**King University MSN/NP Program** 

**Clinical SOAP Note Format**

**Adult & Geriatrics**

**Student:** Angel Hobbs **Course:** NURS5019

SOAP Note #3

**Pt. Initials:** RH **Age:** 47 Male **DOB:** 06/07/1973 **LMP:** N/A

**(Subjective)**

**CC:** Pt presents today with c/o burning in throat and nausea for two weeks. States he went to Holston Valley ER when it started, and they gave him something to drink that was thick and chalky, and it helped. Reports he still has the burning in his throat and it feels as though it has moved into his chest. Also reports nausea is still present. PT reports he has chronic back and hip pain, and is currently trying to attain disability. Reports the pain started after terrible car wreck and reconstructive surgery in May 2019. PT reports he is currently on no pain medication. States after surgery he had relief for about a month, but has not had anything for pain in approximately 1 year. Pt reports after the surgery, he lost his job and has not had any insurance. He has recently been able to get insurance through his wife’s work. Reports he has learned to live with the pain.

HPI:

**Character:** **Throat**- burning. Especially after eating. Even with snacks or light meals. **Back & hip**- Feels tender when sitting, and sharp, severe pain with motion.

**Onset: Throat**- 2 weeks ago **Back & Hip**- 13 months ago

**Location:** Throat and back/hips

**Duration: Throat**- intermittent, especially 1-2 hours after meals. Last for hours. **Back and hips-** pain has been constant for 13 months.

**Severity: Throat**- rates pain at about a 4, especially after meals. **Back and hips**- rates pain at about 6-7 constantly.

**Pattern: Throat**- burning begins after meals. **Back and hips-** pain becomes excruciating and exacerbates with quick movement, steps, bending, standing, or lifting.

**Associated:** Pt states his throat “just started hurting.” Thought he was having chest pains at first. **Back and hips**- associated with car accident and surgical reconstruction of hips.

**Medical Hx:**

smoker

**Surgical Hx:**

Back surgery- May 2019 Hip reconstruction surgery- May 2019

**Social Hx:** Pt is married, and lives with his wife and 2 teenage children. denies alcohol use, denies vaping, and illicit drug use. Pt smokes approximately 10 cigarettes daily and states he is cutting down to ween himself from smoking. Pt reports drinking large amounts of coffee daily (2 pots). States he eats well but admits he eats high cholesterol diet (red meat, fried foods, fast food). Pt reports he finished high school.

**Family Hx:** Unable to report. Pt states he has no idea.

**Meds/Allergies:** Currently taking OTC Ibuprofen for pain and OTC Tums for burning in throat.

NKDA were identified.

**Review of Systems (Subjective):**

**General:** Pt is clean and well groomed, dressed appropriately for weather. PT is cooperative and affect is appropriate.

**HEENT:** Denies pain in ears, eyes, and nose. Denies ringing or itching in ears. Denies drainage from eyes or nose. C/O burning and discomfort in throat. Feels like vomit is coming up his throat.

**Skin:** Denies bruising, rashes or lesions.

**Respiratory**: Denies cough, denies difficulty breathing or distress

**Cardio:** C/O mild chest discomfort and excessive burning. Denies palpitations.

**GI:** C/O some abdominal tenderness, and nausea.

**GU:** Denies pain and/or pressure with urination. Denies hematuria, urgency and frequency.

**Diet:** Admits to high protein, high cholesterol, high fatty diet (red meat, fried foods, fast foods).

**Endocrine:** Denies excessive fatigue, fever and chills.

**MS:** Admits to severe pain and discomfort in back and hips. Admits to joint pain. C/O severe pain with moderate amount of movement.

**Neuro:** Denies any numbness and tingling in extremities. Denies weakness.

**Psych:** Denies thoughts of suicide, hurting himself or others and denies depression and/or anxiety.

**Review of Symptoms (Objective):**

**Vital signs**: T:98.6 **P:** 81 **R:** 18 **BP:** 120/81 **HT:** 5’ 11” **WT:** 237 # **BMI**: 32.8 **Pain:** Currently- 7/10 for back and hips. Throat- 4/10.

**Constitutional –** Very pleasant, cooperative 47 y/o male. Clean and well groomed. Affect is appropriate, however seems nervous. A&O x’s 3. Good historian.

**HEENT:** Auditory canal is clean and free of debris. Tympanic membranes are intact, pearly gray in color, and without erythema. Nasopharynx is pink and moist without lesions. No septal deviation noted. Oropharynx is pink and moist without irritation. No exudate or lesions are present. Uvula is midline. No tenderness or pain from frontal and maxillary sinuses.

**Skin:** Warm, dry, intact. No open sores or areas on patients’ arms, neck, face.

**Respiratory:** Respirations even, regular, and unlabored. No adventitious sounds heard.

**Cardio:** S1 and S2 heard. No murmurs, rubs or gallops noted.

**GI:** Normoactive bowel sounds heard in all four quadrants. Abdomen soft, non-distended, tenderness/discomfort noted throughout with palpitation.

**GU:** Not assessed.

**Endocrine:** No cervical or supraclavicular adenopathy noted.

**MS:** Delayed movement and grimacing noted during orthostasis. Abduction and adduction of arms are normal. Flexion and extension of hip very limited. Reports increase in pain level just from standing.

**Neuro:** A&O x’s 3. CN11 and 12 intact with assessment.

**Psych:** Behavior is appropriate. Very cooperative with examination even with limited movement.

**Other:** Records obtained from Holston Valley for ER visit. Will obtain records from surgery. CSMD is clear. Ordered CBC and UDS. Pain contract signed. Pt has Cigna insurance and instructed to download Good RX app on his phone.

**Assessment:**

**Dx:**

**1.** Gerd without esophagitis (K21.9)

**2.** Pain in bilateral hips (M25.552)

**Differentials:**

1. Gastroparesis (K31.84)

2. Peptic ulcer disease (K27.9)

3. Bursitis (M70.60)

4. Stress fracture (M84.359A)

**Plan:**

1. Omeprazole 20mg take 1 tablet by mouth every day #30 with 3 refills (Purchased at Walgreens- $3.00) Cigna drug tier Formulary

2. Tylenol #3 (Tylenol 300mg- Codeine 30mg) take one tablet every 8 hours as needed for pain #90 no refills ( purchased at Walgreens- $12.00) Cigna Drug Tier Formulary

3. UDS (Cigna does not pay for drug screens) UDS in house cost $30.00

4. Check CSMD (0$)

5. Depo-Medrol 80 mg IV (once) $12.00 Cigna drug tier Formulary

6. Toradol 60 mg IV (once) Drugs.com- $25.46

**Pt.Education:**

1. Take stomach medication 30 minutes prior to first meal of the day.

2. Do not lie down for 2 hours after eating.

3. Avoid spicy or fatty foods, citrus juices, chocolate, coffee, caffeine and alcohol

4. Eat smaller meals

5. Stop Smoking

6. Take pain medication when needed.

7. Do NOT share your pain medication with anyone or sell your medication

8. Take your medications exactly as directed on your prescription.

**Preventive care:** Use proper mechanics when lifting, adequate rest, eat a healthy diet

**Follow-up instructions:** RTO in 1 month

**Other:** Will obtain UDS at next appointment, along with CMP, lipids panel, and thyroid panel.

I feel that I addressed Ethics, Policy, and Quality core competencies with this patient. By listening to his story, doing an advanced musculoskeletal assessment and discussing urine drug screens and pain contracts with the patient, I feel I addressed Policy competencies. Using the Ethical competency, I provided the best care and integrated ethical principles in my decision making for this patients’ care. Using Quality competency, I used the best available evidence to assure continuous quality of clinical practice.