

Quick Care

Digital Healthcare Platform

Dr. Verda Zahid

Psychology

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Patient Name	Age / Gender	Date Issued	Prescription ID
Zahid Ali	25 Y / Male	09 Apr 2026	#00001

Chief Complaints

Key symptoms (usually present most days for at least 2 weeks):

Primary Diagnosis

Diagnosed Condition

Major Depressive Disorder

Follow-Up

Apr

23

2026

Return Visit

Reassess symptoms, adherence, and progression.

Rx

Prescribed Medicines

#	Medicine	Dosage	Frequency	Duration
1	Tab. Escitalopram	10mg	0-0-1	21 Days
Note: Take at night after food				
2	Tab. Melatonin	3mg	0-0-1	14 Days
Note: Take 30 minutes before sleep				

Recommended Lab Tests

1. PHQ-9 Screening

Repeat after 2 weeks

2. Sleep Diary Review

Track daily for 14 days

Doctor's Advice & Instructions

Cause focus: Contributing factors:. Prevention focus: Protective steps:.

Dr. Verda Zahid

Digital Signature