\*\*SOAP Note for Patient R.T.\*\*  
  
\*\*Subjective (S):\*\*  
Patient R.T. is a young adult recovering from a condition impacting left arm strength, participating in virtual sessions to enhance self-care using technology. She reports satisfaction from participating in aquatic exercises, emphasizing the positive impact on her mood and physical well-being. R.T. struggles with styling her hair, particularly in forming a ponytail, due to left arm weakness and has difficulty in applying lotion evenly, often using excess. She is actively attempting to improve her diet by reducing processed foods and incorporating more natural foods like fruits and grains, utilizing her smartphone to organize grocery lists effectively. R.T. regularly takes anti-seizure medication, and her neurologist plans to adjust her regimen by reducing the current medication while introducing a new one. She is focused on using technology to assist in self-care tasks and medication adherence, particularly using Amazon Alexa for reminders.  
  
\*\*Objective (O):\*\*  
- During the session, R.T. demonstrated proficiency in using Amazon Alexa for various tasks including setting reminders for medications and therapy sessions, managing grocery lists, and accessing health services information.  
- She engages in physical therapy and has established reminders for these sessions, approximately 45 minutes prior to start time.  
- R.T.'s current medication regimen includes Keppra, taken twice daily, with a planned transition to new medication as instructed by her neurologist.  
- She employs Alexa to aid with everyday tasks and to provide reminders about hair styling, physical therapy, and medication administration.  
- Displays competence in utilizing her smartphone and technological aids for health management, showing an adaptive approach to managing her weaknesses.  
  
\*\*Assessment (A):\*\*  
R.T. has effectively integrated technology into her daily routine to manage her health and self-care needs. Despite the limitations from her left arm weakness, she utilizes Alexa and her smartphone to compensate, illustrating her proactive approach toward self-management. The planned adjustment to her medication regimen requires careful monitoring to ensure a smooth transition. There are opportunities to further enhance her skills with technology to manage dietary improvements and self-care tasks efficiently. R.T.'s background in science contributes to her methodical and organized approach to her health challenges, ensuring adherence to therapeutic regimens.  
  
\*\*Plan (P):\*\*  
- Continue to optimize use of Alexa for setting alarms and reminders related to medication, therapy appointments, and personal care routines.  
- Reinforce exercises to strengthen left arm and improve functional movements to aid in self-care activities, such as hair styling.  
- Enhance dietary habit monitoring through recorded lists of foods to purchase, monitored via smartphone applications and validated with nutritional guidance.  
- Implement periodic evaluations to ensure the effectiveness of reminder systems, adjusting as needed for medication regimen changes to prevent complications.  
- Schedule consistent check-ins with her neurologist to monitor adjustments in medication and ensure control of seizure activity.  
- Continue to encourage use of Alexa for essential retraining in health inquiries, ensuring R.T. remains autonomous in managing healthcare provider appointments and medication procurement.  
  
SOAP Note refinement complete. @coherence\_evaluator please evaluate this refined note.