

**Pre-Assessment Screening Guide for a Psychiatric or Psychology Consultation**  
For care-givers and Physicians

This is for consideration prior to a DDMHT assessment. We ask that clients book an appointment with their doctor to review the information here. The purpose is to rule out possible underlying medical conditions that may be manifesting as a dementia process or behavioural challenge.

*This is a guide only, to be followed if medically advised or indicated.*

1. GP – recent appointment/review
  - Review of existing lab results and follow up on out of range values  
Recent Blood work if not done within 3 months that includes
    - Liver panel (especially if on psychotropic medications)
    - Kidney function (GFR)
    - CBC
    - Thyroid (TSH)
    - B 12
    - Vitamin D
    - Ferritin
    - Fasting Blood Sugar
    - Lipid panel – if risk factors, family history or if considering or already on anti-psychotic medication
    - Hormone levels in women over 30 if there are concerns
  - If a sleep disorder or symptoms of sleep apnea exist, please consider an overnight oximetry test
  - Specifically for people with Down Syndrome, celiac screening (total serum IgA if not done previously, and tTg)
2. Please explore conditions which are likely to involve pain/discomfort (including dental pain) and put in place a pain management protocol that is followed
3. Explore medication side effects or interactions. Please include any over the counter non prescription and natural medicines. (pharmacist and or GP are most likely resources)
4. Hearing/Audiology Testing if not done in past 2 years or if recent concerns/ changes
5. Vision Testing if not done in past 2 years or if recent concerns/ changes
6. Think about the impact of environment on behaviour or mood
  - Has a behaviour consultant been involved? If so, have recommendations been tried?
  - Consider impact of losses in person's life or change in residence, day program or school
  - Residence: is it a good fit for the individual?
  - Is there bullying or any possible abuse going on in any aspect of their life?