

Week Six:

Describe your assigned client's situation. Why are they presenting to the clinic? What medications are they currently taking?

- Carol is a 71 year old that presents to the clinic due to persistent sadness, hopelessness, anger, and loss of interest in hobbies that she liked. She states that she misses her children and grandchildren and lives alone. Her husband died 10 years ago and the rest of her family lives far away. She has no known allergies. She takes atenolol 25mg daily and semaglutide 0.5mg/weekly. She denies smoking or drinking alcohol at this time.

Assess the applicable clinical practice guideline (CPG) for your assigned client. What treatment is recommended by the CPG for your client's situation?

- According to the CPG it is recommending for first line pharmacological treatment like SSRI (Sertraline or Escitalopram) or SNRI (Duloxetine). In addition, it is recommended for the individual to start attending therapy in conjunction with medication therapy.

Discuss your personal professional assessment of the client's situation provided in the scenario. What pharmacological treatment is necessary and why?

- Carol's history and chief complaints points to the diagnosis of depression. The patient did not feel that she benefitted from therapy sessions alone, so it is recommended to start medication therapy for her symptoms. It is reported that older adults usually do well on Zoloft and it can help improve her mood and motivation. It is important to remember that the patient has a-fib, so it is essential to be mindful of this when prescribing antidepressants as some have cardiovascular effects.

Reflect on additional questions you have about your assigned client that may influence treatment. What else do you want to know? What follow-up assessments, labs, or conversations are required to ensure optimal health outcomes?

- It is important to have frequent follow up appointments with the patient to ensure that the medication is working and she is not suffering from any side effects. In addition, this will help navigate if