways.
- Weight gain – unbelievable in the last 18months!!!
- Lack of exercise – no energy at all nor of a mind to do this (frustrating because I’m a focused person, wanting to do better and not considered a lazy person by anyone)
- Very, very unsteady on feet.
- Shortness of breath even when sitting.
- Furniture and wall hopping.
- Use of a walking pole full-time. Needed to keep me upright and this then reduces strain on my lower back.
- Disability Parking Certificate arrived 2.7.24.