

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

Venlafaxine XR

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

SNRI. Inhibits reuptake of both serotonin and norepinephrine by blocking SERT and NET, respectively.

Write the prescription in prescription format.

John Doe, 12/2/1992

Venlafaxine XR 75mg

Take one tablet by mouth once daily for one week, THEN take 2 tablets by mouth once daily thereafter

Disp #49 (fourty nine)

#1 refill

Zachary Farrell 8/6/2023

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.

Due to this patient's symptoms of anxiety, depression, and cognitive impairment, I feel venlafaxine, with its unique relationship to SERT and NET inhibition, is a strong utilitarian option. In low doses, venlafaxine is a potent SERT inhibitor; in moderate-high doses, around 225mg QD, it is both a SERT and NET inhibitor - though some may find it activating at lower doses (Aldosary et al, 2022) (Coutens et al., 2022). In this case, since it seems his anxiety is secondary to the avolition and cognitive impairment brought on by the depression, and not a baseline trait, treating the avolition will directly treat the depression and indirectly treat the anxiety; therefore, I'm thinking "middle of the road" dose may treat the symptoms and causes - without being too activating so as to worsen his anxiety/insomnia. Venlafaxine comes in several forms, which allows for dosage augmentation based on response or lack thereof. If it's too activating, we can back the dose down; if there's not enough activation, we can gradually titrate up. Venlafaxine is cheap, which is good for someone without an income, and lastly, it may be weight-neutral, meaning no weight loss or gain. He's technically obese by BMI standards, but a 12-15lb weight loss in a month isn't sustainable or healthy.

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

Most side effects occur at larger doses and are dependent upon whether venlafaxine is