

Title: Diagnosis and Management of ADHD in Primary Care Pediatrics

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1. Introduction: School and behavior problems are common in children and many kids are referred to pediatricians for evaluation of possible ADHD. I have developed a systematic way to diagnose and manage ADHD in the busy general pediatric office setting within a framework of three visits.
2. Visit #1 Not all kids who wiggle have ADHD! Differential diagnosis of inattention and school problems includes many conditions other than ADHD which must be considered, such as learning disability, hearing loss, intellectual disability, anxiety, autism spectrum disorders, conduct disorder, and oppositional defiant disorder. Past medical history, family and social history play a role. It is also important to discover a child's strengths at the initial visit. Conclude the visit with a plan to obtain information from parents, teachers, and other adults who interact with a child, and use a validated tool such as the Vanderbilt survey.
3. Visit #2 Review data, make a diagnosis, and discuss treatment options, including behavioral approaches, medications, and educational accommodation. Create an individualized treatment plan with target outcomes.
4. Visit #3 Use a questionnaire to track progress over time and monitor effectiveness of treatment, including medication effects and possible side effects. Reinforce parent education and behavior strategies. Review educational accommodations and make adjustments to the plan as necessary. Provide parents with information about community resources.
5. Continue reassessment at regular intervals using the model of the third visit.

Biography

Dr. Daley graduated from Boston University School of Medicine and completed her pediatric residency at the Naval Regional Medical Center Portsmouth, VA. She is a board certified pediatrician and a fellow of the American Academy of Pediatrics. After serving as a medical officer in the United States Navy, she entered private practice. She is currently a pediatrician at Cape Cod Healthcare and former chief of Pediatrics for Cape Cod Hospital in Massachusetts.

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