

PSYCHOSIS SCREENING IN PRIMARY CARE



KNOW THE SIGNS

F

FUNCTIONAL
decline

A

ATYPICAL
perceptual experiences

C

COGNITIVE
difficulties

T

THOUGHT
disturbance or unusual beliefs

S

SPEECH *or behavior that is disorganized*



FIND THE WORDS

- 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?

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?



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