



NEWSLETTER

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HAPPY HOLIDAYS!!

How about putting
"A Gift Certificate from
My Reflexology Store"
on your wish list!



SOAP Notes - Do I Have To ???

I don't know about you, but my Reflexology teacher was very clear about the value of taking **SOAP** notes each time we see a client. She really tried to hammer it home ☺ That was seven years ago and I've been fairly consistent in doing it with my clients - though I admit as time went on I got a little more 'cryptic'!

The reason I'm writing this is because I run into a lot of practitioners who don't bother. "I don't diagnose, so who's going to want to see any of my notes."

Well - last week I got an official letter from an attorney. Seems one of my clients, who has Fibromyalgia, is applying for social security and they're interested in the records of her visits with me for the last several years!

I called my teacher and thanked her.....

S.O.A.P. stands for:

Subjective: Represents a problem, condition or experience as the client expresses it. Direct quotations can be helpful.

Objective: Your observations as practitioner, points of tenderness, changes in temperature or texture, swelling, etc.

Assessment: Your impression of cause and effect; ie client depressed (mother passed away last month)

Plan: How the session will proceed, ie working ears/hands/feet, amount of pressure, areas of emphasis, etc.

You can also add **Evaluation:** How the client responded to the 'Plan', ie more relaxed, states pain was reduced...

The **SOAP** note is a progress report in the client's chart. It sums up any progress made since the last note. Complete sentences are not necessary and abbreviations are appropriate. (do be sure you refer to "reflex" areas - or use appropriate anatomical terms for the area of the foot you're referring to.)

Always keep in mind that the chart is a legal document. Also, because it is a legal document, you should start your note right after the last note in the chart so it will be chronological.

While **SOAP** notes are useful legally, you'll also be surprised at how much they'll help you in your practice. In effect, they can be mini-case studies and will also document your journey as a practitioner as well as your client's journey with reflexology.

It may never happen that you'll be asked for client information - but - if it does... Won't you be glad you've done your **SOAPs!**

Beat The Holiday Stress!

ENERGY SHAKE: Stand with your arms by your sides and shimmy all over. "Think of an Olympic swimmer before an event, clearing nervous tension. Let all your joints go loose. (Lee Holden, author of 7 Minutes of Magic: The Ultimate Energy Workout (Avery))

SPINAL STRETCH: From a standing position lean over and round your back, tucking your tailbone, exhaling, and curling into yourself. Then breathe in, stand, arch your back, and lift your chest to the sky. Exhale and round again before returning to a standing position.

Nancy Bartlett, NBCR

This is not just another day, it's the only one you'll have all the way until tomorrow.

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