SOAP Note Pocket Card

One page for clinicals. Print it, fold it, or keep it on your phone.

soapyapp.com

S SUBJECTIVE

The HPI in one line

[Age]-year-old [sex] with [how long] of [symptom]. Started [suddenly / gradually] [when]. [Where], radiating to [ ]. Feels [ ]. Worse with [ ], better with [ ]. [Constant / comes and goes]. [ ]/10. Denies [3 pertinent negatives].

OLDCARTS

Onset · Location · Duration · Character · Aggravating / relieving · Radiation · Timing · Severity

Then

PMH · meds with dose and frequency · allergies with the reaction · family history · social history

Pertinent negatives

The 3 answers that would change your plan if they were yes.

O OBJECTIVE

Vitals

Units on everything. SpO2 with its source: "94% on room air", not "94%".

Say what you found

~~Lungs WNL~~	→	Clear to auscultation bilaterally, no wheezes, crackles or rhonchi
~~Heart normal~~	→	Regular rate and rhythm, no murmurs, rubs or gallops
~~Abd soft~~	→	Soft, nontender, nondistended, no guarding or rebound

Results

Values with units. What they mean goes in the Assessment.

A ASSESSMENT

Five phrases

- Most consistent with ___ given ___.
- Less likely ___ because ___.
- Cannot rule out ___; will ___ to evaluate.
- [Score] of [x], supporting [decision].
- Will reassess if ___.

Habits

Commit to a leading diagnosis. One line per problem, most important first.

P PLAN

For every problem

☐ Tests, or "none needed because ___"
☐ Meds: drug, dose, route, frequency, duration
☐ Education: what you told the patient
☐ Follow-up: when, and with whom
☐ Return precautions: specific symptoms, and where to go

Never write (Do Not Use list)

~~QD~~	→	daily
~~U or IU~~	→	units
~~1.0 mg~~	→	1 mg
~~.5 mg~~	→	0.5 mg

PRESENT IN 60 SECONDS

"This is a [age]-year-old [sex] with [relevant history] presenting with [chief complaint] for [how long]. [One or two sentences of HPI, with key pertinent negatives.] Vitals are [ ]. Exam is notable for [ ]. Labs and imaging show [ ]. I think this is most likely [diagnosis] because [reason]; less likely [alternative]. My plan is [ ]. My question for you is [ ]."

Commit to a diagnosis · End with a question · Say it out loud twice before you walk in

For learning. Follow your site's documentation policy. Never write real patient identifiers on this card.
Practice with realistic cases: first case free at soapyapp.com