

Additional labs or diagnostic tests:

- PHQ-9 Patient Health Questionnaire to determine the patient's level of depression
- CBC to rule out anemia and mononucleosis.
- TSH and FT4 to rule out hypothyroidism.
- HAlc and blood glucose level to rule out diabetes.
- Lipid panel to rule out hyperlipidemia.
- hCG, urine to rule out pregnancy.
- Cortisol, urine to rule out Cushing's syndrome.
- Mononucleosis spot test to rule out mononucleosis, EBV.
- Urine drug screen to rule out drug use.
- Vanderbilt Assessment Scale to rule out ADHD.

Therapeutic/ Non-Therapeutic Modalities:

- Fluoxetine 10mg orally daily. Fluoxetine is a SSRI antidepressant that is the only approved pharmacologic treatment for major depressive disorder in children and adolescents (Reyad et al., 2021).
- Anxiety and depressive disorder are the most common mental health disorder in adolescence but only two-thirds of them seek professional help and fewer access a mental health specialist (Radez et al., 2022). It is important to emphasize and help this patient understand that it is ok for her to ask for help and speak to someone besides her parents about her current condition and stressors.

Social Determinants of Health:

- Depression symptoms and higher stress levels can explain the relationship between depression and an increase in BMI in girls and it is important to assess the environmental stressors, access to healthy foods, and having access to safe areas for physical activity (Fahrenkamp & Soto, 2018).

Health Promotion: There are several areas to address for this child and family and they include the following:

- Eating a healthy breakfast.
- Increasing physical activity level.
- Counseling on alcohol use and its effects on health.
- Counseling on substance use/abuse.
- Counseling on the importance of using birth control and practicing safe sex.
- Eating a balanced diet to include 5 serving of fruits and vegetables and increasing water consumption to 8-8oz glasses per day.

Patient (Parent) Education:

- Monitoring for the side effects of Prozac that may include the following: insomnia, headaches, dizziness, anxiousness, loss of appetite, and changes in weight are some of the symptoms to monitor for this patient.