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

The drug I have chosen for this patient is Paroxetine (Paxil) for the management of symptoms such as anhedonia, poor concentration, decrease appetite, poor concentration, low self-esteem, and low motivation. Along with symptoms of anxiety which include worry, restlessness, muscle tension and difficulty falling asleep (Stahl, 2021; Stahl, 2021).

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

Paroxetine is an (SSRI) Selective Serotonin Reuptake Inhibitor which is most often classified as an antidepressant (Stahl, 2021; Stahl, 2021). Paroxetine blocks serotonin reuptake which boosts serotonin levels (Stahl, 2021). Paroxetine has mild anticholinergic actions and mild norepinephrine reuptake blocking actions. It also desensitizes serotonin receptors, specifically the serotonin 1A auto receptors, this can presumably increase serotonin neurotransmission (Stahl, 2021).

C. Write the prescription in prescription format.

Date: 1/31/23
Patient Name: CR
DOB: 8/14/1993
℞: Paxil 20mg Tab
Sig: take one tablet (20mg) by mouth daily
Disp: #30 (thirty)
Refills: none
APRN, PMHNP-BC
NPI#: XXXXXXXXX

D. Provide an evidence-based rationale for the selected medication using at least one scholarly reference.

As a practitioner choosing a medication for a patient, it is important that there be shared decision making and the patients concerns and preferences should be heard, considered as well as the symptoms to be treated. Then in deciding which medications would be appropriate to act on neurotransmitters to affect those specific symptoms (Stahl,2021). Most clinical guidelines consider Selective Serotonin Reuptake Inhibitor (SSRI) to be the first line treatment for depression and anxiety, along with SNRI. SNRI should be used with precautions as it could cause an increase in a patients anxiety symptoms (Gabriel et al., 2020). Paroxetine increases the serotonin levels in the brain therefore aiding in the treatment of Major Depressive Disorder (MDD), and anxiety and studies have shown that paroxetine is one of the more effective antidepressants (Richardson, L. et al., 2021).