#### 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
- <u>Eyes:</u> vision changes, eye drainage, eye pain, eye itching, eye redness, light sensitivity
- <u>Fars. nose. throat:</u> ear pain, nasal congestion, sore throat, sinus pain/pressure, difficulty swallowing
- Cardiovascular: palpitations, chest pain
- <u>Respiratory</u>: cough, shortness of breath, chest tightness
- Gastrointestinal: nausea, vomiting, diarrhea, constipation, abdominal pain
- Genitourinary: painful urination, frequency, urgency, genital sores
- <u>Musculoskeletal</u>: 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 prn 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\* degree relatives (parents, grandparents, siblings, children). If deceased document

FH: all 1" 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
- Skin
- HEENT
- Neck
- Respiratory
- Cardiovascular

- Breasts
- Abdomen
- GU male or GYN female
- Rectal
- Musculoskeletal
- 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 nose, 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**

**Ian Pickup** 

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