Patient Medical Chart

Patient Information:

- Name: Robert Anderson

- Date of Birth: December 5, 1992

- Gender: Male

- Contact Information: robert.anderson@example.com, (555) 246-8139

- Address: 789 Elm Street, Townsville, USA

Medical History:

- Known Medical Conditions: Major Depressive Disorder, Anxiety Disorder

- Allergies: None

- Medications:

- Sertraline 100mg, once daily

- Alprazolam 0.5mg, as needed for anxiety symptoms

Presenting Complaint:

- The patient reports persistent low mood, loss of interest, and increased anxiety.

Physical Examination:

- General Appearance: The patient appears sad, with decreased eye contact and psychomotor retardation.

- Vital Signs:

- Blood Pressure: 110/70 mmHg

- Heart Rate: 68 beats per minute

- Respiratory Rate: 14 breaths per minute

- Temperature: 98.6°F (37°C)

- Examination Findings: No abnormalities detected during the physical examination.

Assessment and Plan:

- Diagnosis: Recurrent major depressive disorder with comorbid anxiety.

- Treatment Plan:

- Continue current dosage of sertraline for depression management.

- Provide psychoeducation and recommend therapy sessions to address anxiety symptoms.

- Follow-up: Schedule a follow-up visit in four weeks to assess treatment response and evaluate the need for adjustments.

- Patient Education: Discuss the importance of medication adherence, self-care strategies, and available support resources.

Notes:

- The patient's depressive symptoms have persisted despite being on a therapeutic dose of sertraline for eight weeks, indicating the need for ongoing monitoring and treatment adjustment.

- Assessing potential contributing factors such as recent life events and social support will be important during therapy sessions.