

## PROGRESS (SOAP) NOTE:

Date and Time

Type of visit (therapy, medication management), face to face time

Significant Events: Since past visit.

Subjective (**S**): Use the patient's own words as much as possible

- Vegetative symptoms (sleep, appetite, concentration/energy, anxiety, etc.)
- Patient's complaints, pain, medication side effects
- Requests

Objective (**O**): ALSO LIST MEDS AND DOSES IN SIDE COLUMN

- Vital Signs
- Physical Exam (if pertinent, or new changes – rash, etc.)
- Labs (admit labs of first day, new results, or new labs ordered)
- Studies (CXR, ECG, US, neuropsychological testing, etc.)

MENTAL STATUS EXAM (MSE):

Appearance - describe hygiene, clothing and appropriateness, grooming  
Behavior - posture, movement, psychomotor agitation/retardation, catatonia  
Speech - rate, rhythm, volume, prosody, latency, pressured, content (real words?)  
Mood - what the patient says, how they are feeling (put in "quotes")  
Affect - your description of how patient feels  
Thought Process - organization, tight, linear, logical, perseverance, tangential, circumferential  
Thought Content - SI/HI, A/VH, delusions, paranoia, thought insertion, thought blocking, special powers, grandeur, anxiety, flashbacks, nightmares, craving  
Insight - how well do they understand the situation? Poor, Fair, or Good  
Judgment - how well is their decision making? Poor, Fair, or Good  
Cognition - MMSE score, A&O x 3, grossly intact

Assessment (**A**): 1-2 sentence summary of

- Patient profile: age, M/F, race, occupation, marital status, significant characteristics (IVDU, pregnant)
- Diagnosis (may include differential)
- Prognosis
- Treatment and tolerance / side effects/ improvement
- Diagnosis: DSM-5

Plan (**P**): List by diagnosis or problem (medication strategy, planned tests, social work issues, discharge plans)

1. Major Depressive Disorder

- 1) Start Paxil 20 mg PO qd
- 2) Schedule outpatient appointment with Dr. Psychiatrist
- 3) Etc.

- Follow up appointment and time:

Signature, date and time