

Section 2: Personal Reflection Question

What therapeutic options may be used to treat patients suffering from ADHD?

Course Review

The following questions are presented below to further review the concepts found in this course. By reviewing the following questions, health care professionals can obtain practical knowledge, which may be used to ensure the safe and effective administration of health care to individuals suffering from or living with ADHD.

What are potential symptoms of ADHD?

Symptoms of ADHD may include the following: an inability to give close attention to details, an inability to maintain focus, an inability to maintain sustained mental effort for long periods of time, a capacity to consistently overlook details, a capacity to consistently make mistakes (e.g., making careless mistakes on a consistent basis), often appears to not be listening when spoken to directly, often fails to follow through on instructions, often fails to complete tasks, often distracted by extraneous stimuli, often forgetful, consistently disorganized, fidgety (e.g., hand tapping, foot tapping, squirms in his or her seat), restless, excessive talking, often interrupts other individuals while they are talking, often exhibits difficulty waiting for his or her turn, and often intrudes on others.

What is cognitive behavioral therapy?

Cognitive behavioral therapy may refer to a form of psychotherapy which focuses on helping individuals solve problems and create positive outcomes by changing unrealistically negative patterns of thought and behavior.⁷

What contraindications are associated with Ritalin?

Ritalin is contraindicated in patients who possess marked anxiety, tension, and agitation as well as in patients known to be hypersensitive to the drug, in patients with glaucoma, and in patients with motor tics or with a family history or diagnosis of Tourette's syndrome.¹⁰ Additionally, Ritalin is contraindicated during treatment with monoamine oxidase inhibitors, and also within a minimum of 14 days following discontinuation of a MAOI.¹⁰

According to materials provided by the FDA, what warnings are associated with Adderall XR?

Warnings associated with Adderall XR include the following: amphetamines have a high potential for abuse; prolonged administration may lead to dependence; misuse of amphetamines may cause sudden death and serious cardiovascular adverse reactions.¹⁰ Additional warnings associated with Adderall XR include: sudden death has been reported with usual doses of CNS stimulants in children and adolescents with structural cardiac abnormalities or other serious heart problems; sudden death, stroke, and myocardial infarction have been reported in adults taking CNS stimulants at usual doses; stimulant drugs should not be used in patients with known structural cardiac abnormalities, cardiomyopathy, serious heart rhythm abnormalities, coronary artery disease, or other serious heart problems; monitor blood pressure and pulse at appropriate intervals; use with caution in patients for whom blood pressure increases may be problematic; stimulants may cause treatment emergent psychotic or manic symptoms in patients with no prior history, or exacerbation of symptoms in patients with pre-existing psychosis; evaluate for bipolar disorder prior to stimulant use; monitor for aggressive behavior; discontinue in the presence of seizures; may exacerbate tics; evaluate for tics and Tourette's syndrome prior to stimulant administration.¹⁰

What is a typical starting dose of Concerta for children and adolescents?

A typical starting dose of Concerta for children and adolescents is 18 mg once daily.

Conclusion

ADHD may refer to a type of brain disorder which is marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development. Symptoms of ADHD may include the following: an inability to give close attention to details, an inability to focus, excessive talking, and restlessness. Individuals suffering from ADHD may present in a variety of different states such as: the predominantly inattentive presentation state, the predominantly hyperactivity-impulsive presentation state, and the combined presentation state. ADHD is typically diagnosed by a physician using criteria outlined in the DSM-5. Non-pharmacological treatment options for ADHD include: psychotherapy, cognitive behavioral therapy, social skills training, support groups, routine exercise, and establishing sleep routines. Pharmacological treatment options for ADHD include the following medications: Ritalin, Adderall XR, Concerta, lisdexamfetamine dimesylate (Vyvanse), and atomoxetine (Strattera). Health care professionals should possess insight into ADHD as well as ADHD treatment options to best serve patients suffering from ADHD.

References

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