

Panic Attack Treatment Plan

Patient information

Name: Isabel Cooper

Date of birth: April 10, 1990

Gender: Female

Contact information: (555) 123-4567 | isabel.cooper@email.com

Medical history:

No significant past medical history; first panic attack occurred 2 years ago; no known allergies.

Treatment overview

Date: December 28, 2024

Summary:

Plan developed to manage and treat Jane Doe's panic attacks, which have increased in frequency and intensity over the past 6 months.

Assessment and diagnosis

Psychiatric evaluation:

Completed by Dr. John Smith, MD, Psychiatrist

Frequency of panic attacks: 3-4 times a week

Intensity of symptoms: Severe, including palpitations, sweating, and fear of losing control

Nature of panic attacks:

Sudden onset, often triggered in crowded environments

Functional impairments:

Difficulty attending social events, challenges in workplace settings

Panic Plan For The Act

G Orfield



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