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.)