

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 the world may not be real or that you may not be real?
- Have you thought that people were following or spying on you?

Follow up with questions to determine:

- What is the **EXPERIENCE** like?
- Is it **IMPACTING** them?
- Is it **RECURRING** or **PROGRESSING**?



MAKE THE CONNECTION

PATH 1

REASSURE & REDIRECT if *symptoms are not psychotic-like/are consistent with:*

- Cultural/familial norms
- Developmental stage
- Other mental/medical health diagnoses

PATH 2

MONITOR & EDUCATE if:
▪ Mild psychotic-like content is **NOT IMPACTING, RECURRING, or PROGRESSING**
▪ Family history of psychosis

PATH 3

SPECIALIZED ASSESSMENT & TREATMENT if:
▪ Psychotic-like content is **IMPACTING, RECURRING, or PROGRESSING**

PATH 4

SAME-DAY ASSESSMENT if:
▪ Suicidal/violent thoughts or impulses
▪ Significantly out of touch with reality
▪ Severely disorganized or dangerous behavior
▪ Questionable ability to manage command hallucinations to hurt self or others

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