

Recommended Workup List

The following list of tests and labs is suggested in order to rule out any medical conditions that might be contributing to cognitive impairment and/or mood instability.

Physical exam, including thorough neurological exam

Vital signs and weight

Urinalysis and culture (and repeat after antibiotics for UTI)

Blood and urine screens for alcohol and drugs

Review of medications and drug levels

Blood sample lab tests:

Complete blood cell count (CBC with differential)

Comprehensive metabolic panel (CMP)

C-reactive protein (CRP)

Serum thiamine/B1, niacin/B3, folate/B9, B12, and D levels

Calcium-binding protein S-100 B (serum marker for delirium)

Electrolytes

Hepatic and renal (liver and kidney) function panels

Glucose and glycated hemoglobin (HbA1c)

Thyroid function tests (TSH and full panel)

HIV (human immunodeficiency virus)

Rapid plasma regain (RPR) or VDRL (syphilis)

Sedimentation rate (particularly ESR)

Other tests:

Electrocardiogram (EEG)

CT or MRI scan of brain, with and without contrast

PET or SPECT scan

Cerebrospinal fluid (CSF) exam via lumbar puncture / spinal tap

NOTE: This list was created based on suggestions from multiple geriatric psychiatrists, but it is not intended to be medical advice or to substitute for any provider's professional judgment.