F A C T S

Psychosis Screening in Primary Care

FUNCTIONAL decline

ATYPICAL perceptual experiences

COGNITIVE difficulties

THOUGHT disturbance or unusual beliefs

SPEECH or behavior that is disorganized

Be curious and follow up with these questions:

- Why do you think this is happening?
- What is this experience like for you?
- What (if any) impact is this having on your life?
- Is this experience one you are having over and over?
- Is it getting better or worse?
- Does anyone else in your life know this is happening?

Have you started to wonder if your mind was trying to trick you or was not working right?

Have you felt confused whether an experience was real or imaginary?

Have you seen objects, people, or animals that no one else could see?

Have you heard voices or sounds that no one else could hear?

Have you thought that people were following or spying on you?

For programs in Oregon, contact EASA at easacommunity.org/easa-programs.php

Adapted from psychosisscreening.org
MAKE THE CONNECTION

EASA can help sort out the symptoms and connect the person to care

1. **REASSURE** the young person and family: symptoms are common and help is available

2. **Make the connection to EASA: CALL EASA while the patient is in your office**
   - Schedule another visit and initiate medical tests
   - EASA will meet the young person at the location of their choice; we can come to your office.
   - If EASA services are not recommended, we will help connect to appropriate care

3. **CALL CRISIS SERVICES if there are immediate safety concerns**

MEDICAL WORKUP CONSIDERATIONS

1. **CAREFUL HISTORY**
   - Temporal pattern of symptom onset
   - Recent drug ingestion, infectious disease, head injury, or seizure
   - Family history of psychiatric disorders
   - Suicidal or violent thoughts and actions

2. **PHYSICAL EXAMINATION**
   - Mental status & cognitive functioning
   - Signs: fever/endocrinopathy/metabolic illness
   - Neurological exam
   - Tachycardia or severe hypertension

3. **LABORATORY STUDIES**
   - CBC with differential (infectious illness?)
   - Metabolic panel/urine toxicology
   - Imaging & EEG only if indicated

BASELINE STUDIES PRIOR TO MEDICATION

- Lipid profile & glucose (fasting)
- Height, weight, BMI, waist circumference
- Comprehensive metabolic panel

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