\*\*SOAP Note: F.W., Week 3\*\*  
  
\*\*Subjective (S):\*\*  
  
\*\*CC:\*\* Management and integration of an active lifestyle and self-care practices.  
  
\*\*HPI:\*\* F.W. is a male actively engaged in physical activities, including gardening and sports such as basketball and golf. He engages in consistent personal hygiene, often showering due to outdoor work. F.W. reports sporadic joint and muscle injuries associated with his sports activities but states these have not necessitated ongoing medical treatment or prescription medications. He adheres to a diet with minimal meat and fish intake and reports no current self-care deficiencies. F.W. is exploring enhanced use of technology for managing his schedule, using Amazon Alexa. F.W. notes his son recently contracted COVID-19, prompting strict household health precautions.  
  
\*\*Past Medical History:\*\*   
- Sports-related injuries (e.g., joint pain, calf muscle strain).  
- No chronic illnesses reported.  
  
\*\*Surgical History:\*\* None reported.  
  
\*\*Family History:\*\*   
- Son currently recovering from COVID-19, leading to household preventative actions such as mask use and distancing.  
  
\*\*Social History:\*\*   
- Regular participation in physical activities, including competitive and recreational sports.  
- Companionship involvement with spouse in decision-making, especially regarding entertainment.  
  
\*\*Medications:\*\* None prescribed currently. Uses OTC medications for allergy management and headaches (Tylenol, naproxen).  
  
\*\*Allergies:\*\* Managed with OTC allergy medications.  
  
\*\*ROS:\*\*  
- \*\*General:\*\* No unintended weight changes or fatigue.  
- \*\*Musculoskeletal:\*\* Occasional joint pain and previous injury occurrences due to sports activities, none currently active.  
  
\*\*Objective (O):\*\*  
  
- \*\*Vital Signs:\*\* Unavailable as the session was virtual.  
- \*\*Physical Exam:\*\* Not conducted during this session.  
- \*\*Laboratory Data:\*\* Awaiting results from a recent fasting blood test, as part of routine evaluation.  
- \*\*Other Diagnostic Data:\*\* Reports usage and intent to extend Amazon Alexa functionalities for effective calendar and task management.  
  
\*\*Assessment (A):\*\*  
  
1. \*\*Sports-related Injuries:\*\*  
 - Previous injuries from sports activities with current stability; no acute issues.  
  
2. \*\*Incorporated Technological Assistance:\*\*  
 - Interest in maximizing use of Alexa for calendar management and daily scheduling.  
  
3. \*\*COVID-19 Precautions and Exposure:\*\*  
 - Son tested positive for COVID-19, necessitating household preventive strategies.  
  
4. \*\*Overall Health and Self-Maintenance:\*\*  
 - F.W. practices effective self-care and is committed to scheduled health evaluations.  
  
\*\*Plan (P):\*\*  
  
1. \*\*Management of Sports-related Issues:\*\*  
 - \*\*Follow-up:\*\* Recommend continuation of existing exercise regimens with adaptations as necessary based on future sporting activities. If injuries reoccur, initiate assessment for possible physiotherapy referrals.  
 - \*\*NSAID Use:\*\* Continue OTC medication use (e.g., naproxen) as prescribed for symptomatic relief, following guidance.  
  
2. \*\*Technological Optimization:\*\*  
 - \*\*Alexa Setup:\*\* Arrange for support or tutorial session specific to enhancing Alexa’s utility, especially calendar integration with troubleshooting for desired features like split-screen views.  
 - \*\*Usage Evaluation:\*\* Periodically review these functionalities to determine effectiveness and potential improvements.  
  
3. \*\*COVID-19 Precautionary Measures:\*\*  
 - \*\*Guidance:\*\* Strict adherence to mask-wearing, hygiene, and social distancing within the home. Assess symptom presence regularly within the household to manage risks.  
 - \*\*Immunization Planning:\*\* Consider scheduling for seasonal flu and updated COVID vaccine as per health advisories.  
  
4. \*\*Health Surveillance and Maintenance:\*\*  
 - \*\*Lab Follow-through:\*\* Ensure results from fasting blood test are evaluated for any irregularities warranting further action.  
 - \*\*Routine Health Checks:\*\* Continue with regular physicals, dermatology consultations, etc., to preserve health status without any emerging issues.  
  
5. \*\*Follow-up Actions:\*\*  
 - Regularly engage in sports under safe conditions; seek medical advice if any injuries or excessive symptoms develop.  
  
SOAP Note refinement complete. @coherence\_evaluator please evaluate this refined note.