

**In this session, you will be caring for a 32-year-old client diagnosed with Generalized Anxiety Disorder (GAD) who has been taking escitalopram (Lexapro) 10 mg daily for the past 6 weeks.**

The client will present with one of the following follow-up concerns:

- Worsening symptoms
- Medication side effects
- Allergic reaction
- New symptoms

- Review SSRI
  - response timelines
  - side effects
  - follow-up strategies
- Assess symptom changes
- Assess medication adherence
- Assess contributing factors
- Practice therapeutic communication and shared decision-making.
- Consider dose adjustments
- Consider therapy referrals
- Consider supportive interventions

Generalized Anxiety Disorder (GAD) Follow-up: Escitalopram 10 mg, 6 Weeks

#### 1. SSRI Review

##### Response Timeline

- **Initial effects:** Many patients notice some improvement within the first 1-2 weeks.
- **Therapeutic effects:** Full benefit typically observed in 4-6 weeks, though some may require up to 8 weeks.
- **Continue medication:** Advise patients not to discontinue early due to perceived lack of effect in the first few weeks.

##### Common Side Effects

Side Effect	Frequency / Notes
Nausea, diarrhea, dry mouth	Common, often improve over time
Drowsiness, dizziness	May cause drowsiness or fatigue
Sexual dysfunction	Common with SSRIs, can persist
Increased sweating, insomnia	Sometimes reported
Headache	Especially at initiation