



ESSENTIALS OF A DIAGNOSTIC WORKUP

History and physical including psychiatric, personal, past medical and family histories and mental state assessment.

Lab tests

Evidence supports to the following tests:

- Complete blood cell count
- Serum electrolytes
- Glucose
- BUN/creatinine
- Vitamin B-12 levels
- Vitamin D – deficiency is highly prevalent in people with intellectual disabilities, partly because of insufficient exposure to sunlight
- Folate (folic acid, B9) especially if:
 - Long term use of antipsychotics
 - Epilepsy - anticonvulsants such as sodium valproate may lower serum folate level
- Thyroid function tests
- Liver function test
- Celiac screening if Down syndrome – blood sample to be taken to test for antibodies
- Complete medication review
- Discuss possible sleep apnea testing for persons with Down syndrome

MRI and/or CT scan to detect lesions that could result in cognitive impairment.

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