\*\*SOAP Note\*\*   
\*\*Patient Name:\*\* R.T.   
\*\*Date:\*\* [Date of Encounter]   
\*\*Clinician Name:\*\* Kayley   
  
\*\*Subjective:\*\*   
- \*\*Chief Complaint (CC):\*\* No specific immediate medical complaint; discussion session on self-care, hygiene, and medical needs management.   
- \*\*History of Present Illness (HPI):\*\* The patient, R.T., participates in a session to explore self-care practices, utilizing technology like Gemini for assistance. Patient mentions enjoying water-related activities for physical exercise, like swimming, as a form of self-care. Explored the interest in yoga for physical wellness, noting the importance of movement and spatial awareness. Discussed sleep habits, with an emphasis on needing nine hours of sleep.   
- \*\*Medical History:\*\* History of seizures, managed with twice-daily anti-seizure medication.   
- \*\*Social History:\*\* Details navigating budgeting challenges, mentioning a system of short-term spending and long-term savings. Engages in social activities like dining and watching movies as forms of recreation.   
- \*\*Current Medications:\*\* Takes anti-seizure medication twice daily; also manages over-the-counter medications for headaches and topical treatments for skin care as needed.   
- \*\*Allergies:\*\* Not discussed.   
  
\*\*Objective:\*\*   
- \*\*Physical Exam:\*\* Not conducted during this session.   
- \*\*Laboratory Data:\*\* Not applicable.   
- \*\*Imaging Results:\*\* Not applicable.   
- \*\*Other Diagnostic Data:\*\* Used Gemini, an AI tool, to explore self-care and medical management strategies.   
  
\*\*Assessment:\*\*   
1. \*\*Self-Care and Physical Activity:\*\*   
 - Patient actively engages in swimming for physical fitness and expresses interest in incorporating yoga routines to enhance flexibility and physical well-being.   
2. \*\*Medical Management:\*\*   
 - Demonstrates good adherence to seizure medication routine through the use of a daily pill organizer. Considers having a robust system using technology or physical reminders to manage medication and occasional other health needs.   
3. \*\*Financial Management:\*\*   
 - Engaged in learning budgeting techniques via the 50/30/20 rule for managing expenses, savings, and discretionary spending.   
4. \*\*Dermatological Concerns:\*\*   
 - High level of sun exposure due to swimming; considers consultation with a dermatologist to monitor skin health.  
  
\*\*Plan:\*\*   
1. \*\*Fitness and Self-Care:\*\*   
 - Recommendation to integrate a yoga routine, potentially utilizing prompts and sequences generated by Gemini.   
 - Encourage monitoring of physical wellness and self-reported sense of well-being through regular activity.   
2. \*\*Medication and Health Management:\*\*   
 - Reinforce the existing routine with the pill organizer while exploring possible technology enhancements for monitoring medication intake.   
3. \*\*Financial Literacy and Budgeting:\*\*   
 - Continue to apply the 50/30/20 budgeting rule, and explore further financial planning strategies as needed.   
4. \*\*Dermatological Monitoring:\*\*   
 - Schedule an appointment with a dermatologist for skin evaluation due to sun exposure and existing freckling; may utilize Gemini to find specialists within the insurance network if required.   
5. \*\*Patient Education and Counseling:\*\*   
 - Discuss the benefits of structured routines for wellness and management of activities related to personal self-care and financial planning. Encourage the use of technology for self-guided improvements in both areas.  
  
\*\*Follow-up:\*\*   
- Schedule a follow-up to review the benefits of newly introduced self-care strategies and ensure the effectiveness of the existing medication regimen. Discuss any findings with the dermatologist post-consultation.   
  
\*\*Note:\*\* This SOAP note serves as a summary of the consultations for healthcare management and is not a substitute for direct medical care actions in a clinical setting.