

SOAP Notes

**Satellite Conference and Live Webcast
Friday, November 15, 2013
9:00 – 11:00 a.m. Central Time**

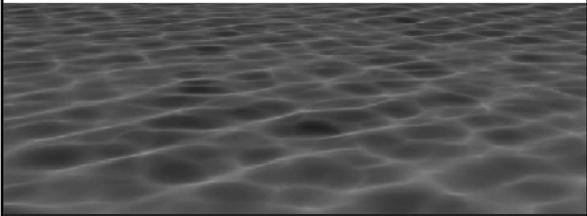
Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

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SOAP Notes

*"If it ain't written down,
it did not happen!"*



SOAP Notes

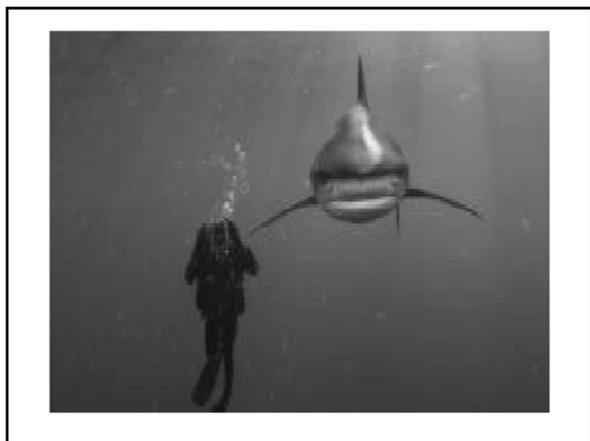
- **Why Now**
 - Effective January 1, 2014 under The Affordable Care Act, women's preventative and wellness services and chronic disease management are one of the essential benefits
- (OBG Management, Sept. 2012, Vol. 24, No. 9)

SOAP Notes

- Efficiency of our medico - legal document has never been more important

SOAP Notes

- Notes are legal documents that are taken as the formal and complete record of the visit. (The lawyers and insurance companies don't believe additional things that happen, that are not a part of the original documentation, and going back to change a note is regarded as very suspicious of fraud.)
- (Kansas University Medical Center, Nov.28,2012)



SOAP Notes

- **Notes improve dramatically if we work at developing this core clinical skill**
- **Statistically clinicians consistently gather significant amount of important information that we don't enter into the note**

SOAP Notes

- **Electronic medical records promote the use of SOAP formatted notes because it can be tailored to any visit type**
- **It is our now and it is our future**

SOAP Notes

- **Essentials include:**
 - **Statement of visit or Statement of Problem (CC)**
 - **Subjective data**
 - **Objective data**
 - **Assessment diagnoses**
 - **Plan of care**

SOAP Notes

- **Note writing is the process of clinical decision making and organization**
- **The history of present illness / chief complaint / what is relevant today**
- **The examination / diagnostics**
- **The diagnoses / risk factors**

SOAP Notes

- **The orders / labs collected / plan of care / consults / referrals / patient education / follow – up / date of next appointment**

SOAP Notes

- **General appearance includes:**
 - Appearance (WDWN)
 - Distress / pain (NAD)
 - General affect (friendly / flat / sad / anxious)
 - Specific individual issues relevant (high school freshman / multiple piercings / self - neglect)

SOAP Notes

- **Example**
 - 30 yo G1P1 WDWN female in NAD / talkative and friendly college student in for annual family planning exam



Problem List

- It is the direct recommendation by the American Congress of Obstetricians and Gynecologist for modern practice to include an accurate and effective problem list

Problem List

- Courts have held health professionals responsible for contacting their patients for follow - up needs
 - ACOG Committee Opinion No. 329, March 2006, updated 06/22/2010

Problem List

- The problem list enables:
 - A centralized location of patient medical problems
 - Enables improved communication with all other health professionals
 - Improves clinical decision making
 - Improves management of chronic conditions

Problem List

| Date | Condition / Problem |
|------------|---------------------------|
| 5/12/2008 | Hx. Of blood clots |
| 10/11/2011 | Hypertension / MD Consult |
| 10/11/2012 | Breast mass |
| 10/17/2012 | +700 |
| 10/18/2013 | PCOS / MD Consult |
| 10/21/2013 | Abnormal Mamm |



Well - Woman Care

- Age categories recognized now by ACOG and many other professional organizations give organized guidance to total well - woman care

Well - Woman Care

- Women's preventative and wellness services and chronic disease management are one of the essential benefits effective January 1, 2014 under the Affordable Care Act

– OBG Management Sept. 2012, Vol.24, No. 9

Well - Woman Care

- Four age recommendation intervals
 - The adolescent 13 - 18 years
 - The young woman 19 - 39 years
 - The mature woman 40 - 64 years
 - The older woman 65+ years

Well - Woman Exam

- The adolescent 13 - 18 years
 - Screen / guide / immunize
 - Target your screening conditions
 - Anticipate adolescent development
 - Recommend immunizations

Well - Woman Exam

- Menses evaluation - consider it as a 'vital' sign
- Non - sexually active vs. Sexually active

Well - Woman Exam

- The young woman 19 - 39 years
 - Effective contraception
 - Cervical cytology begins at 21 years
 - STD awareness
 - Diet and exercise counsel

Well - Woman Exam

- Immunization updates
- Peak incidence of autoimmune conditions

Well - Woman Exam

- Mature woman 40 - 64 years
 - Transition to menopause
 - Cervical cytology
 - Mammography
 - Increased insomnia
 - Multiple medical diagnoses

Well - Woman Exam

- Osteoporosis awareness
- Colorectal cancer screening

Well - Woman Exam

- The older woman 65+ years
 - Number one death risk is cardiovascular
 - Respiratory illness risk
 - Cervical cytology
 - Considerations for discontinuing
 - Annual mammography

Well - Woman Exam

- Colorectal cancer screening
- Osteoporosis
- Cognitive decline

Well - Woman Exam

- Concerns at any age:
 - Mental health issues
 - Sexual dysfunction
 - Domestic violence
 - Sexual assault
 - Follow - up, consult, and referral

Well - Woman Exam

- Ask the RIGHT Question (s)
 - Within the past year . . . ?
 - At any time has . . . ?

CONCLUSIONS

- From history taking to SOAP notes to identifying problems to Well-Woman Visits
- It is imperative that we focus on increased numbers of visits while maintaining the quality
- It will take the biggest team approach ever

CONCLUSIONS

- We have to support each other in this process
- We can only have success when there is a clear sense of mission
 - Our patients, share ideas, grow together, and commit to EXCELLENCE

