

Does your documentation have M.E.A.T.?

One way to document chronic conditions is by using the acronym M.E.A.T.



Examples of M.E.A.T.

Monitor

- Symptoms
- Disease progression/ regression
- Ordering of tests
- Referencing labs/other tests

Evaluate

- Test results
- Medication effectiveness
- Response to treatment
- Physical exam findings

Assess/Address

- Discussion, review records
- Counseling
- Acknowledging
- Documenting status/level of condition

Treat

- Prescribing/continuation of medications
- Surgical/other therapeutic interventions
- Referral to specialist for treatment/consultation
- Plan for management of condition

Condition	Documentation Examples
Congested Heart Failure (CHF)	Stable. Will continue same dose of Lasix and ACE inhibitor
Abdominal Aortic Aneurysm (AAA)	Abdominal ultrasound ordered.
Major depression	Continued feeling of hopeless despite increase in Zoloft. Will refer to psychiatrist for further management.
Type 2 Diabetes Mellitus (T2DM)	BS log and A1c results reviewed with patient
Gastroesophageal reflux disease (GERD)	No complaints. Symptoms controlled on meds.
Morbid Obesity	Advised patient to monitor calorie intake and increase activity level