

SOAP Note

Patient Name: Maria Gonzalez

Age: 54

Date: May 22, 2025

S – Subjective:

The patient reports feeling fatigued for the past two weeks. She says the tiredness gets worse in the afternoon. She also mentions a dull headache that started five days ago and occurs daily, especially in the mornings. She denies fever, vision problems, or recent stress. She says she sleeps about 6 hours per night, but her sleep is not restful. She drinks coffee in the morning and has one glass of wine at night.

O – Objective:

Vital signs:

BP: 130/85 mmHg

HR: 78 bpm

Temp: 36.7°C

RR: 16 bpm

General: Alert and oriented

HEENT: Pupils equal, round, reactive to light;
no sinus tenderness

Lungs: Clear to auscultation

Heart: Regular rate and rhythm, no murmurs

No signs of dehydration or infection

A – Assessment:

Fatigue, likely multifactorial (possible poor sleep hygiene, mild tension-type headache)

Headache, likely tension-type

P – Plan:

Advise improved sleep hygiene (regular bedtime, avoid screens before bed)

Recommend limiting alcohol and caffeine

Suggest over-the-counter acetaminophen as needed for headache

Schedule follow-up in 2 weeks

Consider lab tests if symptoms persist (CBC, thyroid function)

Reading Comprehension Questions (Choose the correct option)

1. What is the patient's main complaint?
Fatigue and headache / Cough and sore throat
2. How long has she been feeling tired?
Two weeks / Five days
3. When does her fatigue usually get worse?
In the afternoon / At night
4. What kind of headache does she have?
Dull and daily / Sharp and sudden
5. How many hours does she sleep at night?
6 hours / 8 hours
6. What did the doctor find during the physical exam?
Normal heart and lung sounds / Signs of fever and infection
7. What kind of headache does the doctor suspect?
Tension-type / Migraine
8. What medication is suggested?
Acetaminophen / Ibuprofen
9. What is one piece of advice for better sleep?
Avoid screens before bed / Drink more wine at night
10. What will the doctor do if symptoms don't improve?
Order lab tests / Prescribe antibiotics immediately

