

SOAP Note Guidelines

High risk participants must have nutrition care plans documented in MOWINS in the form of a SOAP note. See policy *ER# 2.02900 Care Plans and High-Risk Risk Factors*.

To ensure continuity of care, SOAP notes must be comprehensive in addressing the status of the high risk condition, including the nutritionist's assessment and planned intervention. The following guidelines may be used as a tool for assisting the local agency (LA) in developing an appropriate SOAP note. Use approved abbreviations as indicated in the Health and Nutrition Assessment Handbook (HNAH).

| S: Subjective | Example |
|--|---|
| <ul style="list-style-type: none"> • Information given by the participant or caregiver • Thoughts, feelings, complaints, or a description of the problem • Reported dietary intake or food habits • Reported health concerns | <p>Mom reports Jessie is a picky eater, especially with meat. She would rather drink milk than eat. Mom allows Jessie to drink as much milk as she wants. She usually has 5-6 cups a day. Mom denies any current illness, but notices tooth decay.</p> |
| O: Objective | Example |
| <ul style="list-style-type: none"> • Anthropometric data* • Biochemical data* • Risk factors* • Medication and diagnoses • Health care provider contact information • Additional information, such as signs, symptoms, and clinical observations <p>* MOWINS will automatically populate the information.</p> | <p>Hgb: 9.9 Weight/length: 2.1% Risk factors: 201, 135</p> |
| A: Assessment | Example |
| <ul style="list-style-type: none"> • The nutritionist's professional assessment of the participant's nutritional status, and interpretation of subjective and objective data • Evaluation of dietary intake or food habits as it relates to the nutritional status or nutritional risk • Evaluation of nutrition-related problems and laboratory values • Assessment of participant's comprehension and motivation • Any additional information that may still be needed to complete the assessment | <p>Excessive milk intake is likely interfering with appetite and iron absorption. Inadequate weight gain and slight tooth decay. Mom will need ongoing support and encouragement to decrease milk intake.</p> |
| P: Plan | Example |
| <ul style="list-style-type: none"> • Intervention to address the high risk status • Goal(s) and recommendations for achieving behavioral objectives, including how goals will be accomplished, time frame for goals, and any health care provider recommendations • Referrals provided • Plans for follow up on the condition • Handouts or educational material provided | <p>Discussed excessive milk intake and milk recommendations. Goal: Limit milk to 2 cups/day over the next 2 months. Referred to the dentist. Follow up in 2 months to check weight, appetite, and referral outcome. Provided high iron food handout and encouraged mom to offer these food items at meal and snack times.</p> |