

Treatment Planning with CoT

Sequential Decision Process

- **Treatment Options:** List first-line, second-line alternatives
- **Risk-Benefit Analysis:** Weigh efficacy vs adverse effects
- **Patient Factors:** Consider comorbidities, preferences, adherence
- **Monitoring Plan:** Define follow-up and adjustment criteria

Example: Hypertension Management

Options: ACE-I, ARB, CCB, Diuretic, Beta-blocker

Patient: 55yo, DM, no CAD, eGFR 60, K+ 4.2

Reasoning: ACE-I preferred (DM protection) → check for contraindications (none) → assess tolerability risk (low)

Plan: Start Lisinopril 10mg daily

Monitoring: BP recheck 2 weeks, Cr/K+ 1 week, target BP <130/80

Guideline-based + personalized = optimal treatment