

OPAB Psilocybin Recipient Screening Tools and Considerations

Compiled by Angela Carter, ND

Physical Health Screening

Check at pre-screening

- Blood pressure
- Pulse
- Pulse Ox
- Blood sugar

Collect list of medical conditions, impact on function, level of recipient concern

What physical conditions are a possible direct concern for psilocybin use?

- Elevated Blood Pressure
- Tachyarrhythmia (WPW, Atrial Fib, etc)
- Heart disease
- Diabetes/uncontrolled blood sugar
- Acute transmissible airborne infection (risk for facilitator)
- Concomitant use of certain medications/drugs (MAOI, Tramadol, Haloperidol, other psychedelics, methamphetamines, etc, see psilocybin/drug interaction chart)
- Known mushroom allergy
- Inability to understand the details of taking psilocybin and to provide informed consent
- Renal disease or failure (risk for AKI)
- Any disease process with hypoxia
- Aneurysm (due to blood pressure elevation)
- Brain-related arterial stenosis or decreased cerebral blood flow (Due to risk for transient hypoxia)
- Pregnancy (No data)

What physical conditions are flags for extra supportive care?

- Multiple Sclerosis/ALS/Absent limbs or other mobility issues
- End of life care (Hospice accompaniment?)
- Chronic pain
- Ostomy or other surgically implanted devices
- Wounds/fractures/sprains or other physical injuries
- Vertigo
- Blindness or vision impairment
- Gastrointestinal issues that cause vomiting and diarrhea

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- Epilepsy or seizure disorder
- Syncope

Screening medical questions:

- Do you have uncontrolled blood sugar? (screen)
- Do you have uncontrolled elevated blood pressure? (screen)
- Do you have an uncontrolled heart arrhythmia? (screen)
- Do you experience low oxygen states? (screen)
- Do you get migraines?
- What other consciousness altering substances have you used in the past week?
- What herbal medicine have you used in the past week?
- What medications do you take and for what conditions?
- Anorexia or bulimia? (vomiting d/t psilocybin may trigger)
- Nausea with serotonergic drugs?
- Do you have a condition that impacts your ability to move freely?
- Do you have pain, where, and how does it impact?
- If you have any of the above medical conditions, who is your primary caregiver and may we consult them on your care?

Mental Health Screening

What mental conditions are a possible direct concern for psilocybin use?

- Psychosis
- Mania or likelihood of manic induction
- Dissociative states
- Suicidal Intent (can be life-saving, but also may exacerbate)
- Homicidal intent

What mental conditions are flags for extra supportive care?

- Bipolar disorder
- Claustrophobia or other phobias
- Suicidal ideation
- Trauma
- Anxiety
- Depression
- Substance use disharmony
- OCD or other issues with order
- Panic attacks

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What conditions show promise for treatment?

- Suicidal ideation
- Trauma
- Anxiety
- Depression
- Substance use disharmony
- OCD
- Bipolar disorder depression
- Autoimmune disease
- Migraines

Screening for Psychosis, mania, schizophrenia, and dissociative states

Natalie Seiler, Tony Nguyen, Alison Yung, Brian O'Donoghue. Terminology and assessment tools of psychosis: A systematic narrative review. Psychiatry & Clinical Neurosciences, April 2020 10.1111/pcn.12966

<https://onlinelibrary.wiley.com/doi/full/10.1111/pcn.12966#:~:text=Most%20frequently%20used%20were%20PANSS,for%20assessment%20of%20mental%20disorders>

- Brief Psychiatric Rating Scale (BPRS)
<https://www.smchealth.org/sites/main/files/file-attachments/bprsform.pdf?1497977629>
- Positive and Negative Syndrome Scale PANSS
https://www.psychdb.com/_media/psychosis/panss.pdf
- Scale for the Assessment of Positive Symptoms (SAPS)
<https://www.ncbi.nlm.nih.gov/projects/gap/cgi-bin/GetPdf.cgi?id=phd000837.1>
- Psychotic Symptom Rating Scale (PSYRATS)
<https://core.ac.uk/download/pdf/204498869.pdf>
- Clinician-Administered Rating Scale for Mania (CARS-M)
https://www.neurotransmitter.net/CARS_M.pdf

Screening for Dissociative states

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- Dissociative Experiences Scale (DES)
<https://www.hebpsy.net/files/ruZXkl5YGeKcvt6dBZpS.pdf>
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Screening for Suicidality

- ASQ Suicide Risk Screening tool
https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/asq-tool/screening_tool_asq_nimh_toolkit_155867.pdf

Bipolar screening

- Hypomania Checklist (HCL-32) - Self Report
<http://www.oacbdd.org/clientuploads/Docs/2010/Spring%20Handouts/Session%200220b.pdf>
- Mood Disorder Questionnaire (MDQ)
https://www.ohsu.edu/sites/default/files/2019-06/cms-quality-bipolar_disorder_mdq_screener.pdf
- Composite International Diagnostic Interview (CIDI)
https://www.hcp.med.harvard.edu/ncs/ftpdir/CIDI_3.0_Bipolar_Screening_Scales_final.pdf

Research Tools for tracking changes

Patient Health Questionnaire (PHQ-9)

<https://patient.info/doctor/patient-health-questionnaire-phq-9>

GAD-7 (General Anxiety Disorder-7)

<https://www.mdcalc.com/gad-7-general-anxiety-disorder-7>

Well-Being Inventory

<https://www.ptsd.va.gov/professional/assessment/documents/WellBeingAssessment.pdf>

Well-Being Inventory Manual

<https://www.ptsd.va.gov/professional/assessment/documents/WellBeingInventoryManual.pdf>

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PTSD Checklist for DSM-5 (PCL-5)

<https://www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp>

Mystical Experiences Questionnaire

<https://www.ocf.berkeley.edu/~jfkilstrom/ConsciousnessWeb/Psychedelics/States-of-Consciousness-Questionnaire-and-Pahnke.pdf>