



# M.E.A.T. Documentation Quick Guide

| M.E.A.T (Monitor, Evaluate, Assess, Treat)  | MEAT Documentation Examples  |
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| <p><b>M Monitor/Manage</b></p> <ul style="list-style-type: none"><li>» Order tests</li><li>» Document signs and symptoms</li><li>» Track disease progression/ regression</li></ul>  | <p><b>Monitoring/Managing:</b></p> <ul style="list-style-type: none"><li>» Chronic obstructive pulmonary disease (COPD) – schedule pulmonary function test</li><li>» Congestive heart failure (CHF) – repeat echocardiogram shows improved ejection fraction</li><li>» Crohn’s disease – patient denies current symptoms</li></ul>   |
| <p><b>E Evaluate</b></p> <ul style="list-style-type: none"><li>» Examine (as in the physical exam)</li><li>» Document clinical significance of lab and other diagnostic test results</li><li>» Document effectiveness of medication(s) and response to treatment(s)</li></ul>                                 | <p><b>Evaluating or Examining:</b></p> <ul style="list-style-type: none"><li>» COPD exacerbation – lungs with bilateral wheezes<br/>No findings of congestive heart failure</li><li>» exacerbation – Lungs clear to auscultation and no peripheral edema noted on new diuretic</li><li>» Crohn’s disease – Despite treatment, patient has weight loss of eight pounds in three months and new anemia</li></ul> |
| <p><b>A Assess/Address</b></p> <ul style="list-style-type: none"><li>» Document all conditions that affect patient care, treatment or management</li><li>» Give current status of condition</li><li>» Provide level/severity of condition</li></ul>   | <p><b>Assessing/Addressing:</b></p> <ul style="list-style-type: none"><li>» Chronic obstructive pulmonary disease with acute bronchitis</li><li>» Congestive heart failure – stable on Coreg</li><li>» End-stage renal disease (ESRD) requiring dialysis</li></ul>   |
| <p><b>T Treat</b></p> <ul style="list-style-type: none"><li>» Prescribe medication</li><li>» Provide surgical/other therapeutic intervention</li><li>» Refer to specialists for treatment/consultation</li><li>» Devise plan for management of condition</li><li>» Provide counseling and education</li></ul> | <p><b>Treating:</b></p> <ul style="list-style-type: none"><li>» COPD with acute bronchitis – given prescription for Levaquin</li><li>» Compensated congestive heart failure – continue Coreg and keep routine cardiology follow-up appointment next week</li><li>» Crohn’s disease – will increase infliximab dosing</li></ul>   |

Note: M.E.A.T. is a mnemonic tool used to assist healthcare providers with documentation of supportive evidence for ongoing clinical conditions.