

Clinical case report of treating psychosis with broad spectrum micronutrients

“Andrew”

- **Middle child of 3; intact Calgary family, apparently eating well --- healthy**
- **Learning/language problems**
- **Age 10: “stressed” and “overwhelmed”**
- **Disturbances in sleep, concentration, behaviour**
- **Auditory hallucinations, paranoid ideation**
- **Symptoms of Obsessive Compulsive Disorder**

- **Admitted to Alberta Children's Hospital inpatient mental health 2008; stayed 6 months**
- **Every investigation imaginable, and many, many medication trials**
- **Delusions:**
 - **food poisoned**
 - **murderer and an adulterer**
 - **caused extreme guilt and remorse, leading to excessive *obsessive* prayer**
- **Stuttering, tremors**

➤ **Discharge CGAS* = 35:**
unchanged after 6 mos!

***Children's Global Assessment Scale**

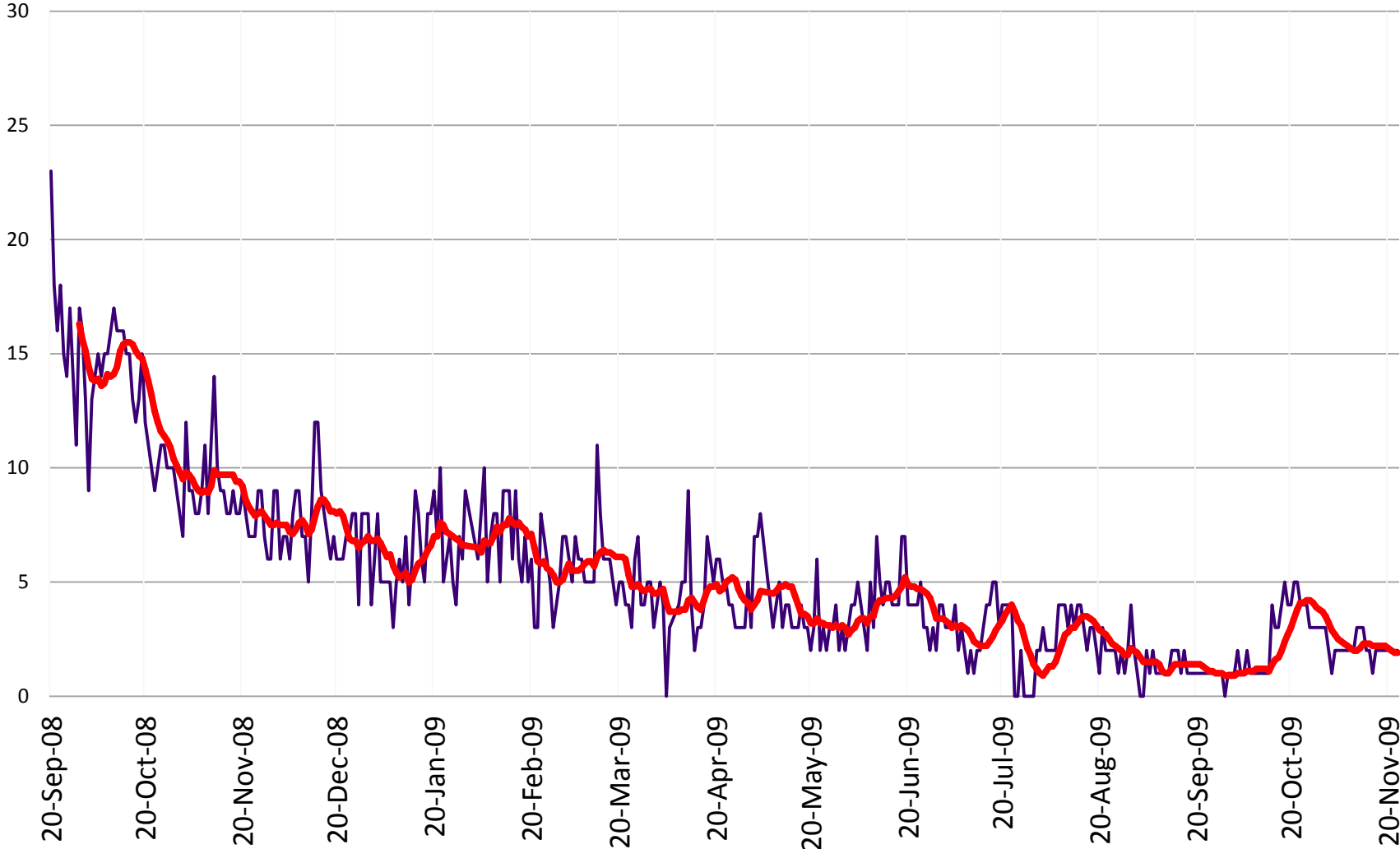
- **Sent home, and seen as an outpatient in the Mood & Anxiety Disorders clinic; Dr. Megan Rodway**
- **Parents suggested trying a broad spectrum micronutrient formula (EMP+)**

Dr. Rodway – “This is snake oil, but I don’t have anything better to offer!”

**What happened to Andrew
on the snake oil??**

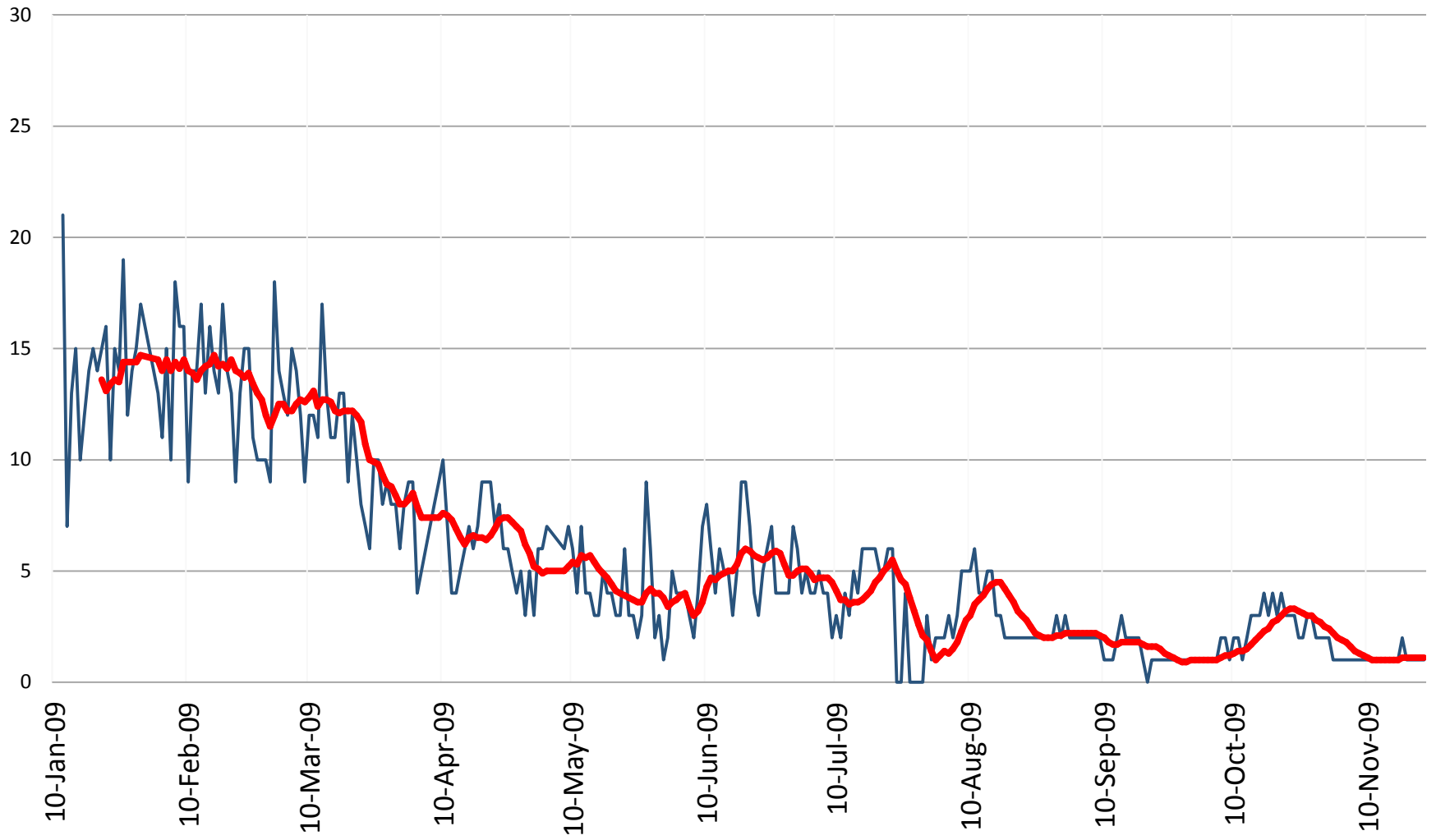
Daily Obsessive-Compulsive symptom score

10-day moving average



Daily psychosis symptom score

10-day moving average



“Andrew” by 2010 (and still in 2014)

- **No clinically significant anxiety**
- **No psychotic symptoms**
- **Enjoys school, has friends**
- **But...still has mixed
expressive/receptive language
struggles and needs help in school**

➤ **No Adverse Events**

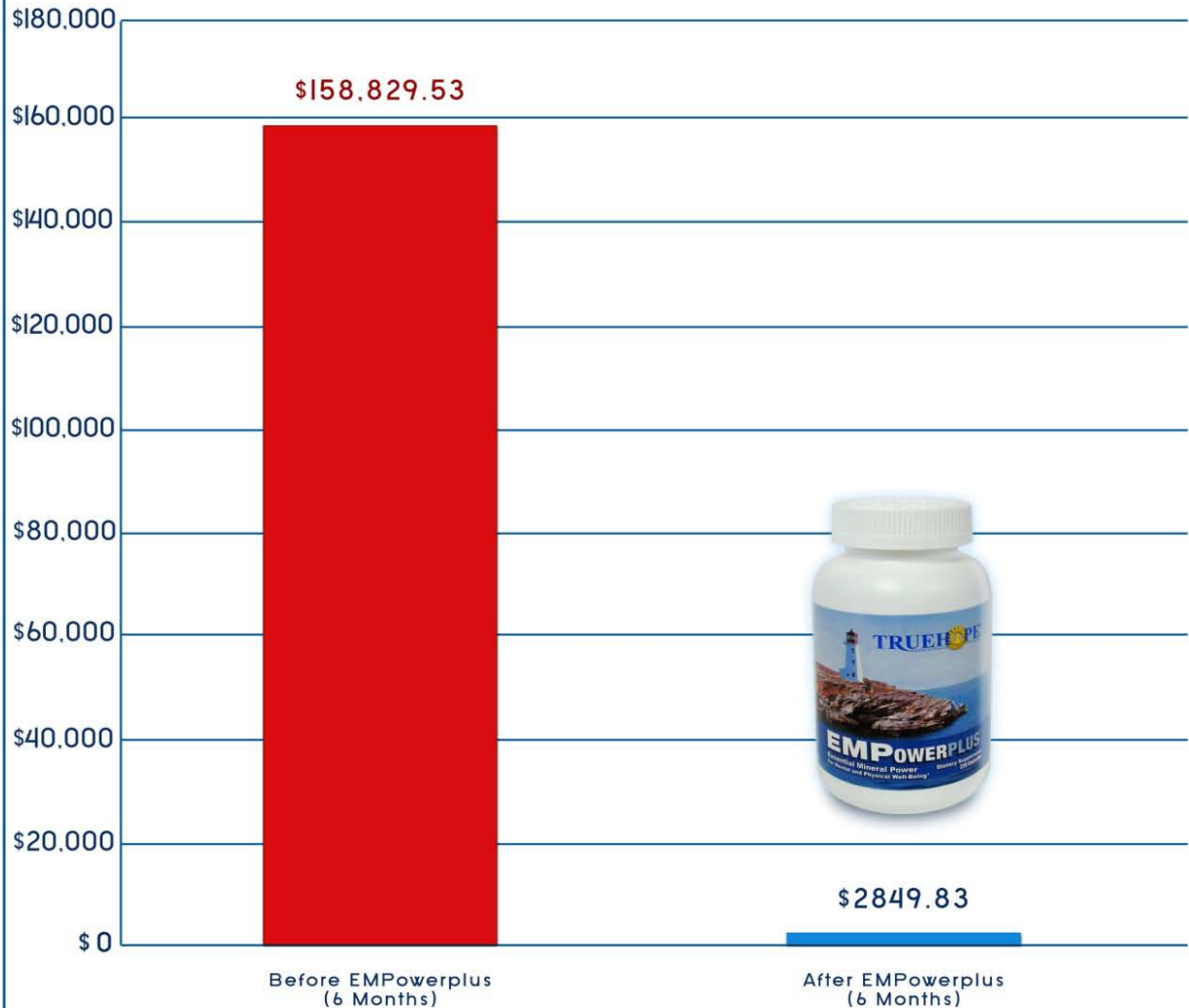
➤ **No safety concerns**

**M Rodway, A Vance, A Watters, H Lee, E Bos, B Kaplan,
Efficacy of micronutrient treatment of childhood
psychosis,**

BMJ Case Reports, Nov 9, 2012

Costs of 6 months of conventional inpatient treatment compared to 6 months of outpatient follow-up with micronutrient treatment

Alberta Healthcare costs for an 11-year-old boy with OCD and Anxiety



Cost Breakdowns

Before EPowerplus (6 Months)

Inpatient admission (75 days).....	\$148,792.64 - 94%
Mental health day treatments.....	\$5,379.41 - 3.4%
Mental health specialty clinics.....	\$3,108.77 - 2%
Ambulatory services.....	\$616.76 - 0.4%
Neurophysiology lab.....	\$272.34 - 0.2%
Speech-language	
Pathology.....	\$254.14 - 0.2%
Emergency visit.....	\$250.20 - 0.16%
Social work.....	\$155.28 - 0.10%
Total.....	\$158,829.53

After EPowerplus (6 Months)

Mental health outpatient clinics.....	\$910.09 - 32%
Allied health outpatient support.....	\$899.74 - 32%
Approx. cost of micronutrients.....	\$1040 - 36%
Total.....	\$2,849.83

**And what happened to
Dr. Rodway?**