



Mental Health SOAP Note Template

23 Mar 2023 / Ina Germanicus

Complete

Score	0%	Flagged items	0	Actions	1
Patient Name	Natalie Vishal				
Conducted on	23.03.2023 10:38 PST				
Prepared by	Ina Germanicus				
Location	Hawaii, USA (19.8967662, -155.5827818)				

Actions

1 action

SOAP Note / Additional Progress Notes

Enter any additional progress notes here

Follow-up necessary.

To Do | Priority High | Due 23.03.2023 10:46 PST | Created by SafetyCulture Staff

Coordinate with secretary to prompt patient for her return

S - Subjective

Ask your patient for their chief complaints and describe them here. Follow the OLD CHARTS or OLD CARTS acronym for a more in-depth subjective talk with your patient.

Enter patient's chief complaint here

Patient reports feeling sad and anxious for the past week. She describes difficulty sleeping and loss of appetite are felt most of the time, and struggles to keep food down. There is no set time for when this happens, but feels worse when she just ate a lot and whenever she is at work. She also feels her anxiety more when she thinks back to a car accident last week.

O - Objective

Enter patient's vital signs here

Patient's blood pressure is 120/80. She appears tearful and fidgety during the session.



Photo 1

A - Assessment

Enter your preliminary assessment here

Based on the patient's symptoms and observations during the session, the healthcare provider diagnoses the patient with major depressive disorder and anxiety disorder. It is also possible she is having PTSD.

The next section can be repeated as many times as necessary depending on the status and needs of the patient

P - Plan

P - Plan 1

Enter your plan here

For patient's depression and anxiety: The healthcare provider prescribes the patient with an antidepressant medication and refers her to a therapist for cognitive-behavioral therapy.

P - Plan 2

Enter your plan here

For possible PTSD: The healthcare provider will encourage her to keep a journal for now and keep track of her symptoms and triggers. This will be further discussed in later sessions.

Additional Progress Notes

1 action

Enter any additional progress notes here

Follow-up necessary.

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Coordinate with secretary to prompt patient for her return

Sign off

Prepared by

Ina Germanicus

Ina Germanicus
23.03.2023 10:43 PST

Date

23.03.2023

Possible follow-up consultation date

13.04.2023

Media summary



Photo 1