

## SOAP Note

### SUBJECTIVE

**CC:**

**HPI:** OLDCARTS (Onset, Location, Duration, Character of pain/symptoms, Aggravating factors, Relieving factors, Timing, Severity)

**ROS:** Symptoms the patient reports (+) or denies (-), not your assessment.

- Constitutional: fever, chills, weight loss
- Eyes: vision changes, eye drainage, eye pain, eye itching, eye redness, light sensitivity
- Ears, nose, throat: ear pain, nasal congestion, sore throat, sinus pain/pressure, difficulty swallowing
- Cardiovascular: palpitations, chest pain
- Respiratory: cough, shortness of breath, chest tightness
- Gastrointestinal: nausea, vomiting, diarrhea, constipation, abdominal pain
- Genitourinary: painful urination, frequency, urgency, genital sores
- Musculoskeletal: myalgia, arthralgias
- Integumentary: rashes, wounds
- Neurological: numbness, weakness, tingling, headache,
- Psychiatric: anxious, homicidal ideation, suicidal ideation
- Endocrine: polyuria, polydipsia, polyphagia, heat/cold intolerance

**PMH:** medical and surgical history, hospitalizations

**Meds:** prescription, OTC, and herbal. Medication, dose, route, frequency, and pm indication.

**Ax:** Food, medications, environmental. Be sure to include reactions to each allergen.

**HM:** ex. Immunizations, pap for women over 21, colonoscopy for 45+. (USPSTF)

**FH:** all 1<sup>st</sup> degree relatives (parents, grandparents, siblings, children). If deceased document age of death and cause.

**SH:** education, family unit, living situation, occupation, health literacy, sexual orientation, cultural beliefs, tobacco use, alcohol use, drug use, nutrition, exercise, SDOH

### OBJECTIVE

**VS:** BP, HR, T, RR, O2

**Physical exam:**

- |                  |                         |
|------------------|-------------------------|
| • General        | • Breasts               |
| • Skin           | • Abdomen               |
| • HEENT          | • GU male or GYN female |
| • Neck           | • Rectal                |
| • Respiratory    | • Musculoskeletal       |
| • Cardiovascular | • Neurological          |

**Lab and dx test results:**

### ASSESSMENT

**Dx and 3 differentials** and reference at least one resource (Dains)

### PLAN

**Dx studies:**

**Referrals or consultations:**

**Rx:** medication name, dose, route, frequency, duration and number dispensed

**Pt edu:** non-pharmacological management recommendations (diet), activity, home care measures

**Disposition** and plans for follow up. When to go to ER.

# Physical Exam Soap Note For Uti

**Lingsheng Yao**



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