

Week 5 Case Study

Primary diagnosis: Major Depressive Disorder, single episode, moderate with anxious distress (F32.1)

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

The client, a 25-year-old male presents to the clinic with a diagnosis of Major depressive disorder. The symptoms he reported that confirm this diagnosis include complaints of depressed mood, low energy, low motivation, anhedonia, poor concentration, loneliness, hopelessness and reports a 12-pound weight loss within the last month. As the patient's provider, the medication I will begin him on is Zoloft (Sertraline).

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

Sertraline is an antidepressant medication part of a class of medications called SSRIs or selective serotonin reuptake inhibitors. SSRIs are the first line choice for Major depressive disorder due to their safety, efficacy, and tolerability (Chu & Wadhwa, 2023). This class of medication selectively inhibits serotonin reuptake. By inhibiting SERT (serotonin transporter), an increased amount of serotonin remains in the synaptic cleft. Researchers have hypothesized that one of the causes of depression is attributed to a deficiency in serotonin. Through targeted treatment with an SSRI, increasing serotonin levels improve depressive symptoms in these patients.

c. Write the prescription in prescription format.

Patient Name: XXXXXXXX XXXXXXXX

DOB: XX/XX/XXXX AGE: 28 Sex: M

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