Psychosis

Evaluation:

As with any other medical or psychiatric condition, the interview is of the utmost importance for guiding the treatment plan. As usual, one starts by obtaining a thorough history. The history should include but is not limited to the following: timeline and severity of symptoms, prior psychiatric history/conditions, hospitalizations, previous medical history/conditions, medications taken (psychiatric and non-psychiatric), history of substance use, detailed social history, history of trauma (emotional, physical, sexual), suicidal ideation with prior attempts, auditory/visual hallucinations.

their underlying condition.

Of equal importance to the history, and an indispensable component of the psychiatric interview is the mental status exam (MSE). One must make a careful observation regarding the patient’s appearance, behavior, speech, mood, affect, thought process, and thought content.

Aside from a urinary toxicology screen, a standard medical workup can help to rule out non-psychiatric causes of psychosis, as well as some additional tests if clinical suspicion permits. These may include:

* Complete blood count and metabolic panel
* Urinalysis, urine cultures
* Thyroid-stimulating hormone (TSH), T3, T3
* Liver function tests
* Vitamin B12
* HIV
* CT, MRI
* EEG
* Lumbar puncture
* Rheumatologic or immunologic workup

Antipsychotic medications are the gold-standard treatment for psychotic episodes and disorders, and the choice, dosing, and administration of the medication will largely depend on the scenario

Along with medications, family and caregivers also play an important role in the management of a psychotic patient, including providing a safe and therapeutic environment for the patient, as well as interacting with them in and calm, empathetic manner