


NARCH
National Association of Registered Canine Hydrotherapists

SOAP notes briefing
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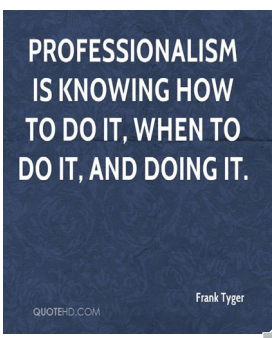
SOAP

- Subjective
- Objective
- Analysis
- Plan




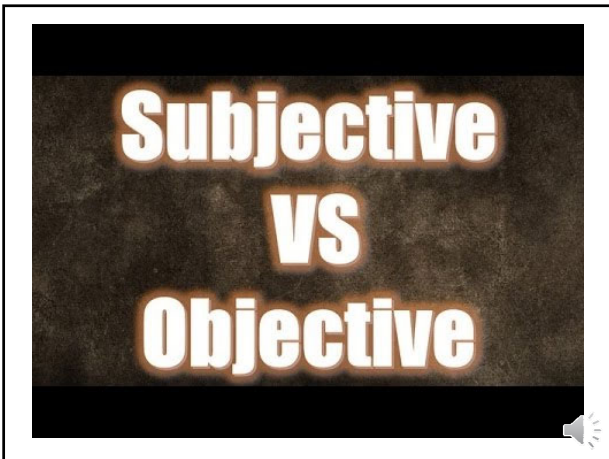
Why SOAP?

- Professionalism
- Clinical reasoning documented
- Litigation
- Improving patient management



QUOTE-ID.COM Frank Tyger





Subjective

- History and opinion
 - Vet
 - Physio
 - Owner
 - Hydrotherapists

A photograph showing a female veterinarian in blue scrubs and a female physiotherapist in a white lab coat standing on either side of a black dog sitting on a table. They appear to be in a clinical setting.

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Subjective examples

"No problems after last hydro session"

"receptionist reported vet rang to say happy to continue NSAID's"

"Angela reported the inpatient slept well overnight but vomited this morning"

"The vet physio reported increased ROM and muscle mass and requested we progress hydro"

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Objective

- Your assessment of the dog
- What you see on that day
- What you did (action or treatment)
- Includes your treatment but we will use a sub heading to describe hydro treatment – Rx



Objective examples

- Observations
 - eg Happier to get in hydro pool today, less stressed
- Weight 26.2kg
- Weight bearing with every stride at walk LH
- Swelling right stifle
- Able to walk up reception slope without harness



Treatment - Rx

- 1) 450/-32/30 // D+V support then hips- not so good
- 2) 450/-32/30 // short choppy stride, difficult to place at times
- 3) 440/-32/30 // reduced water height as floating HQ's?
- 4) 440/-32/30 //A little better but high flight arc, short stride and taking off before other contralateral paw landed.
- Small jacket
 - 25 mins / 70%active / 30%rest /
 - Straight in and off for a retrieve. Added circles/spins/figure of 8's and longer retrieves. Swam approx 12 retrieves//Good hip extension bilaterally.



Analysis

- Overview of how things are going for the patient – on this day and also in general (looking at the bigger picture)
- Is the patient progressing as you would expect?
- Do you have any concerns?



Analysis examples

- “Swam well today, seemed to really enjoy the session”
- “Weight gain”
- “Muscle mass appears to be improving”
- “Does not appear to be making progress”
- “Increasing lameness reported by owner and observed today”



Plan

- Your hydrotherapy plan
- When to review
- What you plan to do
- Any other actions required?



Plan examples

- “Back to KW for physio follow up within next two weeks”
- “Start weekly weight measurements and ask SA or AG to discuss diet”
- “3 day follow up. If all well increase treadmill to 45 second active at next session”
- “1 week hydro f/u – if doing well add an extra lap. If Q reports failing to progress book physio f/u”



SOAP example

- S – Owner reports no stiffness after last session. No lameness this week. Tanya reported the owner let Bertie jump out of the car.
- O – No lameness observed. Weight 32kg.
- Rx – Pool - 20 mins/60% active/40%rest. 10 laps in alternate directions//swam well, no concerns.
Reminded owner on the importance of ramp into and out of car.
- A – Swimming well, losing weight, reducing symptoms
- P – Continue weekly hydro sessions – add 2 laps next session.



Another example

- S – O reported that the hip appears more painful again since coming off NSAIDs. She reported she has been following the post-op protocol as advised. No issues after last session.
- O - 3/10 lame RH at walk (adducting and reduced WB), NWB at trot.
- Rx - Pool - 25 mins/40% active/60%rest. 6 carry out and swim backs. Caudal and right sided weight sways at stand x 10 x 6 sets during rests. Also hip flexor massage at rest. // good WB in pool today, but hip ext. not as good as previously.
Advised O to d/w vet increased pain signs since finishing prescribed NSAIDs. Advised on the importance of pain management for effective hydro. Advised that AG/KW/SA can d/w vet if needed. Advised owner to book physio f/u.
- A – Pain not as well controlled
- P - Analgesia required before Tuesday’s hydro session. Keep session the same if doing well. Check physio f/up booked.





Which part of SOAP would you put these statements under?

- "SA to review analgesia"
- "Woke most hours during the night"
- "26.4kg"
- "BCS (body condition score) 6/9"
- "8 laps anticlockwise"
- "Owner reported no hopping"
- "Keep hydro session the same next time"
- "Increased knuckling time at the end of each UWT session"

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Turn this example of notes into SOAP notes

25min/70% active/30%rest. Did 12 laps in alternate directions following owner. Physio reported increased muscle mass and ROM bilateral hips. Bella enjoyed hydro session today. 14 laps recommended next time. Did not muzzle getting in today as KA reported was fine last time. Owner has started off lead exercise and Bella seems OK to them. Very bouncy and excited today. Much keener to go after ball. No lameness or bunny hopping seen in paddock or on way to pool. Due to see vet for follow up next week – will need to get update.

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