



Attention Deficit/Hyperactivity Disorder (ADHD)

What is ADHD?

Attention Deficit/Hyperactivity Disorder (ADHD) is a medical condition with persistent symptoms of:

- Inattention- has a hard time paying attention, is easily distracted, is disorganized, loses a lot of things, forgetfulness, poor attention to detail, underachievement in school.
- Hyperactivity- seems to be in constant motion, has difficulty staying seated, squirms or fidgets, talks too much, difficulty playing quietly.
- Impulsivity- acts and speaks without thinking, unable to wait or interrupts others, disruptive classroom behavior, unintentional injury.

How is ADHD diagnosed?

Your child's health care provider (HCP) can determine if your child has ADHD. He will use these guidelines. There is no ADHD "test." Evaluation for ADHD is performed by HC with child 4 to 18 years of age who demonstrates behavior listed above coupled with academic problems.

- Symptoms usually start before age 7.
- Diagnosis takes several steps. It will require information from parents, teachers and other caregivers.
- The HCP will look at other conditions that may be causing the same symptoms.
- The behavior symptoms listed above will occur in more than one setting (school, home, social settings).
- These symptoms will be more severe than in other children the same age.
- These symptoms will continue for more than six months.
- Functioning at school, home and in other settings will be difficult.

How is ADHD treated?

A long-term management plan will be recommended. This plan will include:

- Behavior goals that include follow up and monitoring
- Medication
- Individual and family counseling
- Environmental changes (e.g., a structured daily routine)
- Parent training
- Education for all persons involved
- Teamwork involving the child, parents, teachers, HCP and others

For more information, contact Guilford County Department of Health and Human Services, Division of Public Health at (336) 641-7777 or www.myguilford.com or your child's health care provider.