**SOAP NOTE**

**HPI (history of present illness):** Burning in stomach that started 2 mos. ago. Discomfort occurs mainly at night. Associated with nausea and bloating. Denies vomiting. Tums and Mylanta help occasionally. Burning takes all night to go away other times, making it hard to sleep. Denies indigestion. Has had indigestion and it is not the same feeling. Spicy food makes discomfort worse. Denies recent travel, recent infection, resurgence of food, diarrhea, rectal bleeding, black stools, or chest pain. Continues with same bowel habits. No recent weight changes.

**PMH:**

Chole. in ‘89, C. section in ‘76 & ‘78, & plastic surgery for ear tear from fall in ‘93.

**FH:**

* mother died @ 71 - MI
* father died @ 76 - lung Ca
* sister 59 – Type 1 DM & HTN
* sister 61 - HTN
* brother 57 – Type 2 DM

**Habits:**

Denies smoking, drinking, drug use, exercises 3x/week

**Medications:**

None (prescription or OTC).

**Allergies:**

NKDA, no environmental, food,

**GI**:

Has brown, soft, formed stool once per day. Denies vomiting, indigestion, belching, pain, appetite changes, jaundice, swelling, tenderness, diarrhea, constipation, flatulating, rectal pain, hemorrhoids, rectal bleeding, denies changes in bowel habits, infections, difficulty swallowing or chewing, or recent travel.

**Abdomen**:

soft, protuberant, no masses or tenderness. No striae. + Bowel sounds 4 quadrants. No bruits, no rubs. Liver span - 9 cm @MCL. Splenic percussion sign neg. No guarding. Murphy's sign - neg.

**A/P:**

R/O GERD VS PUD [or could do nursing diagnosis]

* Antacids
* H2 Blockers
* Avoid food that make symptoms worse
* Seek medical advice if symptoms worsen
* Return visit - assess treatment