

April 30, 2013

Memorandum

To: Behavioral Pediatricians, Child Psychiatrists, Family Physicians, General Internists, Internal Medicine Pediatric Physicians, Pediatricians

From: Grant Greenberg MD, MA, MHSA, Guidelines Clinical Lead
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Subject: **UMHS Clinical Care Guideline Update: Attention-Deficit Hyperactivity Disorder**

What's New!

Ages for diagnosis expanded

- Children: The ages for evaluating children for ADHD now includes ages 4-18.
- Adults: ADHD extends into adulthood. The diagnosis and treatment of adults is now addressed.



Algorithm for diagnosis and treatment has been expanded to include more detail

Drug treatment tables have been revised

Monitoring for drug (stimulant) seeking behavior is addressed.

Key aspects.

Diagnosis

- ADHD is a chronic condition that can persist into adulthood
- Many other conditions co-exist with ADHD and should be assessed (e.g. depression, anxiety, learning disabilities etc.)
- No specific test can make the diagnosis of ADHD. The DSM-IV-TR criteria should be met to make the diagnosis, which includes obtaining information from multiple sources when possible

Treatment

- Combine pharmacologic and behavioral treatment to enhance longer term success.
- Stimulants (generally methylphenidate) remain the first line (best researched, safest, and most effective) for pharmacologic treatment.
- Behavioral treatment for children includes interventions with parents, with child, and with school.



Special issues

- Special considerations apply to 3 to 5 year olds, intellectually disabled, and other groups.
- Patients suspected of trading/selling or abusing stimulants should be monitored for controlled substance misuse ([MAPS](#), urine drug testing, CSA)
- Several untrue common beliefs about ADHD are noted.
- Evidence is summarized regarding the (often lack of) effectiveness of special diets and complementary therapy commonly used by parents and patients.
- Appendix A has management tools and Appendix B has differential diagnosis and treatment resources

Patient education material.



Patient education sheets are available by internet:

- “ADHD: What Parents Need to Know”: www.med.umich.edu/yourchild/topics/adhd.htm