



MEAT (Monitor, Evaluate, Assess, Treat) Documentation Quick Guide

M = Monitor/manage

- Order tests
 - Document signs and symptoms
 - Track disease progression/regression
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E = Evaluate

- Examine (as in the physical exam)
 - Reference lab results
 - Evaluate response to treatment
 - Track effectiveness of medications
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A = Assess/address

- Document all conditions that affect patient care treatment or management
 - Give current status of condition
 - Provide level/severity of a condition
 - Provide counseling
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T = Treat

- Prescribe medication
- Provide surgical/other therapeutic intervention
- Refer to specialists for treatment/consult
- Devise plan for management of condition

NOTE: "MEAT" is a mnemonic tool to assist health care providers with documentation of supportive evidence for ongoing clinical conditions.





MEAT Documentation Examples

Example 1: COPD

M = Schedule pulmonary function test

E = Exacerbation – lungs with bilateral wheezes

A = Chronic obstructive pulmonary disease with acute bronchitis

T = Given prescription for Levaquin

Example 2: Congestive Heart Failure

M = Repeat echocardiogram shows improved ejection fraction

E = No finding of CHF exacerbation; lungs clear to auscultation and no peripheral edema noted on new diuretic

A = Stable on Coreg

T = Continue Coreg and keep routine cardiology follow-up appointment next week

Example 3: Crohn's Disease

M = Patient denies current symptoms

E = Despite treatment, patient has lost 8 pounds in three months and new anemia

A = End-Stage Renal Disease (ESRD) requiring dialysis

T = Will increase infliximab dosing