

Useful websites for ADHD

- www.livingwithadhd.co.uk
- www.adhdandyou.co.uk
- www.fullattention.co.uk
- www.addiss.co.uk

Useful apps for ADHD

- How's today been

Understanding NICE guidance

- www.nice.org.uk/guidance/CG72/ifp/chapter/about-this-information

Useful resources for parenting strategies

BOOKS

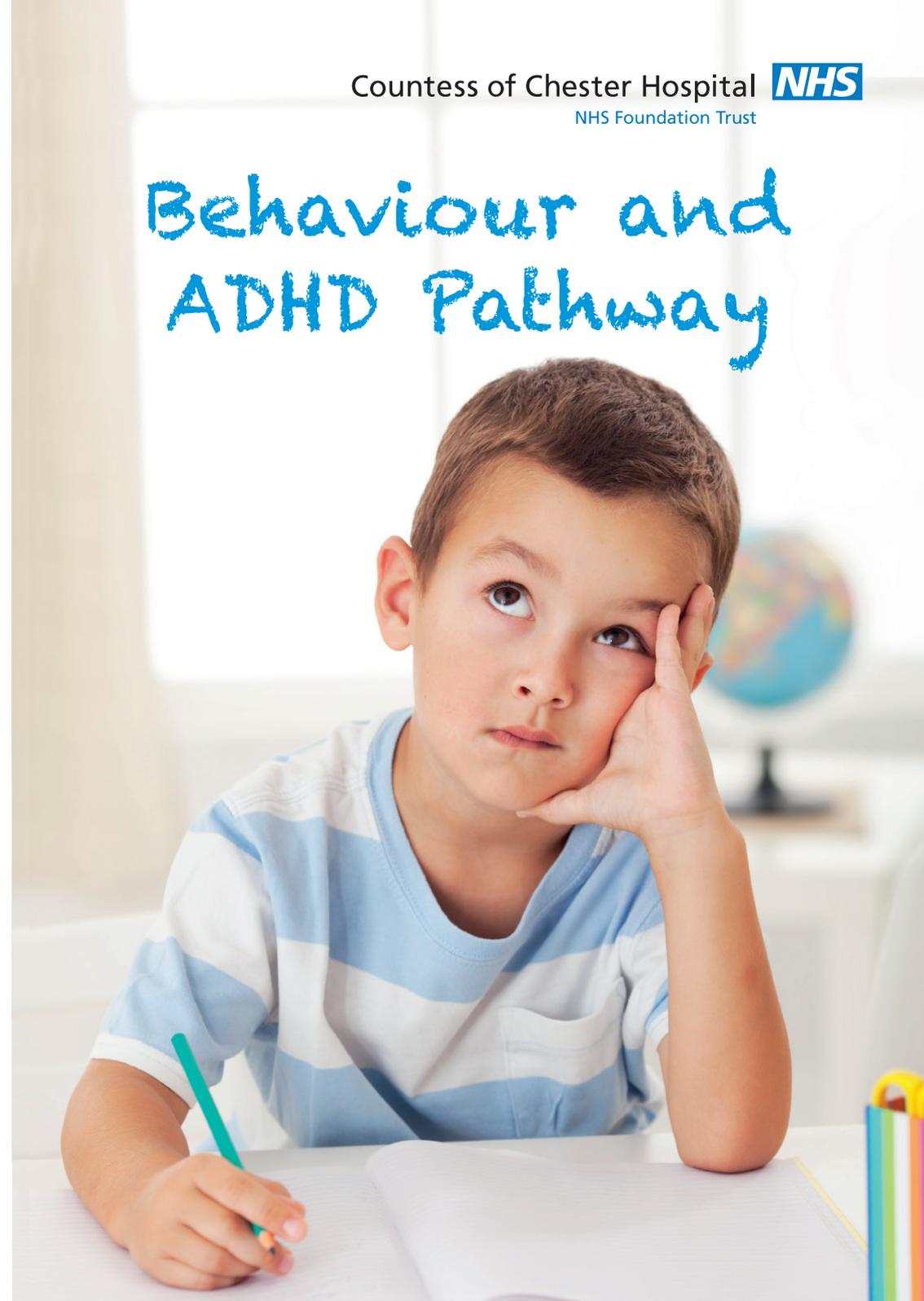
- 1,2,3 Magic book
- Step by Step help for Children with ADHD
by Cathy Laver-Bradbury et al.

COURSES

- 1,2,3 Magic Course
- The Incredible Years, Webster Stratton Course
- Triple P course

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Behaviour and ADHD Pathway



Introduction

The community paediatric team works closely with schools and other professionals in partnership with parents to assess and help your child.

A pathway has been developed (in partnership with other agencies) that encourages schools to identify children with behaviour difficulties, address any learning and training needs, and put the appropriate behaviour strategies in place based on the child's needs and without waiting for a formal diagnosis. If your child does not progress as expected, with parent's consent, the school will make a referral to the community paediatric team providing all the relevant information, including professional reports. This will speed up the assessment process.

Schools can also work with parents to ensure consistency in approach across both settings.

Referral and Assessment Process

A referral can be made via your child's school who would also be able to forward the relevant information prior to the assessment. This will help to speed up the process.

How can I explain to my child the reason for the assessment?

It would be useful to have a discussion with your child asking him/her to reflect on his/her strengths and difficulties, explaining that the doctor can help with the issues that they struggle with.

What to expect from the assessment for ADHD?

- A clinical discussion with the doctor for the history to be taken, allowing you to express your concerns.
- Information gathering from the school. This may have already been done if the school has completed the relevant forms. It would also be useful to have reports from other agencies that may be involved e.g. Educational Psychologist.
- Completion of questionnaires for children aged 6 years and over. Questionnaires are not validated for younger children.
- To fulfil the criteria for an ADHD diagnosis the difficulties should be present in different settings. If the reports are inconsistent, we may request a school meeting or carry out a school observation.
- We would also consider additional difficulties that could have an impact on a child's behaviour. Additional needs are common in children with ADHD.

How long will the assessment take?

- We would normally see the family 4 months after the first appointment to obtain the result of the questionnaires. If all the information is complete and

received in good time, the outcome of the assessment can be given at the second appointment. However, this can take longer if the information is not complete or if there is discrepancy of reports or lack of clarity. Your child will be offered another appointment in 3-4 months time for obtaining further information or liaising with school.

Diagnosis and post diagnosis

Your child may receive an ADHD diagnosis and treatment options would be discussed as follows:

- Behaviour modification strategies are the first line treatment for children who have moderate impairment. Such strategies can be consolidated through attending a parent training course.
- Notifying your child's school of the diagnosis so support can be given.
- National guidelines recommend that medication for ADHD is reserved for children with severe impairment. i.e. severe ADHD that has an impact on learning, home life and social life/friendships.
- Social Skills training would be helpful if this is available in your child's school.
- Teaching your child to understand and self-manage his/her difficulties may be needed.

Your child may not receive a diagnosis of ADHD

- Other conditions or causes may be identified as the reason for your child's behaviour difficulties. Behaviour modification strategies would help you manage your child's behaviour in most conditions. This can be consolidated through attending a parenting course.

Preschool children

- Although children can present at a young age with ADHD symptoms the presentation may change as the child develops and learns new skills and therefore waiting until they are older for a potential diagnosis is appropriate.
- Parent training courses are the first line of treatment and evidence has shown they are effective for this age group. They can be accessed via the Children's centres through self-referral or through the health visitor. You may also ask your health visitor for help with behaviour modification strategies.
- Medication is not recommended for younger children as they are at higher risk of developing side effects and evidence has shown that medication at this age is less effective.