

GP follow-up note

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Date	2026-08-20	Type	GP follow-up note
Author	Gp	Recipient	-

Date: 20 August 2026

Patient: Noah Williams

Age: 29 years

GP: Dr Rachel Moore

Clinic: Marsden Primary Care

Reason for contact

Early medication follow-up to review tolerability and safety of sertraline.

History

Sertraline 25 mg once daily was started on 10 August 2026 for anxiety and depressive symptoms, with a planned increase to 50 mg. On 13 August 2026 the patient reported nausea and increased restlessness; following telephone review that day, the dose increase was delayed and he remained on 25 mg once daily. Psychological therapy commenced on 17 August 2026.

At today's review, nausea is improving and restlessness has reduced. No current self-harm intent reported.

Assessment

Early sertraline adverse effects are improving. Continue current dose and reassess before titration.

Plan

- Continue sertraline 25 mg once daily.
- Reassess before any dose increase.
- GP review before any sertraline dose increase, due 14 September 2026.
- Psychology treatment under mental-health plan ongoing, due by 31 October 2026.

Medication changes

Sertraline continued at 25 mg once daily on 20 August 2026. Reason: adverse effects improving.

Follow-up

GP review before any dose increase due 14 September 2026. Psychology treatment under mental-health plan due by 31 October 2026.

Safety-netting

Safety plan previously reviewed on 13 August 2026. Continue to use crisis and emergency services if safety concerns develop.