

# Sample SOAP Note

## Subjective:

The patient is a 67-year-old female who has come in today for a follow-up visit regarding her chronic type 2 diabetes and associated neuropathic pain. She also reports new onset of nocturia over the past month, waking up to urinate 2-3 times per night. Additionally, she notes increased fatigue and decreased appetite. She denies experiencing any chest pain, shortness of breath, or any changes in vision. Medications include Metformin 1000mg twice daily, Gabapentin 300mg three times daily, and Lisinopril 10mg daily.

## Objective:

Vitals: Blood Pressure: 148/92 mmHg, Heart Rate: 80 beats/min, Respiration Rate: 16 breaths/min, Temperature: 98.7°F, Oxygen Saturation: 98% on room air.

Physical Examination: Patient is awake, alert, and oriented to person, place, and time. Skin is warm and dry, no rashes or lesions noted. Pulses are +2 in all extremities. Cardiac auscultation reveals regular rate and rhythm, no murmurs or gallops. Lungs are clear to auscultation bilaterally. Abdomen is soft and non-tender with no palpable masses. Feet examination reveals decreased sensation to light touch, no open sores or ulcers.

Lab Results: HbA1c 8.2%, Creatinine 1.3mg/dL, GFR 55ml/min, Urinalysis shows trace of protein, Blood Glucose Level 180 mg/dL.

## Assessment:

1. Uncontrolled Type 2 Diabetes Mellitus with peripheral neuropathy.
2. Hypertension, poorly controlled.
3. Possible early nephropathy due to nocturia and trace protein in urine.
4. Fatigue and decreased appetite - differential includes poor diabetes control, depression, early renal disease.

## Plan:

1. Optimize diabetes management: Increase Metformin to 1500mg twice daily. Discuss the possible addition of a second anti-diabetic agent or insulin.
2. Titrate blood pressure medication: Increase Lisinopril to 20mg daily. Recheck blood pressure in one week.
3. Address possible early nephropathy: Refer patient to nephrology for further evaluation and management.
4. Investigate fatigue and decreased appetite: Order CBC, CMP, TSH, and depression screening. If labs are unremarkable, consider referral to a dietician.
5. Continue Gabapentin for neuropathic pain. Monitor for potential side effects given increased Metformin dose.
6. Schedule follow-up visit in 2 weeks to reassess blood pressure, glycemic control, and discuss lab results. If patient's symptoms worsen, she should return sooner.

# Learning Disability Soap Notes

**Scott C. Dulebohn**



**Learning Disability Soap Notes:**

## Decoding **Learning Disability Soap Notes**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Learning Disability Soap Notes**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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