

### **5.3 Attention Deficit Hypertension Disorder (ADHD)**

Attention Deficit Hyperactivity Disorder (ADHD) is a disorder characterised by poor concentration which includes a combination of additional symptoms including difficulty in controlling behaviour, impulsiveness and over activity. Sometimes ADHD is called Hyperkinetic Disorder. ADHD affects 2-5% of UK school age children, with rates being higher in boys than girls

### **Overarching Standard 30: ADHD – Assessment and early intervention**

A young person with suspected ADHD, their families and carers should be offered an early comprehensive assessment of their needs by an appropriate child and adolescent specialist knowledgeable in the area of ADHD and receive appropriate care and treatment or onward referral as appropriate to age appropriate specialist mental health services for further assessment and care. A standardised outcome measurement tool should be used in treatment and care.

#### **Rationale**

Symptoms of ADHD can overlap with other disorders and it can be difficult to make a definitive diagnosis. Therefore children and young people need access to paediatric and/or child and adolescent mental health services who have specific competencies regarding ADHD assessment, diagnosis, treatment and ongoing monitoring of treatment outcomes.

#### **Evidence**

National Institute for Health and Clinical Excellence (NICE) (2008) Attention deficit hyperactivity disorder: Diagnosis and management of ADHD in children, young people and adults <http://guidance.nice.org.uk/CG72>

Social Care Institute of Excellence (SCIE) Research Briefing 7 ADHD Background Assessment and Diagnosis, August 2004 (Updated August 2005) <http://www.scie.org.uk/publications/briefings/briefing07/index.asp>

#### **Responsibility for delivery/implementation**

HSC Trusts in partnership with education, youth sector and criminal justice system

Primary Care in partnership with specialist children's services

#### **Quality Dimensions**

**Person Centred** – Every effort should be made to fully engage the person in assessment. Children and young people, what is important to them, their family and friends are central to the assessment and early intervention/treatment process. Options should be explored in regard to what would work best for them given their unique context and lifestyle.

**Timely** – Early identification, treatment and advice for children and families can positively impact on the management of the child with ADHD and improve their life chances.

**Effective** - Early assessment and interventions by appropriate staff will improve health and wellbeing of young persons, their families and carers and decreases the need for long term mental health interventions

**Equitable** – primary and specialist services available across Northern Ireland.

**Safe** – Minimises risks to self and others.

<b>Performance Indicator</b>	<b>Data Source</b>	<b>Anticipated Performance Level</b>	<b>Date to be achieved by</b>
Agree and implement standardised outcome measurement tool	HSC Trust report	All HSC Trusts	March 2013
Percentage of young people referred for assessment and early intervention of ADHD to Paediatrics or CAMHS	HSC Trust report	Establish baseline  Performance levels to be determined once baseline established	March 2013
Percentage of families offered and in receipt of parent education training programme	HSC Trust report	Establish baseline  Performance levels to be determined once baseline established	March 2013