

**Life Care Planning Group
New York, NY 10001**

7/30/2020

Attorney Information

Client Name : Nancy Rose
Gender : Female
Date of Birth : 2/15/1991
Date of Event : 7/2/2017
Present Age : 29.5
Address : 174 Bedford, Avenue, Txxxx , NJ xxxxx

Estimated Future Care for Nancy Rose

This file was referred for preparation of a cost projection for future medical care and treatment for Nancy Rose, secondary to injuries sustained on July 2, 2017. The purpose of this cost projection is to inform all parties of the estimated or expected treatments and associated costs over a lifetime or throughout a medical event.

Records Provided:

- Narrative report of Alexander Z , M.D.
- Narrative report of Francesco C , D.C.
- Plaintiff's Answers to Form A Interrogatories
- New Jersey Police Crash Investigation Report
- Records of Paterson Municipal Court
- Records and billing of St. Joseph's Health Care System
- Records and billing of Paterson Fire Department EMS Division
- Records and billing of Metro Pain Specialist's
- Records and billing of First Choice Chiropractic
- Records and billing of Total Pain Care
- Records and billing of Holy Name Medical Center
- Records and billing of Ironbound MRI, LLC
- Records and Billing of Total Spine and Ortho, LLC
- MRI Reports of the Cervical and Lumbar Spine performed at Ironbound MRI
- EMG Reports performed at Total Spine and Ortho, LLC
- Deposition of Nancy Rose

Diagnoses:

- Disc herniations at C6-C7 impinging on the thecal sac
- Disc bulge at C3-C4 and C5-C6 impinging on the thecal sac
- Acute right sided radiculopathy at C7 confirmed by EMG/NCV
- Disc bulge at L4-L5 impinging upon the left neural foramen
- Severe axial cervical and lumbar
- Severe radicular cervical pain
- Cervical and sacral non-allopathic lesions
- Cervical/lumbar sprain/strain

- Cervicalgia/lumbago
- Cervical/lumbar myospasm
- Lumbar facet joint syndrome
- Lumbar sciatica

1. Regarding permanency, pain management specialist, Alexander Z., M.D. stated, “Based on the residuals I see at the time of the examination, I am of the medical opinion the findings are permanent in character, and the overall prognosis is poor in as much as this accident has significantly affected her daily activities. In all medical probability, Ms. Rose will require further treatment for the symptomatology that has arisen from the injuries sustained in the July 2, 2017 motor vehicle accident. These changes are permanent.”
2. Regarding future treatment, Dr. Z. stated, “With regards to the cervical and lumbar discs, plaintiff will require epidural steroids at a rate of 3 injections per year in both her cervical and lumbar discs. These findings are permanent.”
3. Ms. Rose will require office visits the day of and for follow up after procedures. The treating pain management specialist will determine the frequency of intervention based on results. Per Dr. Z , she can have up to 3 per year for permanent cervical and lumbar disc injuries.
4. Per ODG and VA/DoD guidelines, non-medical intervention can include massage, acupuncture, chiropractic, swim therapy or supervised exercises for self-directed symptom management, strengthening and conditioning. Ms. Rose can access these modalities without a prescription as needed.

Based on a reasonable degree of cost projection analysis, the future care of Ms. Nancy Rose includes:

Pain Management office visits 2 per injection	\$245.00	\$2,940.00	\$2,940.00
Cervical Epidural Injections - 3 x	\$5,238.00		\$15,714.00
Lumbar Epidural Injections - 3 x	\$8,025.00		\$24,075.00
Non Medical Intervention	\$250.03		\$250.03
			\$42,979.03

Sources: ODG, The Physicians Fee Reference 2020, VA/DoD Clinical Practice Guideline for Diagnosis and Treatment of Low Back Pain

The estimated future care of Ms. Nancy Rose is: **\$ 42,979.03**

Sincerely,

Xxxxxxx RN, CCM, CDMS, ABDA, CLCP

This cost projection was prepared using:

1. Standards of care treatment patterns for the condition or diagnoses with focus on the medical needs related to the primary injury.
2. A comprehensive review of the available medical records and the pertinent documents provided by the referring party.
3. Researched data and clinical practice guidelines of the listed diagnoses for foundation and support of the recommendations.
4. Calculations of medical treatment needs, and associated costs based on standard methodology which include median range and geographic specific private pay costs.
5. Sound medical, rehabilitation, nursing, case management and psychological principles for foundation and support of the recommendations

Sources of cost factoring:

- Costs are based on private pay mid-range pricing quoted by The Physicians Fee Reference 2020 with geographic multiplier 1.148, Fair Health Benchmark Geo Zip 076, Official Disability Guidelines and internet research per life care planning usual practice.
- Life Expectancy based on the National Vital Statistics Reports, Vol. 68, No. 4, May 7, 2019; United States, 2016; Present age 29.5: 53.1 additional years to age 82.6.

*CPT codes 99214,

**The full ODG guideline will be furnished upon request.

Massage	CPT code	97124	\$245.92
		97810,	
Acupuncture	CPT code	97811	\$219.74
Aqua therapy	CPT code	97113	\$382.03
Chiropractic	CPT code	98941	\$75.00
Supervised exercises	CPT code	97110	\$327.46
			\$1,250.15 Average \$250.03

This cost projection is based on current dollars and does not reflect inflationary trends of the healthcare industry. This cost projection is not to be used in lieu of a life care plan as there was no client assessment or collaboration with treating providers or experts on this case. This report does not address loss of wages or vocational concerns.