

Week 5: Case Study Discussion

Diagnosis: Major Depressive Disorder (MDD)

Selected Medication:

Escitalopram (Lexapro)

Medication Class:

Selective Serotonin Reuptake Inhibitor (SSRI)

Mechanism of Action:

Escitalopram is a selective serotonin reuptake inhibitor (SSRI) that increases serotonin availability in the synaptic cleft by inhibiting the serotonin transporter (SERT), preventing the reuptake of serotonin into the presynaptic neuron. This elevated serotonin level enhances neurotransmission and improves mood, helping alleviate symptoms of depression and anxiety (Patel et al., 2021). By targeting serotonin pathways, escitalopram effectively addresses mood regulation while minimizing the risk of interactions due to its favorable pharmacokinetic profile.

Prescription Format:

Rx

Patient Name: M.L.

Date: 10/01/24

Medication: **Escitalopram 10 mg**

Sig: Take 1 tablet by mouth once daily in the morning.

Dispense: 30 tablets

Refills: 2

Instructions: You may take it with or without food. Swallow whole; do not chew or crush.