

SOAP Note for Psychiatry

Patient Information

Patient Identifier(If known): ABC123

First Name: Holly

Surname: Christmas

Date: 11/16/2022

DoB: 5/4/1999

Subjective

Hx of Presenting Illness

Mood has been erratic and irritable for past few months
Past 6 weeks sleeps <5 hr nightly attributes to her racing thoughts
Describes four-day manic episode, no sleep, hyper focussed on social media presence
Accompanied by Mother who reports she is highly talkative (more than usual) easily distracted, irritable

Past Medical Hx

~6 months CBT for depression in late teens

Family Hx

Maternal grandmother treated for depression

No other family history of mental illness

Medications/Allergies

None

Past Psychiatric Hx

None

Personal/Social Hx

Withdrawn from university classes following failed test, attributes to inability to focus
She lives with Mother and siblings who have increasingly strained relationship due to her "up and down" mood swings.
Weight loss (>20kg) past 12 months

Objective

H: 165cm W: 54kg BMI:19.8 BP: 120/80

Appears restless, fidgeting and facial twitches does not appear to be aware she is doing.

Requested to see her phone multiple times during appointment.

Soap For Psychiatry

JE Gale



Soap For Psychiatry:

Soap For Psychiatry Book Review: Unveiling the Power of Words

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