

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

Aripiprazole (Abilify) is the drug choice for this patient. This medication is used for the treatment of the positive symptoms (hallucinations, delusions) and negative symptoms (social isolation and restricted emotional expression) of schizophrenia (Stahl, 2021).

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

Aripiprazole is a dopamine serotonin receptor partial agonist; it is classified as an atypical third-generation antipsychotic and can sometimes be included as a second-generation anti- psychotic; it is also a mood stabilizer (Stahl, 2021).

This medication works by partially activating dopamine 2 receptors, which helps alleviate positive symptoms of psychosis while increasing dopamine release to improve cognitive function, negative symptoms, and mood (Stahl, 2021). It also interacts with other neurotransmitter receptors, including dopamine 3 receptors, potentially enhancing its efficacy. The partial agonism at 5HT1A receptors may be relevant at clinical doses, and along with the blockade of serotonin type 2C and 7 receptors, it contributes to antidepressant actions. Blocking serotonin 2A receptors promotes dopamine release in specific brain regions, helping to reduce motor side effects and possibly improving cognitive and affective symptoms.

c. Write the prescription in prescription format.

TM
Abilify 10mg tab
SIG: take one tab po daily
Disp #30
Refills: 0
Providers Signature: APRN, PMHNP-BC
License number: NPI #: 1010101010
DEA number, if applicable

d. 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.

According to the American Psychiatric Association, SGAs (except clozapine) are the first-line treatments of choice for schizophrenia (Gamòn et al., 2021). The reason Abilify was prescribed for this patient is because it is the SGA with the lowest risk when it comes to weight gain and EPS compared to the other SGAs. It is known that TM has a sedentary lifestyle, and his mother is a diabetic.

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

Side effects associated with Abilify include but are not limited to, nausea, vomiting, dizziness, weight gain, constipation, akathisia, orthostatic hypotension, headaches,