**Week 1 SOAP**

Christopher, 15 year-old, male

**S.**

**CC:** “Headaches”

**HPI:**

**Onset:** Not reported. When did you start getting HAs?

**Location:** Not reported. Can you describe where your head hurts?

**Duration:** Reports they sometimes last for days. When they last for days, does the pain remain constant or intermittent? How many days did your longest HA last?

**Characteristics:** Not reported. Can you describe what the HAs feel like?

**Aggravating factors:** Not reported. Does anything make the HAs worse?

**Relieving factors:** Not reported. Does anything make the HAs better?

**Treatment:** Not reported. Have you taken any medications for the HAs?

**Severity:** Not reported. Do your HAs feel the same each time or have any of them felt like the worst HA you’ve ever had? If so, when was that and can you describe it?

Have you noticed any changes in vision right before a HA?

Did you get HAs prior to your concussion during the football game three months ago?

Have you had any trouble concentrating since the concussion?

**PMHx**: Christopher’s mother reports his overall health as good.

**Childhood/previous illnesses**: None

**Chronic illnesses**: None

**Surgeries**: None

**Hospitalizations**: None, One urgent care visit three months ago for a mild concussion sustained during a tackle at the high school football game.  No LOC at time of injury or after. No resulting neurological deficits.

**Immunizations**: Childhood immunizations up-to-date. Receives the flu shot every year.

**Allergies**: Seasonal

**Blood transfusions**: None

**Habits:** Denies ETOH, tobacco, illicit drugs

**Sleep**: Sleeps 5 to 6 hours a night. States “I can’t fall asleep before 12:30 a.m. and I get up at 5 for football practice.”

**Current medications**: None

**Social History**: Good student. Lives with parents and older sister and younger brother

**Family History**: Mother no health problems, father bipolar and well-controlled. Siblings in good health. MGM deceased from breast CA. MGF deceased: lung CA. PGM alive, 85, overall health good. Has Type 2 diabetes.

**A.**

**Differential Diagnoses:**

Post-concussion syndrome (F07.81): Christopher sustained a mild concussion three months ago during a football game and even though he didn’t have any reported LOC or neurological deficits, there is a possibility they could be delayed. Recover from post-concussion syndrome often vary and symptoms can persist for weeks, months, or even years (Ellis, Leddy, & Willer, 2016). In relation to collegiate and professional athletes, evidence suggests that child- and adolescent-aged athletes have an extended time to return to their neurological baseline after a sports-related concussion (SRC) (Ellis, Leddy, & Willer, 2016). Additional questions would need to be answered regarding the history specific to the SRC Christopher experienced to confirm this diagnosis.

Migraine (G43): Migraine headaches and their symptoms can vary between people and age ranges. Adolescents often report HA pain that starts gradually, intensifies over minutes to hours, and then resolves (UpToDate.com, 2017). Migraine symptoms can be dull, deep, and steady initially and increase in severity to throbbing or pounding; and may be worsened by light, sneezing, motion, exertion, or other; with duration ranging from a few hours to up to 72 hours (UpToDate.com, 2017).

Tension-type headache, unspecified, intractable (G44.201): Tension-type headaches (TTH) result in pressing tightness around bilateral sides of head or neck (UpToDate, 2017). The symptoms can range from mild to moderate, does not throb and can last from minutes to several days. Symptoms can include nausea without vomiting and light sensitivity, with reported feelings of lightheadedness or tiredness, and normal activities does not increase (UpToDate, 2017).

**ROS**

**Constitutional**: Any weight loss or lethargy?

**HEENT: Eyes:** Any visual problems, redness, or discharge from the eyes?

**Ears/Nose/Throat:** Any hearing loss or changes in hearing?

**Cardiovascular**: Any shortness of breath, sweating, history of murmur, fainting or dizziness?

**Respiratory**: Any wheezing or SOB?

**GI**: Any nausea, vomiting or diarrhea? Any abdominal discomfort?

**Neuro:** Reports headaches that can last up to several days. Any dizziness, numbness or tingling in the extremities?

**Musculoskeletal:** Anynoticeable decrease in muscle strength, or increase in joint pain or stiffness?

**Hematologic**: Any bruising or bleeding?

**Lymphatics**:  Any swollen lymph nodes in neck or armpit areas?

**Psych/behavior**: Any abnormal emotional changes?

No labs or diagnostic tests until additional information from history evaluated, which will guide potential treatment/or diagnostics.

References

Ellis, M. J., Leddy, J., & Willer, B. (2016). Multi-disciplinary management of athletes with post-concussion syndrome: an evolving pathophysiological approach. *Frontiers in Neurology*, *7*, 136. http://doi.org/10.3389/fneur.2016.00136

UpToDate.com (2017). *Patient education: headache in children (beyond the basics).* Retrieved from https://www.uptodate.com/contents/headache-in-children-beyond-the-basics