

WRITING SOAP NOTES

Initial Assessment

Definitions:

Initial Assessment: Usually done post-operatively, it is the first thorough assessment of the injury that involves taking of measurements and setting baselines; *it is not to be confused with the injury report itself.*

- I. **S (Subjective):** includes any of the following information given to the athletic trainer by the athlete or a designated family member:
 - A. The athlete's:
 1. History
 2. Lifestyle or home situation
 3. Emotions or attitudes
 4. Goals
 5. Complaints
 6. Response to treatment
 - B. Any other information that is relevant to the athlete's case or present condition, home situation, whether the athlete feels the goals set were achieved and whether the athlete feels ready to function at home.
- II. **O (Objective):** includes any of the following information (depending upon the individual clinical facility):
 - A. Part of the athlete's history taken from the medical record and relevant to the current problem [NOTE: Only certain facilities include information from the medical record under O].
 - B. Information that is a result of objective measurements or observations (must be measurable and reproducible data (like goniometer measurements, ft/lbs of torque, etc.); may use database, flow sheets, or charts and summarize data under O.
 - C. Part of the treatment already given to an athlete (particularly specific exercises taught to the athlete, the level of independence in performing the exercises, number of repetitions tolerated, positions used, modifications necessary, etc).
- III. **A (Assessment):** includes four sections that together provide the reader with the athletic trainer's reasoning for goals and treatment set.
 - A. The Problem List provides a summary of the athlete's major problems as written in the subjective and objective parts of the note. The steps to formulating the problem list are as follows:
 1. Write the S and O portions of the note. (*Prerequisite step*)
 2. Review the S and O portions of the note, jotting down or highlighting findings that are not WNL and that can be influenced or changed by rehabilitation in the athletic training room. (Medical or psychiatric problems do not belong in the rehabilitation problem list.)
 3. Set priorities as to which problem is the most important, the next important, and so forth.
 4. List the problems to be addressed during rehabilitation in order of priority.

Sample Occupational Therapy Progress Note

Xiaolong Qi



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Table of Contents Sample Occupational Therapy Progress Note

1. Understanding the eBook Sample Occupational Therapy Progress Note
 - The Rise of Digital Reading Sample Occupational Therapy Progress Note
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Occupational Therapy Progress Note
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Occupational Therapy Progress Note
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Occupational Therapy Progress Note
 - Personalized Recommendations
 - Sample Occupational Therapy Progress Note User Reviews and Ratings
 - Sample Occupational Therapy Progress Note and Bestseller Lists
5. Accessing Sample Occupational Therapy Progress Note Free and Paid eBooks
 - Sample Occupational Therapy Progress Note Public Domain eBooks
 - Sample Occupational Therapy Progress Note eBook Subscription Services
 - Sample Occupational Therapy Progress Note Budget-Friendly Options

6. Navigating Sample Occupational Therapy Progress Note eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Occupational Therapy Progress Note Compatibility with Devices
 - Sample Occupational Therapy Progress Note Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Occupational Therapy Progress Note
 - Highlighting and Note-Taking Sample Occupational Therapy Progress Note
 - Interactive Elements Sample Occupational Therapy Progress Note
8. Staying Engaged with Sample Occupational Therapy Progress Note
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Occupational Therapy Progress Note
9. Balancing eBooks and Physical Books Sample Occupational Therapy Progress Note
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Occupational Therapy Progress Note
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sample Occupational Therapy Progress Note
 - Setting Reading Goals Sample Occupational Therapy Progress Note
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Occupational Therapy Progress Note
 - Fact-Checking eBook Content of Sample Occupational Therapy Progress Note
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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