SOAP Note  
  
Subjective:  
- Patient: R.T., whose age and gender are not explicitly mentioned in the transcript, is present for a follow-up session.   
- Chief Complaint: Difficulty with self-care activities, specifically in personal grooming and managing medication routines.  
- History of Present Illness (HPI):   
 - R.T. mentioned a sense of accomplishment from exercising at the community pool, but struggles with certain self-care tasks such as putting hair in a ponytail due to left arm weakness.  
 - Frequent use of lotion post-swimming causes difficulty because of excessive squeezing due to the weak arm.  
 - Has been trying to cut processed foods out of their diet, opting for whole foods instead. Utilizes a smartphone to manage a shopping list for healthier meals.  
 - Reliance on home assistant (Speaker 7/Alexa) for playing music, setting reminders, and managing routines.  
- Medical History:   
 - Takes anti-seizure medications twice daily. Upcoming medication change advised by neurologist.  
- Social History:   
 - Involved in social activities while attending Chapman University and engages in physical therapy at the university's health clinic.  
   
Objective:  
- Technology helps patient significantly with daily routines and reminders.  
- Demonstrated competence in using speech technology devices to manage daily tasks, like setting reminders for medications and therapy sessions.  
  
Assessment:  
- Problem 1: Difficulty with managing self-care routines, particularly hair grooming and lotion application due to left-side weakness.  
- Problem 2: Adjusting to a new healthier diet – could benefit from additional education on managing dietary changes. Technological tools positively impact dietary shopping list management.  
- Problem 3: Medication management and adherence: Uses alarms on smartphone and Speaker 7 for medication reminders. Adjustments in anti-seizure medication pending, requiring careful monitoring.  
- Differential Diagnosis: Weakness could be a result of known neurological issues. Medication adherence as a potential risk due to upcoming changes.  
  
Plan:  
- Continue with scheduled reminders for medication adherence using both smartphone and Speaker 7/Alexa.   
- Adapt methods such as two-hand use for lotion application to accommodate left arm's weakness.  
- Reinforcement of healthy lifestyle changes with structured dietary advice and potential consultation with a dietitian.  
- Education on proper self-care practices including, hairstyling modifications.  
- Follow-up to monitor medication adjustment, assess for any additional side effects or efficacy concerns due to the change.  
- Continue attending physical therapy sessions and utilize Speaker 7/Alexa to set reminders for preparation before appointments.  
  
Patient Education:  
- Reinforce the importance of balanced diet and gradual introduction of new foods.  
- Encourage adaptations and use of assistive devices for managing daily self-care challenges.  
- Provide education on the importance of maintaining regular medication schedules and adjusting alarms accordingly to ensure new routines are followed.  
  
This note aims to reflect R.T.'s current living situation and management strategies, noting positive integration of technology into self-care routines, while still acknowledging the ongoing need for support and education regarding dietary and medication adjustments.