

**Select one drug to treat the diagnosis(es) or symptoms.**

Aripiprazole (Abilify)

**List medication class and mechanism of action for the chosen medication.**

Dopamine, serotonin receptor partial agonist (third-generation antipsychotic, atypical antipsychotic)

**Write the prescription in prescription format.**

Mary Mouse, 12/2/1992

Aripiprazole 10mg

Take one tablet by mouth once

daily Disp #30 (thirty)

#1 refill

Zachary Farrell 7/20/2023

NPI: 0000000000

**Provide an evidence-based rationale for the selected medication using at least one scholarly reference. Textbooks may be used for additional references but are not the primary reference.**

Kim et al. (2021) found aripiprazole to be as effective for the treatment of schizophrenia than conventional D2 antagonists, with fewer side effects such as decreased prolactin and triglyceride levels, improved antidepressant profile, and improved overall tolerability. It was, however, noted that aripiprazole may induce more akathisia and weight gain than second-generation antipsychotics (dopamine, serotonin antagonists).

There is no perfect medication, however, when looking at the information provided about this patient's life, I believe aripiprazole should help with her positive symptoms, as well as her negative symptoms - and if she's still presenting with negative symptoms, aripiprazole is approved as an adjunctive therapy to SSRIs/SNRIs. Additionally, despite her sedentary lifestyle and high sugar intake, she is currently underweight, so something with mild appetite stimulating properties isn't a bad thing, as improved PO intake and nutrition may decrease want for high sugary drinks. Lastly, aripiprazole is cheap - something nice for a single-income household.

**List any side effects or adverse effects associated with the medication.**

Aripiprazole has some effects on  $\alpha_1$  receptors, which may lead to hypotension, dizziness, lightheadedness, and orthostatic hypotension.