

## Welcome to Therapeutic Pain Management Medical Clinic (TPM)

**Introduction:** Your physician has referred you to be evaluated and possibly receive treatment, by one of our physicians. Our physicians are anesthesiologists/Pain specialists, who specialize in the treatment of pain by performing various injections, prescribing medications or by performing specialized procedures such as implanting morphine pumps or stimulator devices. We do not perform disability evaluations. We strive to keep you scheduled with the same physician in the clinic, but on occasion, this may not be possible due to their varying schedules. TPM has its own x-ray machine and some of the procedures may be performed in the clinic itself.

**Hours of Operation:** The clinic's hours are from 8 AM to 4:30 PM Monday - Friday. The Clinic is closed during lunch hours from 12 Noon to 1 PM. **We do not see "walk-in" patients or patients without appointments.**

**Initial Visit:** Your initial consultation visit takes about 1 hour and is usually an evaluation only. At your consultation visit, you will need to change into a gown (except for underclothing), so the physician can examine you. After the physician has completed your examination, he will give you his recommendations, answer questions, and talk about a plan of care. In some cases, your referring physician will get authorization to do a procedure on the same visit as the initial consultation. If indicated, we can proceed with the injection after the evaluation, if you choose to do so. Please fill out the enclosed questionnaire before you arrive for your appointment, as the physician cannot adequately evaluate you without it. In addition, if you have had any recent x-rays or MRI scans, or CAT Scan reports, please bring them with you. **YOU MUST MAKE THE COMPLETED QUESTIONNAIRE AVAILABLE TO US FOR US TO INPUT YOUR INFORMATION IN OUR ELECTRONIC MEDICAL RECORDS AT LEAST 5 WORKING DAYS PRIOR TO YOUR SCHEDULED APPOINTMENT. IF WE DO NOT RECEIVE THIS IN TIME, WE CAN NOT CONFIRM YOUR APPOINTMENT.**

**Treatment:** If treatment at our clinic is recommended and you decide to proceed, our secretary will call you in a day or two to set up an appointment after obtaining authorization from your insurance company, if necessary. The office will give you written literature about the recommended procedure, as well as answer any questions. Procedures may be scheduled at the office, Mercy Outpatient Surgery Center, or Court Street Surgery Center – depending upon day, date and your insurance company requirements.

**Prescriptions:** The TPM physician will not take over prescribing your current medications without consulting your referring physician, but additional medications may be ordered for you by the TPM physicians. Please be sure to list all your current medications, so that we do not duplicate something that you may already be taking. Patients receiving narcotic medications will have to sign a "Narcotic Contract" with this clinic.

**Prescription Refills:** Please call your pharmacy and have them fax us a refill request to refill your medication. Do not call the clinic to request refills. Allow 72 hours (3 days) for refills, not including weekends and holidays.

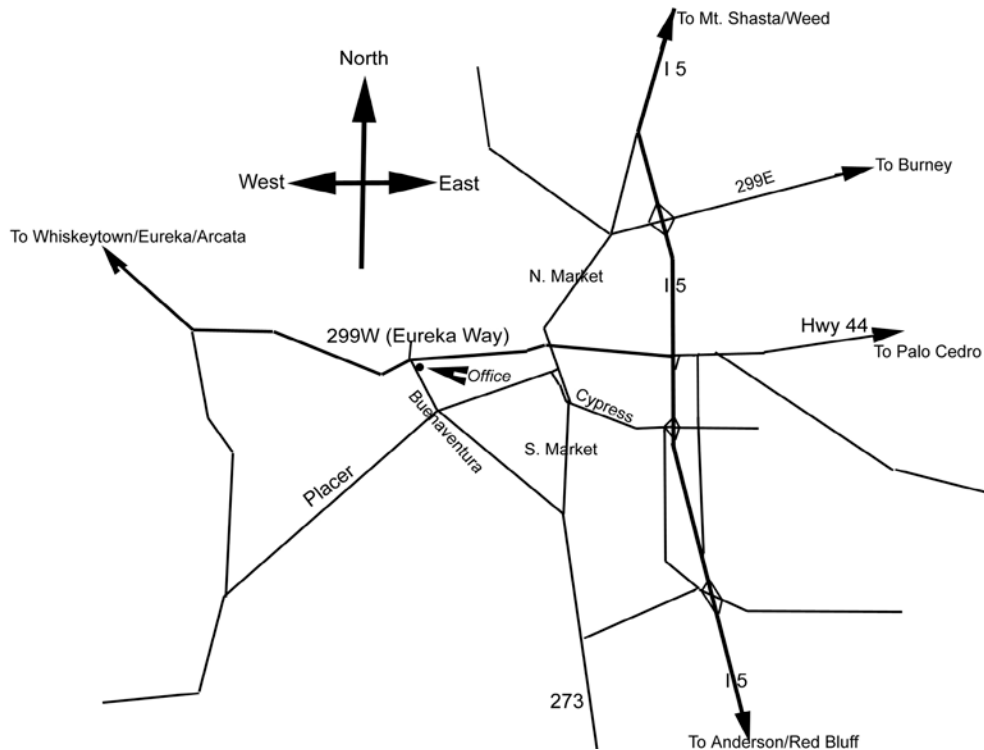
**Appointment:** If you need to cancel your appointment, 24 hours notice is required. **Failure to give us adequate notice will result in a charge of \$ 50 for "no show".**

**How are we different than most other pain clinics?** New patients are ALWAYS evaluated by an MD and not by a PA or NP, and it is "more than a hand-shake". Our focus is on improving your quality of life and functionality rather than just pushing pills or needles only. We tend to practice "evidence based medicine". Our MDs are available to answer any questions you may have before, during and after the procedure.

**Contact Information:** Telephone: 24-7-PAIN (247-7246), Fax: 245-0849,

**Email:** [mail@Tpmclinic.com](mailto:mail@Tpmclinic.com) **Web Site:** <http://www.tpmclinic.com>

**Pre- registered patient portal web site:** <https://mycw6.eclinicalweb.com/tpmm/jsp/login.jsp>



**Directions from North: (Mt. Shasta, Burney)**

- Take I5 south
- Take 299West (Eureka – Weaverville) Exit
- Continue west on 299W (also called Eureka Way) through downtown Redding
- Drive about 2 miles; at Traffic Signal make a LEFT on Buenaventura Blvd.
- The Office Building is 200 Feet on LEFT (Behind Sunset Market Place)
- Office is on the First Floor, Suite 100 – Side of the building
- 1335 Buenaventura Blvd., Suite 100

**Directions from South: (Anderson, Red Bluff, Corning)**

- Take I5 North
- Take 44 West (Eureka – Weaverville) Exit # 678
- Continue west on 299W (also called Eureka Way) through downtown Redding
- Drive about 2 miles; at Traffic Signal make a LEFT on Buenaventura Blvd.
- The Office Building is 200 Feet on LEFT (Behind Sunset Market Place)
- Office is on the First Floor, Suite 100 – Side of the building
- 1335 Buenaventura Blvd., Suite 100

**Directions from East: (Shingletown, Susanville)**

- Take 44 West towards Redding
- Continue west on 299W (also called Eureka Way) through downtown Redding
- Drive about 2 miles; at Traffic Signal make a LEFT on Buenaventura Blvd.
- The Office Building is 200 Feet on LEFT (Behind Sunset Market Place)
- Office is on the First Floor, Suite 100 – Side of the building
- 1335 Buenaventura Blvd., Suite 100



 **Symbol means that you can complete this section on the patient portal web-site also.**

**Reason for this visit?** Example: " Pain in my low back, mostly right side" or "I have pain in my arms"

Answer: \_\_\_\_\_

**Please list medications you are CURRENTLY taking:**

<b>Name</b>	<b>Pill strength</b>	<b>Amount at a time</b>	<b>How often?</b>
<i>e.g: Advil</i>	<i>200 mgs</i>	<i>2 to 3 tablets</i>	<i>3 times a day</i>
<i>e.g: Norco</i>	<i>10/325</i>	<i>1 tablet</i>	<i>every 6 hours</i>
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____

**Please check the medications you have taken IN THE PAST for your pain:**

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Norco/Vicodin/Lortab | <input type="checkbox"/> Percocet/Percodan | <input type="checkbox"/> Ultram/Tramadol | <input type="checkbox"/> Codeine       |
| <input type="checkbox"/> Darvocet             | <input type="checkbox"/> Nucynta           | <input type="checkbox"/> OxyContin       | <input type="checkbox"/> Kadian/Embeda |
| <input type="checkbox"/> MS Contin            | <input type="checkbox"/> Avinza            | <input type="checkbox"/> Fentanyl Patch  | <input type="checkbox"/> Dilaudid      |
| <input type="checkbox"/> Advil/Motrin         | <input type="checkbox"/> Naprosyn          | <input type="checkbox"/> Aleve           | <input type="checkbox"/> Celebrex      |
| <input type="checkbox"/> Neurontin/Gabapentin | <input type="checkbox"/> Lyrica            | <input type="checkbox"/> Cymbalta        | <input type="checkbox"/> Elavil        |
| <input type="checkbox"/> Trazodone            | <input type="checkbox"/> Nortriptyline     | <input type="checkbox"/> Effexor         | <input type="checkbox"/> Wellbutrin    |
| <input type="checkbox"/> Prozac               | <input type="checkbox"/> Paxil             | <input type="checkbox"/> Lexapro         | <input type="checkbox"/> Celexa        |
| <input type="checkbox"/> Remeron              | <input type="checkbox"/> Zoloft            | <input type="checkbox"/> Flector Patch   | <input type="checkbox"/> Lidoderm      |
| <input type="checkbox"/> Tylenol              | <input type="checkbox"/> BenGay            | <input type="checkbox"/> Aspercream      | <input type="checkbox"/> Capsasin      |
| <input type="checkbox"/> Flexeril             | <input type="checkbox"/> SOMA              | <input type="checkbox"/> Baclofen        | <input type="checkbox"/> Zanaflex      |
| <input type="checkbox"/> ParafonForte         | <input type="checkbox"/> Robaxin           | <input type="checkbox"/> Skelexin        | <input type="checkbox"/> Valium        |
| <input type="checkbox"/> Klonopin             | <input type="checkbox"/> Xanax             | <input type="checkbox"/> Ativan          | <input type="checkbox"/> Ambien        |
| <input type="checkbox"/> Lunesta              | <input type="checkbox"/> Sonata            | <input type="checkbox"/> Rozerem         | <input type="checkbox"/> Restoril      |
| <input type="checkbox"/> Provigil             | <input type="checkbox"/> Nuvigil           | <input type="checkbox"/> Retalin         | <input type="checkbox"/> Adderall      |
| <input type="checkbox"/> Exalgo               | <input type="checkbox"/> Voltaren Gel      | <input type="checkbox"/> Pennsaid        | <input type="checkbox"/> Methadone     |

Others: \_\_\_\_\_

 **Please tell us if you are or if you have in the past suffered from any of these conditions:**

- |  |   |   |                                 |
|--|---|---|---------------------------------|
| <input type="checkbox"/> High Blood pressure | <input type="checkbox"/> Angina           | <input type="checkbox"/> Heart Attack   | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Diabetes            | <input type="checkbox"/> Thyroid Problems | <input type="checkbox"/> Overweight     | <input type="checkbox"/> Cancer |
| <input type="checkbox"/> Seizures/Epilepsy   | <input type="checkbox"/> Depression       | <input type="checkbox"/> Asthma         | <input type="checkbox"/> Ulcers |
| <input type="checkbox"/> Hepatitis/Jaundice  | <input type="checkbox"/> Kidney Problems  | <input type="checkbox"/> Major accident | <input type="checkbox"/> _____  |

 **Please list medication and substance allergies and the reaction you had?**  None

**Medication/Substance**

*e.g.: Penicillin*

**Reaction**

*Throat swells*

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 **Please tell what surgeries you had so far for any conditions:**

**Year**

*Example: 1986*

**Type of surgery**

*Appendix removed*

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**Please tell about your close relatives:**

**Father**     Alive     Passed away.    Major Health Problems: \_\_\_\_\_

**Mother**     Alive     Passed away.    Major Health Problems: \_\_\_\_\_

**Brother #1**     Alive     Passed away.    Major Health Problems: \_\_\_\_\_

**Brother #2**     Alive     Passed away.    Major Health Problems: \_\_\_\_\_

**Brother #3**     Alive     Passed away.    Major Health Problems: \_\_\_\_\_

**Sister #1**    Alive    Passed away.   Major Health Problems: \_\_\_\_\_

**Sister #2**    Alive    Passed away.   Major Health Problems: \_\_\_\_\_

**Sister #3**    Alive    Passed away.   Major Health Problems: \_\_\_\_\_

I have \_\_\_\_\_ **brother(s)** and \_\_\_\_\_ **sister(s)**.   I have \_\_\_\_\_ **son(s)** and \_\_\_\_\_ **daughter(s)**.

Comments: \_\_\_\_\_

 **Please tell us tell us about yourself, family, employment and habits:**

**I am:**    Married    Single    Divorced    Widow    Decline to state

**I live with:**  Spouse/Partner    Kids    Parents    Alone    Friends    Pet(s)

**I am:**    Retired    Disabled    Working FT    Working PT    Unemployed

**If working, I am employed as:** \_\_\_\_\_

**Education:**    School    GED    College    Post-Grad.    Trade School

**Exercise:**    None    Walk    Go to gym    Yoga/Stretch    Swim

**Alcohol use:**    Don't drink    Social    Heavy: \_\_\_\_\_ per day

**In the past year, I have used:**    Marijuana    Meth/Speed    Cocaine    Heroin    None

**I had problems with:**    Alcohol abuse    Drug abuse    Prescription drug abuse    None

**Smoke: Current smoker?**  Yes    No   **Past smoker?**  Yes    No   **Age started smoking** \_\_\_\_\_ Yrs


**Type of material:**    Cigarettes    Cigar    Pipe   **Packs per day** \_\_\_\_\_

**Tried to quit?**  Yes    No   **Age quit smoking** \_\_\_\_\_ Yrs   **Planning to quit?**  Yes    No

**Modalities to help quit smoking:**    Hypnosis    Support Group    Nicotine Patch

Nicotine gum    Prescription Medication (*Chantix, Zyban* etc)    Self determination

Comments: \_\_\_\_\_

 **Within the past year, have you suffered from the following?**

**Constitutional:**    Fever    Appetite loss    Weight gain    Weight loss

**Dermatology:**    Rash    Dry skin    Skin Infections

**Ophthalmic:**    Poor vision    Blurred vision    Double vision    Bright lights bother

**ENT:**    Trouble swallowing    Cold    Cough

**ENT:**    Hearing loss    Ringing in ears    Sore throat

**Respiratory:**    Shortness of breath    Wheezing    Pneumonia

**Cardiology:**    Chest pain    Dizziness    Palpitations    Leg swelling

**GI:**    Stomach pain    Blood in stools    Constipation    Diarrhea

**GI:**    Difficulty swallowing    Heartburn    Nausea/Vomiting

**Musc/Skeletal:**    Weakness    Joint pain    Joint stiffness    Joint swelling

**Musc/Skeletal:**    Leg cramps    Muscle spasms

**Neurology:**    Headaches    Can't sleep    Memory loss    Seizures

**Neurology:**    Tingling/Numbness    Tremors    Weakness in limbs

**Hematology:**    Abnormal bleeding    Easy bruising    Enlarged nodes

- Psychology:**     Anxiety       Depression       High stress level       Anger  
**Females:**       Weak bladder       Post-Menopausal       Diminished libido  
**Males:**           Difficulty- urination       Difficulty- erections       Diminished libido  
**Endocrine:**     Excessive sweating       Easy Fatigue       Thyroid problems  
**Allergy:**         Itchy or red eyes       Runny nose       Skin itch/scratch

Comments: \_\_\_\_\_

**My Height:** \_\_\_\_\_ Feet \_\_\_\_\_ Inch      **My Weight:** \_\_\_\_\_ Lbs.

**I am:**             Right handed                       Left handed                       Ambidextrous

**Details about your pain:**

My pain started after.....

- I don't know       An injury       After surgery       Auto Accident

Comments: \_\_\_\_\_

My **WORST** Pain score:      0    1    2    3    4    5    6    7    8    9    10  
 |\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|

My **LEAST** Pain score:      0    1    2    3    4    5    6    7    8    9    10  
 |\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|

My **USUAL** Pain score:      0    1    2    3    4    5    6    7    8    9    10  
 |\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|

**My pain is..... (Select ONE ANSWER only)**

- Always present, always the same intensity  
 Always present, intensity varies  
 Usually present—short periods without pain  
 Often present—but have pain-free periods lasting for one to several hours

**My pain is..... (Select ONE ANSWER only)**

- Worse in the morning       Worse in the evening       Worse in the night  
 Time of the day or night has NO association with my pain.       24-7

**The type of pain I feel is.....**

- Burning       Aching       Throbbing       Shooting  
 Electric Shock       Sharp       Tight       Stabbing

**I also have associated.....**

- Numbness       Coldness       Tingling       Pins/Needles  
 Weakness       Stiffness       Spasms       Sensitive to touch  
 Increased sweating       Color changes       Bladder problems       \_\_\_\_\_

**My pain gets worse with.....**

- Sitting       Standing       Walking       Laying down  
 Leaning forwards       Arching backwards       Coughing/Sneezing       Straining

**My pain gets better with.....**

- Medications       Rest       Heat       Ice Pack       Relaxing  
 Exercises       Laying down       Medical Marijuana       Alcohol       \_\_\_\_\_

**My pain is interfering with my.....**

- My sleep       My family life       Relationship with my spouse/partner  
 Work performance       Friends/Co-workers       Driving

**Because of my pain, I have problems with.....**

- Falling asleep       Staying a sleep       Wake up frequently  
 Pain does not affect my sleep

**My goals with pain control are.....**

- Better quality of life       Go back to work       Travel, play sports, family time  
 Avoid surgery       Get off or reduce medications       Able to sleep and rest better

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**Answer only if you are suffering from neck pain:**

**My neck pain/shoulder pain/upper back pain is.....**

- Worse looking up       Worse looking down       Both same       No change up or down  
 Looking right       Looking left       Both same       No change right or left

**Answer only if you are suffering from headaches:**

**My headaches are.....**

- More on the right       More on the left       Both same  
 More in the back of skull       More in the front (behind eyes)       More on the top of head

**When having headaches.....**

- Bright lights bother       Loud noises bother       No change with them

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**The treatments I have received so far includes.....**

- Medications       Physical Therapy       Surgery       Chiropractic  
 Injections       Massage Therapy       Psychotherapy       Acupuncture

Comments: \_\_\_\_\_

**I have seen the following for the problems I am having.....**

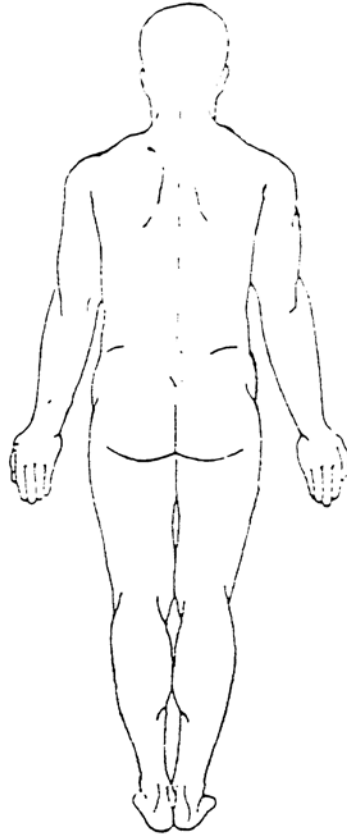
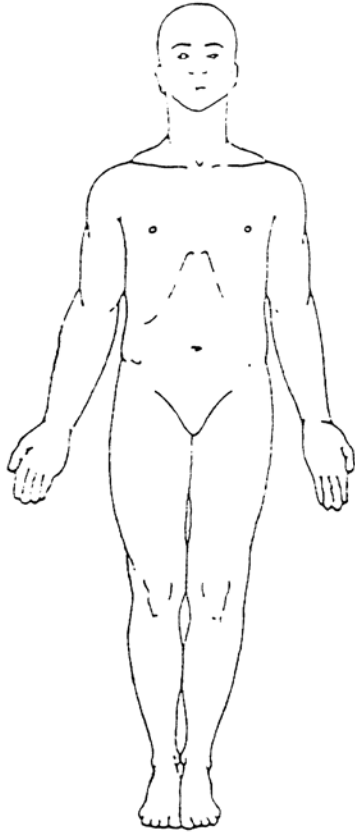
- Family MD       Neuro-surgeon       Spine/Ortho Surgeon       Chiropractor  
 Neurologist       Physiatrist       Pain Clinic       \_\_\_\_\_

**I have undergone these tests for the current problem.....**

- X-Rays       CAT Scan       MRI Scan       Myelogram  
 Nerve Testing (EMG)       Bone Scan       \_\_\_\_\_

Comments: \_\_\_\_\_ **END**

**Please mark the areas where you have pain:**



## Appointment Cancellations and “No Show” Policy

We expect that our patients will keep their appointments, which are setup with mutual agreement. There are always several patients, who would like to be treated sooner, but have to wait for their turn, as this clinic is very busy.

When a patient does not show up for his/her appointment or does not give adequate cancellation notice, that time slot is wasted, which could have been utilized to take care of other patients, especially for those who would like to get in sooner.

This clinic reserves a right to bill the patients a fee for not showing up or not giving adequate notice for a scheduled appointment. **The “No Show” fee is \$ 20 for a follow-up visit; \$ 50 for a procedure appointment or initial consultation.** Please note that your insurance company will NOT pay this amount and you will be personally responsible for the fee. We may NOT reschedule your appointment until this fee is paid. Certainly, we will use discretion while implementing this policy as we realize that true emergencies do occur.

If you are being treated under Worker’s Compensation insurance, we are also required to notify your Work Comp Adjuster and it may affect your benefits.

**I have read the above “Appointment Cancellations and “No Shows” Policy”. I agree that TPM Medical Clinic reserves a right to bill me for not showing up at a scheduled appointment, or for not giving adequate notice of cancellation. I further agree that I may not be rescheduled if I do not pay the “No-Show” charge billed to me.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## **Authorization for collection, use, and release of Personal and Medical Confidential Information**

HIPAA (Healthcare Insurance Portability and Accountability Act of 1996) restricts collection, use, and sharing of confidential medical and personal information. This information includes items such as Name, Age, Date of Birth, Tel Numbers, address, Social Security Number, Information about your health, work, employment, family, medication use, diagnostic data, health insurance, email address, digital facial photographs etc.

At Therapeutic Pain Management Medical Clinic (TPM), we use the information obtained from you, your referring physician and other related healthcare providers, insurance carriers, pharmacies, and diagnostic facilities for the purpose of:

- Scheduling for consultations and treatments at TPM and other healthcare facilities
- Evaluation and treatment
- Identifying a particular patient to locate him/her within waiting areas
- Discussing diagnosis and treatment plan with staff and other health providers at TPM
- Discussing diagnosis and treatment with your family members or guardian
- Referring you for further diagnostic studies (X-Ray, MRI, CAT Scan, Blood Work etc)
- Referral to other providers such as Consultants, Physical Therapists, Surgeons, Psychologists etc
- Calling in, Faxing, or confirming prescriptions to pharmacies
- Billing and collection firms' use
- Sending reports to your attorney, insurers, nurse case manager, W/C adjuster
- Dictation transcribing companies' use
- Sending information to other persons or firms where you have signed a valid "Release of Information"

The information is stored in paper charts and computers at TPM and is shared via Fax, E-Mail, Mail, Telephone, Internet, and personal communications. We share as minimum information as possible for an appropriate use. TPM does not to provide, or sell, or market the information to commercial firms for marketing reasons.

The HIPAA guidance clarifies that a health care provider may rely on his or her professional judgment in determining whether there is an emergency which would justify foregoing the consent requirement, as is permitted by the Privacy Standards.

**I understand the purpose of collection, use and release of confidential information about me by TPM as listed above and I hereby authorize TPM to collect, use, and release such confidential information about me, as needed for my medical care and financial liability.**

**The information obtained or released by the clinic pursuant to the authorization may be subject to re-disclosure by the recipient and may no longer protected.**

**This consent can be revoked at any time by giving a written notice, except to the extent that disclosure made in good faith has already occurred in reliance on this consent.**

**This consent will remain in effect while I am a patient at TPM and for 180 days after my discharge from the TPM Clinic.**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

## Consent for Release of Information

To give you the best possible care, Therapeutic Pain Management Medical Clinic (TPM) needs to be able to obtain records of your treatment by other physicians and hospitals as well as copies of laboratory and x-ray tests. This consent authorizes us to obtain that information. All information obtained is treated as confidential and will not be disclosed outside of TPM without your consent.

I hereby authorize physicians, hospitals, clinics, and laboratories that have treated me to release information from my health records to:

Therapeutic Pain Management Medical Clinic  
Redding Anesthesia Associates Medical Group  
1335 Buenaventura Blvd., Suite 100  
Redding, CA 96001-0160

(530) 247-7246  
(530) 245-0849 FAX  
mail@TPMclinic.com

Information to be released includes:

- Copies of History & Physical and Clinical Notes
- Copies of Laboratory and X-ray, and other diagnostic results
- Copies of Operative Reports and Discharge Summaries

This consent can be revoked at any time except to the extent that disclosure made in good faith has already occurred in reliance on this consent.

This consent will remain in effect while I am a patient at TPM.

Attending physicians and facilities, including their employees and officers are released from legal responsibility or liability from the release of information to TPM.

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**Signature**

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**Date**

## **Medication Risks Acknowledgement**

It is very important to us that you understand that we may be prescribing one or more of the following **medications\*** to you. You may already be taking one or more of these, however we may increase or decrease the dosage of your medication(s) at any time.

\*All opioids or Narcotics (e.g. Vicodin, Lortab, Oxycontin, Percocet, Percodan, Codeine, Norco, Morphine, Dilaudid, Tramadol etc).

All Tricyclic-Antidepressants (e.g., Elavil, Triavil, Doxepin, etc).

All anti-seizure type medication (e.g., Neurontin, Lyrica, Cymbalta, Tegretol, etc).

All anti-depressants (e.g. Paxil, Prozac, Cymbalta, Effexor, Wellbutrin etc)

All sedatives-benzodiazepines (e.g., Valium, Klonopin, Ativan, etc).

All muscle relaxants (e.g., Flexeril, SOMA, Zanaflex, Baclofen, etc).

Other medications as deemed necessary.

- Taking medications containing aspirin, acetaminophen, or ibuprofen or other anti-inflammatory medications with alcohol may impair your liver or other organs.**
  
- These medications can cause impairment of mental and/or physical abilities necessary when driving or operating heavy equipment. These effects may be enhanced by use of alcohol and/or other Central Nervous System depressants.**
  
- Stopping some of the medications suddenly can cause serious health problems.**

Please consult your physician or pharmacist if you have any questions or need further information about the side effects and risks associated with the use of these medications.

**I have read the above and understand the implications of using the above-mentioned medications:**

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**Signature**

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**Date**