

#CHAIR2020

12TH ANNUAL
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Master Class for Neuroscience Professional Development

February 27-29, 2020 | The LINQ | Las Vegas, Nevada

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Treatment Resistant Depression: The Art of Individualized Care

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Chart Review: Juanita

54 year old married Hispanic female, mother of four

Background

Referred to you by her Family Physician who reports continual symptoms of depression despite 2 different pharmacotherapy trials. She is now reporting that “she feels like she is down a well trying to hang on by her finger tips”



Current Presentation

Appears apathetic, reports she has been dealing with depression since her 20's but it has gotten progressively worse in the last 8 years. Her last child has left for college. She reports trouble sleeping in the evening but tries to lay still as to not wake her husband who works long days.

Her daughter has been encouraging her to see a specialist because she no longer attends her church social events

Chart Review: Juanita

History

Reports taking sertraline many years ago and said "it worked fine" she stopped taking it because she felt she felt better. Then after the birth of her last child she became very depressed and was given venlafaxine xr. Reports that it helped but she never really felt 100% and her doctor gave her something to help her sleep at night but couldn't remember what it was.

Today she states it is the worst it has ever been. Her daughter told her there was a commercial on TV and she should try taking "Rexulti"

Medical

No significant medical history. High cholesterol managed with lovastatin.

Does report she remembers her mom being very moody when she was a teenager.

Chart Review: Juanita

What would you do next?

What is your working diagnosis?

What would be your first management selection?

