

SOAP Progress Notes

Patient information

Name: Emily Thompson

Age: 32

Gender: 05/12/1991

Date of birth: 05/12/1991

Subjective

Emily reports persistent headaches for the past two weeks, describing them as "throbbing pain" behind her eyes. She rates the pain as 7/10 at its worst, typically in the late afternoon. Emily mentions increased stress at work and difficulty sleeping. She has been taking over-the-counter ibuprofen with minimal relief. No visual disturbances or nausea reported. Patient denies any recent head injuries or changes in medication.

Objective

BP: 128/82 mmHg

HR: 76 bpm

Temp: 98.6°F (37°C)

Resp: 16/min

Weight: 145 lbs (65.8 kg)

Neurological exam: Alert and oriented x3, pupils equal and reactive to light, no focal deficits

Neck: Full range of motion, no lymphadenopathy

Sinuses: Nontender to palpation

Assessment

Tension headaches, likely related to increased stress and poor sleep hygiene. Differential diagnoses to consider: migraine without aura, cervicogenic headache, medication overuse headache.

Plan

Educate patient on stress management techniques and sleep hygiene

Recommend switch to acetaminophen 500mg q6h PRN for pain relief

Encourage adequate hydration and regular meals

Prescribe sumatriptan 50mg PO for severe headaches, max 2 doses/24 hours

Refer to physical therapy for neck stretches and posture assessment

Follow up in 2 weeks if symptoms persist or worsen

Consider referral to neurology if no improvement with current plan

Practitioner's name: Dr. Sarah Johnson

Practitioner's signature: 

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David Kirk



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