

SOAP Note

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****Subjective:****

- Patient reports intermittent sharp abdominal pain in the epigastric region.
- Onset: Gradual over the past 2 weeks.
- Duration: Pain typically lasts for several hours, recurring throughout the day.
- Intensity: Moderate to severe, interfering with daily activities.
- Alleviating factors: Eating small, frequent meals and avoiding certain foods such as spicy or fatty foods.
- Exacerbating factors: Eating large meals, skipping meals, and consuming trigger foods.
- Patient also reports a low-grade fever, occasional nausea, and a decrease in appetite.

****Objective:****

- Physical examination: Mild tenderness to palpation in the epigastric region, no abdominal distension or masses.
- Vital signs: Temperature 38.2°C , heart rate 88 bpm, respiratory rate 18 breaths per minute, blood pressure 128/82 mmHg.
- Laboratory results:
 - Complete blood count: Normal
 - Serum electrolytes: Normal
 - Liver function tests: Normal
 - Pancreatic enzymes: Normal
- Imaging: Abdominal ultrasound shows no abnormalities.

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****Assessment:****

- Differential diagnosis:
 - Gastritis
 - Peptic ulcer disease
 - Irritable bowel syndrome
 - Chronic pancreatitis

****Plan:****

- Treatment:
 - Proton pump inhibitor twice daily for 8 weeks
 - Antacid as needed for pain relief
 - Dietary modifications: Bland diet, avoiding spicy, fatty, and acidic foods.
 - Lifestyle modifications: Regular meals, stress reduction techniques.
- Referrals:
 - Consider referral to a gastroenterologist if symptoms persist or worsen.
- Follow-up:
 - Schedule follow-up appointment in 4 weeks to assess response to treatment.
 - Repeat laboratory tests and imaging as necessary.