

Psychosis Prodrome (ARMS) screening and treatment clinic

Aims of the service:

1. Develop specialized clinic to provide early assessment and management of patients with at-risk mental state for psychosis (ARMS)

Patient inclusion criteria:

1. Age 15 to 40
2. Suspected ARMS / prodrome based on clinical impression
3. Patient and CMO agree for the transfer

Exclusion criteria:

1. Drug induced psychosis
2. Mental retardation
3. Autism
4. ADHD on psychostimulant medication
5. Psychosis due to general medication condition

Referral:

1. Refer by clinicians from all specialties

Assessment and management process:

1. Screening for ARMS
 - a. Conduct standardized semi-structured interview to confirm ARMS status
 - b. Plan for take-over for confirmed ARMS cases (liaison with referred clinicians)
 - c. Continue to be followed up by the referred unit for screen-negative cases
2. Initial assessment
 - a. Review clinical information
 - b. Understanding patients and family's views of treatment options
3. Baseline investigations
 - a. Standardized clinical and functional assessments
 - b. Standardized brief battery of cognitive assessments
 - c. Brain imaging
 - d. Blood test for biomarkers and genotype
4. Treatment
 - a. Follow up for 3 years with close monitoring and progress evaluation
 - b. Case management will be provided if indicated
 - c. Psychoeducation on the treatment options
 - d. Discuss treatment plan with patient and family
 - e. Optimization of treatment (antipsychotic is not first line treatment, but will be prescribed for exacerbation of attenuated psychotic symptoms or convert to full-blown psychosis)
 - f. Provide alternative treatment options if appropriate (CBT etc.)