

SOAP Note for Psychiatry

Patient Information

Patient Identifier(If known): ABC123

First Name: Holly

Surname: Christmas

Date: 11/16/2022

DoB: 5/4/1999

Subjective

Hx of Presenting Illness

Mood has been erratic and irritable for past few months
Past 6 weeks sleeps <5 hr nightly attributes to her racing thoughts
Describes four-day manic episode, no sleep, hyper focussed on social media presence
Accompanied by Mother who reports she is highly talkative (more than usual) easily distracted, irritable

Family Hx

Maternal grandmother treated for depression
No other family history of mental illness

Past Medical Hx

~6 months CBT for depression in late teens

Medications/Allergies

None

Past Psychiatric Hx

None

Personal/Social Hx

Withdrawn from university classes following failed test, attributes to inability to focus
She lives with Mother and siblings who have increasingly strained relationship due to her "up and down" mood swings.
Weight loss (>20kg) past 12 months

Objective

H: 165cm W: 54kg BMI:19.8 BP: 120/80

Appears restless, fidgeting and facial twitches does not appear to be aware she is doing.

Requested to see her phone multiple times during appointment.

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Assessment

Primary diagnosis: bipolar II disorder

Plan

Pharmacologic Intervention

Lithium 300mg t.i.d

Other Intervention

Recommend return to CBT for depressive thoughts as she reports this worked well in the past

Education/Maintenance

Explained side effects of medication

Provided educational resources on bipolar disorder, depression.

Referred to cultural support group.

Referral/Follow-up

Follow up appointment booked 2 weeks time

Signature Dr. Example

Date 11/16/2022