

## 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

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