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SP.236 / ESG.SP236 Exploring Pharmacology
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Jazz Hands

You're a medical student doing a clinical rotation in psychiatry. As a doctor-in-training, you are allowed to take patient histories and make recommendations in their chart. Of course, your work is always checked by a senior psychiatrist, who then also speaks with the patient.

It's your first day in Dr. Wotzisneim's office, and you find that you're a bit nervous about making a good impression. As it turns out, so is your first patient.

"I've picked the wrong career," he tells you, "I'm a musician, but I can't play in front of anyone—not since I've been clean, anyway. I just lose it, you know, man? Like, my hands start shaking and sweating and I'm out of breath—couldn't blow into the sax even if I stopped fumbling with it—heart racing, you know, just *freaking out*."

- Sounds like this guy's experiencing some pretty bad stage fright, perhaps verging on panic attacks.
 - What medications are used to treat anxiety disorders?
 - Which of these would be best for this patient, and why?