

Symptoms 101: An Overview of Comprehensive Diagnosis and Treatment Planning

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What is ADHD?

- It is characterized by: persistent patterns of inattention, hyperactivity, and impulsivity
- ADHD is a complex condition involving brain chemistry and functioning
- It is important to understand that ADHD is a legitimate medical condition and not a personal flaw or character weakness



Symptoms of ADHD

- ADHD is characterized by three main symptom categories: **hyperactivity, impulsivity and inattention,**

Hyperactivity

Impulsivity


Inattention



Symptoms of ADHD

What does **"hyperactivity"** look like?

- Fidgets with or taps hand or feet
- Moving around
- Always "on the go" "driven by a motor"
- Talks excessively



Symptoms of ADHD

What does **"impulsivity"** look like?


- Trouble waiting turn
- Blurts out an answers before question is completed
- Interrupts or intrudes on others


Symptoms of ADHD

What does **"inattention"** look like?

- Fails to give close attention to details
- Careless mistakes
- Trouble holding attention on task or activity
- Difficulty following through on instructions
- Loses things
- Forgetful in daily activity


Diagnostic Process for ADHD





- A child/adult who is inattentive, impulsive or hyperactive does **not** necessarily have ADHD
- Symptoms could also be caused by something differently
- Important to be diagnosed or examined by professionals!


Diagnostic Process for ADHD



Who can diagnose ADHD?

- Pediatrician
- Psychologist
- Psychiatrist
- Advanced practice registered nurse

Diagnostic Process for ADHD



1. DSM-5
2. Clinical Interview
3. Normed Rating Scale
4. Physical Exam
5. Learning Disability Considerations
6. Comorbid Condition Evaluation

Diagnostic Process for ADHD

DSM-5

- ≥ 5 symptoms per category in adults, persisting at least 6 months, present prior to age 12
- symptoms interfere with or reduce the quality of social, academic, or occupational functioning

Diagnostic Process for ADHD

Clinical Interview

- The problems that brought the person in for evaluation
- Daily functioning
- Activities the person does for fun
- Self-image as reflected in how the patient thinks others see him
- Family stress or other stressors over recent years
- Family psychiatric history
- Health, appetite, and physical development, sleep patterns
- Current moods

Diagnostic Process for ADHD

Normed Rating Scale

- How the individual functioned over recent months

Learning Disability

- For example dyslexia

Physical Exam

- Medical Problems
- Thyroid issues?

Comorbid Conditions

- Anxiety
- Depression
- Substance abuse

Symptoms of ADHD

3 Types of ADHD

Combined Presentation


Predominantly Inattentive Presentation

Predominantly Hyperactive-Impulsive Presentation

Evidence-Based Treatments

Which treatment will be most effective?

No two people are the same, this question must be answered by each individual in consultation with their health and care professional.



Evidence-Based Treatments

Which treatment will be most effective?

ADHD affects the individual across all aspects of all their lives & need a comprehensive approach

Medication

Behavioral Interventions

Accommodations in the Classroom or at Work

Lifestyle Changes

Evidence-Based Treatments

Medication

- Stimulant (e.g. Ritalin / Adderall)
- Non-stimulant (e.g. Strattera)
- Stimulants increase the availability of dopamine at the synaptic cleft

Can everyone take ADHD medication?

Evidence-Based Treatments

Questions to ask Drs when starting medication?

- What are the side effects of each medication?
- Would be short or long-acting medication be better for my lifestyle?
- What is the dosage of the medication?
- Can I get a health-check before starting my medication? (ECG/EKG, full blood work, height weight and blood pressure)

Evidence-Based Treatments

Coaching

Incorporating ADHD coaching into a comprehensive treatment plan can empower individuals to reach their full potential

Evidence-Based Treatments

Does Coaching Work for Everyone?

Dr. Janina is an energetic, positive and dedicated professional. She provided my 15 yr old daughter with expert ADHD coaching to help her become more organized and productive to achieve her goals. I've seen great improvement in my daughter's habits and productivity. Plus, she has listened to Dr. Janina's advice much more than when the advice comes from me...which is why it's so great (and often necessary) to enlist the help of Dr. Janina!

I'm so glad I found Janina; she has vast professional expertise and experiential knowledge. I feel comfortable and understood to share my stories in sessions and while conversing, she gently navigates, helps identify, and makes suggestions - I never felt probed, pried, or judged. My experience and the results exceeds expectations!

I had the pleasure to work with Dr. Janina as my ADHD coach, and I am absolutely thrilled with the outcome. Dr. Janina helped me to understand my unique brain and how to work with it, rather than against it. The strategies provided by Dr. Janina helped me to improve my executive functioning skills and manage my symptoms more effectively. I highly recommend Dr. Janina to anyone looking to gain a greater understanding of their ADHD and take control of their life.

15 yr old teenager

31yr old middle of her career



52 yr old women during menopause

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Evidence-Based Treatments

Accommodations

- Preferential seating
- Graphic organizers
- Extended time on tests
- Preview and review of important information
- Assistance from an aide
- Noise canceling headphones
- Fidget toys

Evidence-Based Treatments

Lifestyle Changes

- Exercise
- Sleep
- Balanced diet
- Mindfulness




sleep well

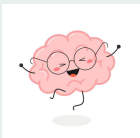
balanced diet

keep calm


Developing a Comprehensive Treatment Plan



- Recognize that treatment plans should consider the unique needs, strengths, and challenges of each person with ADHD



Resource and Support




ADHD Resource Guide

<https://www.adhdempowermentcoaching.com/contact>


- Self-tests
- ADHD Books
- Treatment Options
- Fidget toys

Resource and Support




Questions?

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