Attention Deficit Hyperactivity Disorder: What Caregivers Should Know

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A Resource for Caregivers of Children with ADHD

Linda Cui
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Project Mentors: Dr. Maegan Cabrera, Dr. Maya Strange
ADHD Statistics
AHEC Focus Area: Behavioral Health Integration, Current and Emerging Health Issues

- 6 million (9.8%) of children aged 3-17 with a diagnosis of ADHD (using data from 2016-2019)\(^1\)
  - Decreased from 6.4 million aged 3-17 in 2011
- NY State has ADHD prevalence of 7.2% for children aged 3-17\(^1\)
  - 54.8% of children with ADHD receive treatment in NY state
  - Treatment includes ADHD medication, behavior treatment or both
- 64% of children with ADHD have at least one other mental, emotional or behavioral disorder\(^1\)
- Boys more likely to receive a diagnosis of ADHD, possibly because hyperactive behavior more common and observable in boys\(^5\)
  - Girls tend to display inattentive symptoms
- ADHD prevalence in children increased from 7.8% to 15.1% from 2003-2011\(^6\)

Public Health Cost

- Total annual societal excess costs associated with ADHD estimated at 19.4 billion among children ($6800/child) and 13.8 billion among adolescents ($8350/adolescent)²
  - Contributors to overall cost include direct healthcare cost, education, caregiving
- 2011 study using data from Pittsburgh ADHD Longitudinal Study showed that a student with ADHD incurred $5007 cost to education system compared to $318 for students in comparison group⁴
  - Costs were associated with special education placement, grade retention and disciplinary incidents
  - Researchers concluded that greater prevention and intervention would be beneficial to offset costs
- Methylphenidate considered cost-effective treatment - $15,509-$27,766 per QALY gained (from 2005 study)³
Community Interviews/Perspective

• “ADHD can have definite challenges...it can also have strengths, whether it is having an exploratory nature, energy, gumption to do things. Not to try to diminish symptoms but also highlight and encourage those strengths.” – UVMHN Child Psychiatrist

• When asked what parents should know about ADHD, a Plattsburgh educator stated “let them know that a child is still whole [and] has a great life ahead of them.”

• “Majority of parents agree to a trial of medication but for some parents, meds are off the table”
Intervention and Methodology

• Need identified at CVPH Family Medicine: Resource for caregivers of children with ADHD
• Caregivers can be confused and concerned about treatments and outcomes for children with ADHD
  • Misinformation from social media can also create inaccurate expectations or assumptions
• Information and counseling cannot always be addressed in single 15-30 minute office visit
• Dotphrase, handout, and infographic was created so that physicians can provide information to patients/caregivers at their appointments and afterwards
  • Infographic contains some of the information from handout
  • Infographic meant to be displayed in offices and waiting rooms
Response

• Created handout and dot phrase (.CAREGIVERADHDGUIDE; ID:401773) for faculty and residents to use in wrap-up plan/instructions

• Handout contents:
  - Introduction to ADHD
  - Common misconceptions caregivers may have about ADHD
  - Online resources about ADHD for families and patients
  - Role of treatment (behavior management, medications)

• Infographic contains highlights from full handout

• Received feedback that infographic was useful but language could be made more accessible for patients of all education levels

• Could not assess utility fully due to time constraints
Effectiveness and Limitations

• Evaluation of Effectiveness
  • Survey parents about utility/accuracy of document
  • Survey physicians about utility of document and dotphrase
  • Collect data surrounding need

• Limitations
  • No outcomes measured
  • Did not ask for feedback from caregivers of children with ADHD
  • Did not include feedback from patients with ADHD
  • Introduced to a limited setting (a single family medicine clinic)
Future Interventions

• Distribute print copies of handout to local schools, pediatrician and family medicine offices
• Have infographic available in waiting room or in patient rooms
• Survey parents and children with ADHD to better assess what questions they have and refine resource as needed
  • Include more Clinton County specific resources/information
• Create support group for parents of children with ADHD
References


Thank you for agreeing to be interviewed. This project is a requirement for the Family Medicine clerkship. It will be stored on the Dana Medical Library ScholarWorks website and will be searchable using Google Scholars. Your name will be attached to your interview and you may be cited directly or indirectly in subsequent unpublished or published work.

The interviewer, __Maya Strange___________________, affirms that he/she/they has explained the nature and purpose of this project. The interviewee affirms that he/she/they has consented to this interview.

Yes / Quotes may be attributed to me: __X__

Name (printed): __Maya Strange, MD_____________________________________

Signature: ____________________________________________________________