

GP telephone note

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Patient ID	P013	Document ID	P013-D02
Date	2026-08-13	Type	GP telephone note
Author	Gp	Recipient	-

Date: 13/08/2026

Patient: Noah Williams

Clinician: Dr Rachel Moore

Clinic: Marsden Primary Care

Encounter: Telephone review

Reason for contact

Early SSRI adverse effects / patient concern about sertraline.

History

Patient contacted clinic on 13/08/2026 reporting nausea and increased restlessness since starting sertraline 25 mg once daily on 10/08/2026. Reports no vomiting and no thoughts of self-harm. He was due to increase to 50 mg and sought advice before the planned increase. Background includes generalised anxiety disorder and recurrent depressive disorder. Sertraline was started on 10/08/2026 at 25 mg once daily with a planned increase to 50 mg for anxiety and depressive symptoms.

Telephone review

Symptoms reported as manageable. Safety plan reviewed. No current self-harm intent reported.

Assessment

Early sertraline adverse effects, with nausea and restlessness reported by patient. Dose titration to 50 mg to be delayed.

Medication changes

Sertraline: titration delayed. Remain at 25 mg once daily. Previous regimen: planned increase to 50 mg.

Reason: early nausea and restlessness. Status after review: active.

Plan

Continue sertraline 25 mg once daily. Delay increase to 50 mg.

Early GP medication and safety review due 20/08/2026.

Psychology treatment under mental-health plan remains outstanding with Community Psychology Service, due 31/10/2026.

Safety-netting: safety plan reviewed; previously advised to use crisis and emergency services if safety concerns develop.