

# ADHD SHARED DECISION MAKING



## WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder is a mental health condition including the following symptoms:

- |               |
|---------------|
| INATTENTION   |
| IMPULSIVITY   |
| HYPERACTIVITY |

These symptoms can cause: difficulty at school or work, difficulty with relationships, and low self-esteem. If untreated ADHD can lead to other conditions such as anxiety, depression, frustration, and anger.

## HOW IS ADHD DIAGNOSED?

<b>STEP 1</b>	Evaluate for ADHD symptoms, which may include screening tools
<b>STEP 2</b>	Get information from: 1) Parent/Guardian 2) School 2) Counselor
<b>STEP 3</b>	Screen for co-morbidities: 1) Anxiety 2) Depression 3) Learning Disabilities
<b>STEP 4</b>	Referrals as needed

The American Academy of Pediatrics and the Center for Disease Control recommend the following approach to treatment, based on age:

<b>AGES 4-6 years</b>	<ul style="list-style-type: none"> <li>Parent training in behavioral modification</li> <li>Behavioral modification in the daycare/classroom</li> <li>Medication (short-acting most often)</li> </ul>
<b>AGES 6-18 years</b>	<ul style="list-style-type: none"> <li>Medication</li> <li>Behavioral modifications at home/school</li> <li>Counseling</li> <li>School IEP</li> </ul>

## WHAT MEDICATIONS ARE HELPFUL FOR ADHD SYMPTOMS?

	MEDICATION	COMMON SIDE EFFECTS	NOTES
Short-Acting Stimulants	amphetamine (Adderall)		<ul style="list-style-type: none"> <li>Multiple daily doses</li> </ul>
	dexmethylphenidate (Focalin)		<ul style="list-style-type: none"> <li>Multiple daily doses</li> </ul>
	methylphenidate (Ritalin)		<ul style="list-style-type: none"> <li>Multiple daily doses</li> </ul>
Long-Acting Stimulants	amphetamine (Adderall XR)		<ul style="list-style-type: none"> <li>emotionality</li> </ul>
	dexmethylphenidate (Focalin XR)	<ul style="list-style-type: none"> <li>increased heart rate</li> <li>increased blood pressure</li> <li>reduced appetite</li> <li>difficulty sleeping</li> </ul>	<ul style="list-style-type: none"> <li>50%am / 50% PM</li> </ul>
	methylphenidate (Concerta)		<ul style="list-style-type: none"> <li>60% AM / 40% PM</li> </ul>
	methylphenidate (Daytrana)		<ul style="list-style-type: none"> <li>Skin patch</li> <li>Lasts up to 13 hrs</li> </ul>
	methylphenidate (Ritalin LA)		<ul style="list-style-type: none"> <li>50%AM / 50% PM</li> </ul>
	lisdexamfetamine (Vyvanse)		<ul style="list-style-type: none"> <li>Lasts 8-9 hrs</li> </ul>
Non-Stimulants	atomoxetine (Strattera)		<ul style="list-style-type: none"> <li>Nausea</li> <li>Stomach upset</li> </ul>
	guanfacine (short-acting)		<ul style="list-style-type: none"> <li>Multiple doses per day needed</li> </ul>
	guanfacine (Intuniv XR)	<ul style="list-style-type: none"> <li>Fatigue</li> <li>Sleepiness</li> <li>Decreased pulse or blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>May give dose at night for help with sleeping</li> </ul>

- If your child is prescribed medication, you will need to be seen at regular intervals (from once a month to every 6 months). It is important for your behavioral provider to monitor your child's growth, response to his/he medication, and check for side effects. In between appointments, if concerns arise, please call our office at 784-5782.