**Patient ID:** 5  
**Date:** 2024-01-30

* **S (Subjective):**  
  Patient reports feeling increasingly anxious and having difficulty sleeping for the past two weeks. Denies chest pain or palpitations but admits to feeling restless.
* **O (Objective):**  
  Vital signs: BP 118/76, HR 80, RR 16, Temp 98.7°F.  
  Mental status: Alert, oriented to person, place, and time. Mildly anxious affect.
* **A (Assessment):**  
  Generalized anxiety disorder.
* **P (Plan):**
  + Recommend cognitive behavioral therapy (CBT).
  + Start on low-dose SSRIs (escitalopram 5 mg daily).
  + Encourage lifestyle changes (exercise, mindfulness).
  + Follow-up in 2 weeks.