

## 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**