

## Week 6 Discussion

Chiara Rossi is a 24-year-old female patient who is at the clinic because she has been having episodes of frequent anxiety over the last year. She is feeling irritable, restless, and tired. She also is apprehensive and unable to concentrate. Currently the only medication she takes is a multivitamin.

According to the CPG, a Selective Serotonin re-uptake inhibitor (SSRI) is the first line choice for treating generalized anxiety disorder (GAD). This medication prevents serotonin uptake by blocking the receptors from sending serotonin to the brain. There is also the use of a benzodiazepine to control anxiety while the Zoloft is building into effect.

While there are many options, I think Zoloft would be a great option to treat her generalized anxiety disorder. Given the nature of her profession, I would be hesitant to give her a benzodiazepine as this medication could make her overly tired and unable to focus, especially since she has never taken any medications before. If the use of a benzodiazepine was indicated, I would encourage her to take it before her bedtime to prevent her from being overly tired at work.

A question I would have is about her multivitamin, as some vitamins could render the medication ineffective, or create a toxic level of serotonin in the body, creating serotonin syndrome. I would want to thoroughly assess her previous history of medications as well as her compliance with her multivitamin to ensure consistency. I would also want to know if there are any other recreational drugs that she could be taking that could make her feel anxious. It would also be important to assess what exercise she is participating in and getting a better understanding of why it's not effective. I would also explore her consistency with her cognitive behavioral therapy to ensure that she is consistently using those tools in addition to her medication. There are no specific labs that would be indicated to monitor for this medication.