

# SOAP Note

**Patient Name:** Cynthia Francis

**Age/Sex:** 56-year-old female

**Date:** [Insert date]

**Location:** Outpatient Clinic

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## S – Subjective

### Chief Complaint:

Here for blood pressure recheck and lab review. No current symptoms.

### History of Present Illness:

Cynthia is a 56-year-old female with a history of hypothyroidism and obesity, presenting for a follow-up BP check. She is asymptomatic but recently had an elevated blood pressure reading (132/74 mmHg) at a community health event. She reports a high-fat, high-salt diet and sedentary lifestyle. She does not have a primary care provider. Denies chest pain, shortness of breath, palpitations, dizziness, or symptoms of diabetes (polyuria, polydipsia, polyphagia). No recent weight loss, fatigue, or changes in vision. She reports mild stress due to work and caring for grandchildren but denies anxiety or depression.

### Past Medical History:

- Hypothyroidism (diagnosed 8 years ago)
- Obesity (diagnosed 20 years ago)

### Medications:

- Levothyroxine 74 mcg PO daily

### Allergies:

- No known drug allergies (NKDA)

### Family History:

- Father: CAD, hyperlipidemia, HTN, died of MI
- Mother: Hypothyroidism, fibroids, uterine cancer
- Maternal grandfather: Atrial fibrillation

### Social History:

- Lives with grandchildren
- Reports moderate stress