

# **Your Life Changing Referral for Patients Who May Have ADHD**

Submitted by: Arian, a student intern from Children's Minnesota

Millions of children suffer from attention-deficit/hyperactivity disorder (ADHD), which frequently lasts into adulthood. Chronic issues, including trouble maintaining focus, hyperactivity, and impulsive conduct, are all parts of ADHD. However, an early diagnosis and course of treatment can greatly impact the result.

Low self-esteem, problematic relationships, and unsatisfactory academic performance are among the issues children with ADHD may face. Sometimes, symptoms get better as individuals mature. Some individuals, however, never fully outgrow their ADHD symptoms. However, kids can pick up successful coping mechanisms. Although medication won't make ADHD disappear, it can significantly reduce symptoms. Medication and behavioral therapies are frequently used in treatment.

ADHD's main characteristics include hyperactive-impulsive conduct and inattention. Before the age of twelve, ADHD symptoms begin, and in some kids, they become apparent as early as age three. Mild, moderate, or severe symptoms of ADHD may persist until adulthood. Generally, males are more likely than females to have ADHD, and behaviors between boys and girls can vary. For instance, boys might be more energetic, and girls might favor being subtly inattentive.

There are three variations of ADHD. First, predominantly inattentive, where most symptoms fall under the inattention category. Secondly, predominantly impulsive and hyperactive, where most of the symptoms are impulsive and hyperactive. Lastly, integrated which is a combination of hyperactive/impulsive and inattentive symptoms.

A child with a pattern of inattention might frequently fail to pay attentive attention to details or make thoughtless mistakes in schoolwork, struggle to stay focused during tasks or play, have trouble following directions, resulting in incomplete work or chores, and struggle to plan daily duties and activities, avoid or detest things that demand concentration of mental efforts, such as homework, misplace items necessary for jobs or activities, such as toys, pencils, etc., and forget to complete some everyday tasks, such as chores.

When a kid exhibits a habit of being hyperactive and impulsive, they may frequently squirm in the seat, fidget, or tap their hands or feet, have trouble remaining sat in a classroom or other settings, and be active and constantly moving when it is inappropriate, moves around or climb things, have difficulties playing or working quietly, talk excessively, respond incoherently, cutting off the questioner, have trouble waiting for their turn, interrupt or pry into other people's games, talks, or activities.

For kids with ADHD, life can be challenging. Classroom struggles are common in children with ADHD, resulting in academic failure and criticism from other kids and adults.

Compared to kids without ADHD, they tend to experience more mishaps and injuries. They tend to lack self-esteem, are more likely to struggle with social interaction and adult and peer acceptance and are more likely to engage in drug and alcohol misuse as well as other delinquent activities.

It is vital to catch this disorder as soon as possible and start early diagnosis and treatments, which can significantly impact that child's future. You can perform a questionnaire from parents and patients to see whether any of your patients encounter these symptoms. Please refer your patients to a pediatrician or primary care physician if you suspect that your patient may be showing indications of ADHD. It's vital to first have a medical evaluation to rule out any other potential causes of that child's challenges. Further assistance can be done by a specialist, such as a developmental-behavioral pediatrician, psychologist, psychiatrist, or pediatric neurologist.

#### References

Mayo Clinic. (2019). *Attention-deficit/hyperactivity disorder (ADHD) in children - Symptoms and causes*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/adhd/symptoms-causes/syc-20350889>