

Diagnosis/Disease/Illness

Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#373

Name of Child: _____ Date: _____

Attention Deficit Hyperactivity Disorder or ADHD

What it is:

Children need to pay attention and be able to finish tasks. Children with **attention deficit hyperactivity disorder (ADHD)** cannot do this, even if they try very hard. These children have a lot of trouble paying attention and find it very hard to think before they act.

There are 3 types of ADHD:

- inattentive type
- hyperactive-impulsive type
- combined type

How it is diagnosed:

A trained expert needs to decide if a child has attention deficit disorder. Experts look at the symptoms in several ways, including:

- parent and teacher rating measures
- measures of school work, behaviors when with others, ability levels and emotions
- family behaviors



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Signs and symptoms:

These start before the age of twelve and last at least six months:

- has trouble paying attention (inattentive type)
 - sights and sounds catch the child's attention easily
 - makes careless mistakes
 - has trouble paying attention to details
 - rarely follows instructions carefully and completely
 - loses or forgets things, like toys, pencils, books or tools needed for a task
- takes action before thinking (impulsivity)
 - has trouble waiting in line
 - runs out into the street before looking for cars
 - blurts out answers before hearing the whole question
- sometimes very active (hyperactivity)
 - feels restless
 - fidgets with hands or feet more than most children
 - squirms

Treatments:

ADHD is treated with medication, behavior management, and school accommodations.

There are two type of medicines to treat ADHD: stimulants and non-stimulants. If one does not help, another might.

- Stimulants include:
 - methylphenidate (Ritalin and other short-acting and long-acting forms)
 - Mixed amphetamine salts (Adderall, Adderall XR, Vyvanse)
 - dextroamphetamine (Dexedrine)
- Non-stimulants include:
 - clonidine (Catapres)
 - guanfacine (Tenex)
 - long-acting clonidine (Kapvay)
 - long-acting guanfacine (Intuniv)
 - atomoxetine (Strattera)

Your health care team will talk to you about ways to manage your child's behavior.

- Children with attention deficit hyperactivity disorder do better with one-step directions.
- They do best when they know what to expect and they do not have too many choices.
- If you want more information, ask your nurse or doctor for the handouts:
 - **How to Help Your Child Do What You Say (#83)**
- Your health care team will also talk to your child's teacher to help your child in school. For example, a child who sits near the teacher or who is given short assignments may be able to pay attention better.
- If you want more information for help at your child's school, ask you nurse or doctor for handout: **Section 504 Education IEP (#843)**

Follow-up care:

Follow-up appointments are very important.

- Tell your child's health care team what changes you see:
 - How well is the treatment helping your child?
 - How are your child's thoughts, mood, aggression and frustration?
 - How does your child follow directions?
 - Does your child get along with others better?
 - How long can your child stay focused on an activity?
- Tell your health care team how the behavior management plan is working. Together, you and the team can come up with new plans as you need them.



Tell your health care team how the behavior management plan is working.

- You need to get prescriptions refilled before they are used up. Most medicines used to treat attention deficit hyperactivity disorder are special. By law, the pharmacy needs a written prescription. Your doctor may not be allowed to call in the prescription for your child's medicine.
- As your child grows, the amount of medicine or the type of medicine may be changed.

Now that you've read this:

- Tell your child's health care provider what attention deficit hyperactivity disorder is and how it is treated. (Check when done.)



If you have any questions or concerns,

- call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

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#373 • Written by Kristin Willenborg, RN • Reviewed by Dr. Robin Blitz, MD • Illustrated by Dennis Swain



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Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!