



Prifysgol Cymru

Y Drindod Dewi Sant

University of Wales

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MENTAL DISORDERS AND PSYCHOPATHOLOGY

BMHP 6006 A1

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MENTAL DISORDER

ATTENTION DEFICIT HIPERACTIVITY DISORDER (ADHD)

Introduction

- Mental health in children is very common and usually is affected 1 in 10 children and is included the young people with depression, anxiety, behavioural disorders and usually coming as a result of the facts happening into their lives.(Children and young people, 2021)
- Children mental health is extremely importance, same as their physical health. (Children and young people, 2021)
- If children benefit from a good mental health this will allow them to develop beautifully and cope with any unforeseen situation. (Children and young people, 2021)
- These presentation is focusing on : ATTENTION DEFICIT HIPERACTIVITY DISORDER (ADHD) which affects mental health, and we can define that is a condition which affect the human behaviour and the people who are suffering from these disorder are acting impulsively ,they get problems to concentrate, and they are anxious, sleepless and agitated.
- When a child is treated appropriately, feel respect, love and support, and is surrounded by persons who encourage them, and they believe in them their potential they have no limits! (2021)
- We will come across of a study case, signs and symptoms, theories what can cause ADHD, diagnosis ,treatment and therapy, legislation and guidance, how is to take care of a living child with ADHD, recommendation and statistic.(Attention deficit hyperactivity disorder (ADHD), 2021)

Study case

- On my research I have found many study cases of children with ADHD, but I decide to focused on Luke case which is age 6 and always gets into troubles at school, he disturbed others and make noise when they attend a lesson, and he could not stand long.
- His mother received many phone calls from his teacher, about 3,4 times a week about Luke get involved into a fight, kicking and running the corridors and getting distracted very quickly.
- He was unable to finish his homework, even at home not being able to tidy up the toys.
- Luke had several times falls and injury as a result of climbing on the trees and jumping around,
- Observing his behaviour was referred to the gp who careful assess him and collect information from school and relatives, his behaviour was observe closely and then have decide that Luke is suffering from ADHD.
- When diagnostic was made family decide that Luke will no have any medication treatment as from children with severe ADHD and severe impairment is available drug medication. (Partners, 2021)

- Parents decide they need to slow down and started on behaviour therapy, psychoeducation, social skills training.
- Through the parental learning, Luke's parents have learnt to be able to help their son and work with his challenges and how to manage them better.
- School have been involved and helped Luke to improve , he was moved to the front of the class where the teacher can be close to him and supervise better,
- He was given special task like getting the register to the school office and in these case, he do not need to sit for long and easier become less aggressive
- As Luke grows and develops and faces new challenges in life, he may need to revisit the efficacy of ADHD medication.
- Parents becomes more confident in being able to help Luke and he is a happier child and settled.(Partners, 2021)

Implications of the Law

- Children with ADD/ADHD may be eligible for special education services under the category of “other health impaired”
- Children with ADD/ADHD may receive services under the legislation of Section 504 of the Rehabilitation Act of 1973
- ADD/ADHD is listed as a specific condition under “other health impaired”

- According to NICE guideline covers diagnosis and managing attention deficit hyperactivity disorder in children, younger people and adults and include people with mental illness condition, a deformed neurological condition or any other neurodevelopment disorder.
- The Children Act 1989
- The Children Act 2004
- The Children and Young Person Act 2008
- The Care Standards Act 2000
- The Mental Health Act 2007
- The Mental Capacity Act 2005 (2021)

Signs and symptoms

A child or a person suffering from ADHD will :

- Inattention
 - will not sit down for a while
 - cannot stick to a task
 - need to change constant activities
- Hyperactivity
- Impulsivity
 - talk continuously and not paying attention what others talk to them
 - unable to play a game quietly
 - often move or stand from a chair. (Symptoms and Diagnosis of ADHD | CDC, 2021)

(ADHD Symptoms, Causes, Diagnosis, and Treatment, 2021)



(ADHD Symptoms, Causes, Diagnosis, and Treatment, 2021)

Causes of hyperkinetic disease

- The exact cause of ADHD is not fully understood, although a combination factors which are believed to be responsible:
- genetics
- brain function and structure
- group at risk(Attention deficit hyperactivity disorder (ADHD) - Causes, 2021)

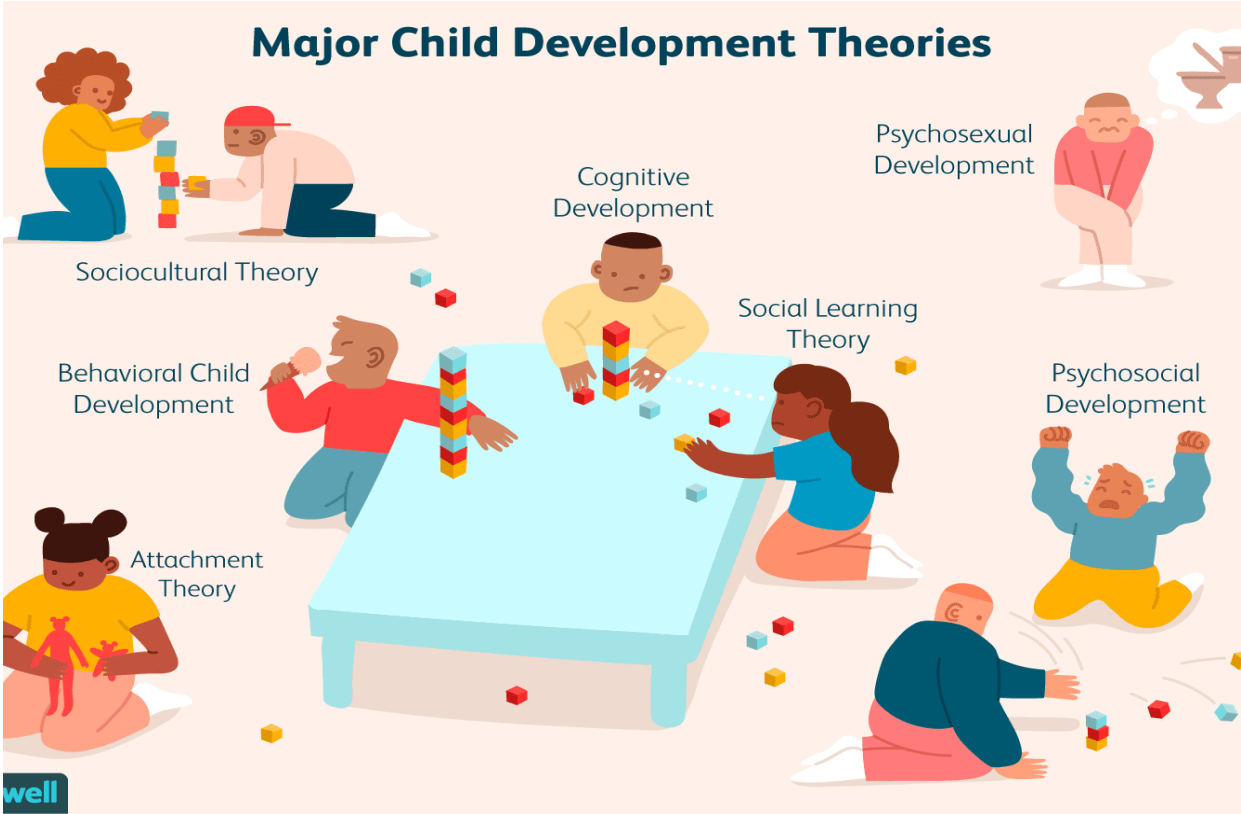


(Redirect Notice, 2021)

Theories about the causes of ADHD

A research study has demonstrated that ADHD has a strong neurological base and same factors which contribute to the disease:

- Hereditary Factors
- Biological Factors
- Psychosocial Factors
- Dietary Factors(What is ADHD?, 2021)



Diagnosis

- If you consider that your toddler or young adolescent may suffer from ADHD, you should contact their teacher or their governess by the case and after contact GP
- Your GP cannot decide if these is a real diagnosis, and he must refer to the specialist for a proper and formal assessment.
- On the appointment your GP may will ask:
 - when/where symptoms appear and if they develop at home or at school
 - if the symptoms developed interfere to his life including socialization
 - if on the family occur recently important events which will affect directly child life such as divorce or death
 - ADHD family history or different health conditions which they rely to the child. (Attention deficit hyperactivity disorder (ADHD) - Diagnosis, 2021)

Treatment and therapy

Are different types of treatment and therapy for ADHD:

- Behaviour therapy, including training for parents, relatives, teachers and colleagues.
 - Social skills training
 - Cognitive behavioural therapy (CBT)
 - Psychoeducation
 - Medication include stimulants or nonstimulants, are 5 types of licensed treatment for ADHD: methylphenidate, lisdexamfetamine, dexamphetamine, atomoxetine,
 - Other possible treatment
- diet, supplements, some of children are going for music therapy (Treatment of ADHD | CDC, 2021)

According to NICE guideline medication should be a choice for children of age 5 and over for young people and the recommendation is to obtain a second opinion or to refer the child to a tertiary service if the ADHD symptoms in a child become unresponsive to one or more stimulants and one nonstimulant. Children aged 5 should not receive guanfacine without tertiary specialist and should be aware when it is prescribed as there is a risk of stimulant diversion for cognitive enhancement or appetite suppression. Treatment for ADHD should be reviewed every year. (2021)

Having a child with ADHD

- Most of the time is difficult to cope but is very important to remember that the child living with ADHD cannot help with their behaviour.
- Children with ADHD find difficult to think in advance at the consequences of their actions. (Attention deficit hyperactivity disorder (ADHD) - Living with, 2021)



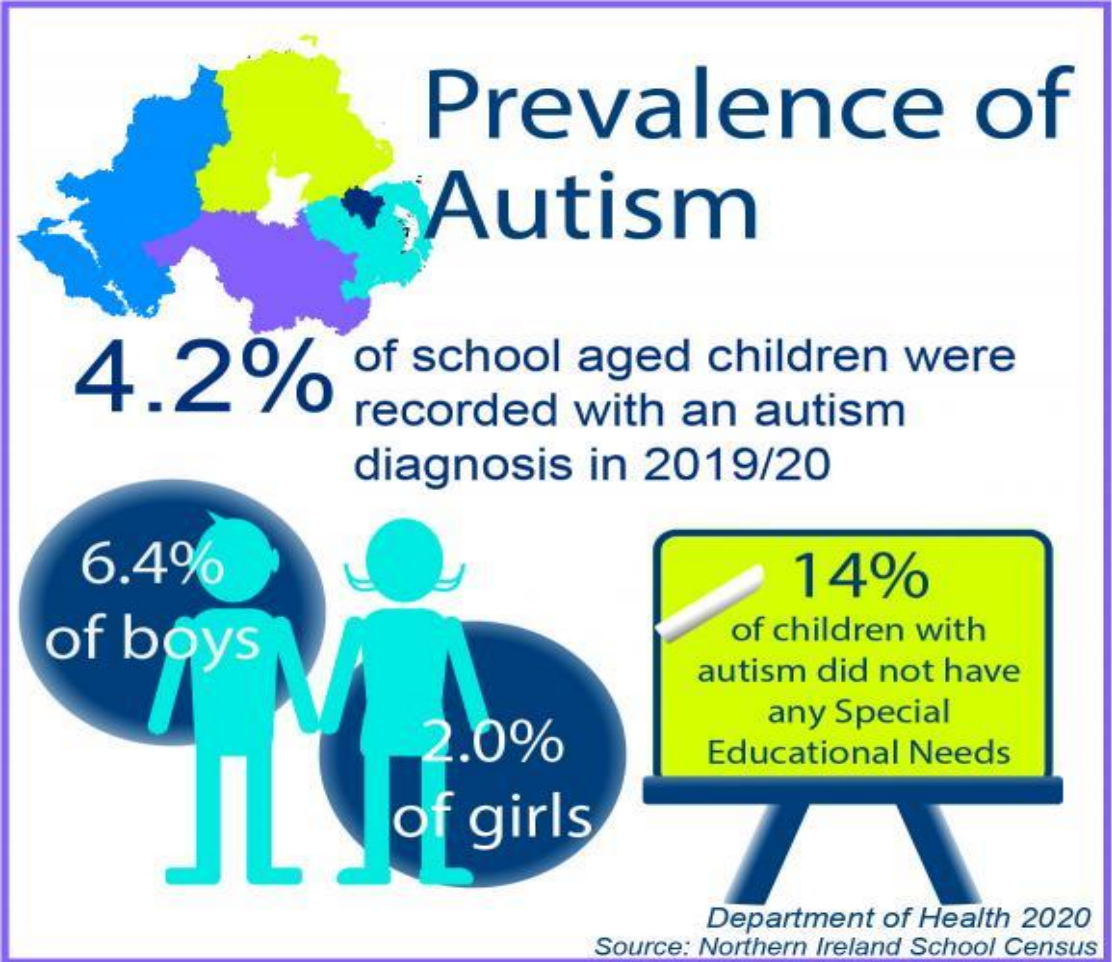
(Redirect Notice, 2021)

Recommendations

- If you have a child living with ADHD, you may find easier if you follow same simple steps:
- Plan the daily routine
- Set clear boundaries
- Be positive and optimistic
- Giving clear instruction to the child
- Rewarding scheme
- All time ready to intervene early in any situation
- Make child to have physical activities, to walk
- Watch child how is coping with the meal and certain food
- Child must stick to a bedtime routine
- Make sure child is comfortable over the night and no gaps interfere
- Help the child at school by having early discussion with the school specialist. (Attention deficit hyperactivity disorder (ADHD) - Living with, 2021)

Statistics of ADHD

- ADHD is more likely to affect boys than girls
- Systematic review indicate that the community prevalence of the ADHD globally is between 2% and 7% with an average of 5%
- The peak prevalence of ADHD show is the age of 9
- In the UK national data from 2004 suggested that less than half of children with ADHD who was diagnosed was treated.
- UK prevalence of 3.6% and 0.9% respectively in children between 5 and 15 years. (HOLDEN, 2021)



(Redirect Notice, 2021)

Conclusion

- I have come to the end of my presentation and to summarize my main points which are that:
- Every child/person who is diagnosticated with ADHD is acting different and must be monitored closely
- Having a child with hyperkinetic disorder is very stressful and challenging for all the family not just for the child
- When a child is diagnosticated with hyperkinetic disorder for good results and behaviour improvement parents, GP, teacher and all close people to the child should work together
- Children with ADHD need unconditional love, support, and encouragement.
- On my study case we can see that the parents help Luke as all parents should support and help their children to grow nicely and become a happy adult.

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