

Psychosis and Delirium as Manifesting Symptoms of Chronic and Heavy Nitrous Oxide use in a 37-Year-Old Samoan Male Patient: A Case Report

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Abstract:

Nitrous oxide (N₂O) is a clear gas used in the food industry as well as in clinical settings as an analgesic and anesthetic agent. It is also a commonly used recreational drug due to its anxiolytic and euphoric effects. In our submission, we discuss the case of a 37-year-old male with a long-standing history of N₂O use who was brought to the emergency department for psychotic symptoms that soon after presentation expanded to symptoms of delirium. Our case reports add to the literature about N₂O-induced psychiatric presentations, particularly by focusing on a patient from an underrepresented population. We outline his clinical presentation, discuss the presenting physical and psychiatric symptoms and management options based on existing literature and knowledge. The patient's information is adequately de-identified in this case report.