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PRESENTING TO

Adult ADHD: Beyond Hyperactivity

Presenter: Lindsey Hiatt, PA-C

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Attention deficit/hyperactivity disorder

- Is it ADD or ADHD?
- Inattentive
- Hyperactive/Impulsive
- Combined



Prevalence

- Prevalence of diagnosed ADHD in children is more than twice that of adults
- However, estimated 85% of children will continue to be impacted by ADHD into adulthood
- Approximately 11% of adult with ADHD are actively treated
- Males of all age groups are more than twice as likely to be diagnosed with ADHD than females, though rate of prevalence in males is only slightly higher.



Pathophysiology

- Prefrontal cortex
- Dopamine
- Norepinephrine
- Heredity

Neurological Differences

- Interest-based nervous system
- Difficulty filtering incoming stimuli
- Executive dysfunction

“ Individuals with ADHD do not have a deficit of attention; they have an abundance of attention. The challenge is controlling it. ”

–Ned Hallowell, M.D.,
and John Ratey, M.D.

ADDITUDE celebrates ADHD Awareness Month 2021

ADHD Coming Into Focus

additu.de/awareness



Common Symptoms

- Difficulty focusing
- Easily distracted
- Fidgeting



Shared Experiences

- Time blindness
- Object permanence
- Task paralysis
- Rejection sensitivity
- Overstimulation

“ People with ADHD don’t really have an attention problem; they can pay attention to the now just fine. The problem is paying attention to what lies ahead and to the things they need to do to have a better future.”

–Russell Barkley, Ph.D.

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Myths & Misconceptions:

- If you were academically successful in high school and/or college, you must not have ADHD.
- If you have attained traditional success (education, career, etc.) you must not have ADHD.
- You're not hyperactive, you can't have ADHD
- Adults don't have ADHD, you're just being lazy
- If you weren't diagnosed and/or treated as a child, you don't need to be treated for ADHD as an adult.



Why wasn't this patient diagnosed with ADHD as a child?

- Social adaptation
- Athletics
- Female
- Inattentive vs impulsive/hyperactive



Benefits to treating adult ADHD

- Level the neurological playing field
- Improved relationships
- Decreased anxiety
- Improved sleep
- Improved self-esteem
- Improved function (finances, balancing work and family)



Treatment

- Medication (stimulant and non-stimulant)
- Lifestyle changes (lists, strategies)
- Technology (alarms, reminders, apps)
- Exercise
- Dietary considerations



Non-stimulant Medications

- Wellbutrin (bupropion)
- Effexor (venlafaxine)
- Strattera
- Alpha agonists



Stimulants

- Amphetamines
- Adderall
- IR and ER/XR
- Vyvanse
- Methylphenidate
- Ritalin
- Concerta
- Focalin



Troubleshooting

- Common side effects
- No response
- Initial response and then decreased efficacy
- Increased anxiety
- Afternoon or evening “crash”



Safety & Monitoring

- Blood pressure
- Sleep
- Appetite
- Monitoring for misuse
- Stimulants and substance-use disorders



What else could it be?

- Anxiety
- Depression
- PTSD
- Bipolar disorder



- “I can see something that needs to be done, and then just do it.”
- “I can feel my brain slow down long enough to hold onto a thought.”
- “My thoughts are separated, instead of jumbled together.”
- “I am able to take a break from a task and then return to it without difficulty.”
- “Transition from one task to another is much more fluid.”



Questions?



References

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6689273/>
- <https://pubmed.ncbi.nlm.nih.gov/23160939/>
- <https://chadd.org/about-adhd/the-science-of-adhd/>
- https://www.nimh.nih.gov/health/statistics/attention-deficithyperactivity-disorder-adhd#part_2553
- <https://www.apa.org/monitor/feb03/adhd>
- <https://www.addrc.org/adhd-numbers-facts-statistics-and-you/>
- <https://link.springer.com/article/10.1007/s40474-019-00182-w>
- <https://www.theguardian.com/society/2020/nov/02/the-lost-girls-chaotic-and-curious-women-with-adhd-all-have-missed-red-flags-that-haunt-us>
- <https://www.additudemag.com/category/explore-adhd-treatments/treatment-reviews/>



ADDITUDE

October Is ADHD Awareness Month

31 WAYS TO RAISE AWARENESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>2 Take the "How Well Do You Know ADHD?" quiz at addi.do/whed-quiz; then challenge friends and family to top your score.</p>
<p>3 Announce ADHD Awareness Month and include a fact about the condition in your e-mail signature. Find 31 facts and quotes about ADHD at addi.do/31facts</p>	<p>4 Like ADDitude on Facebook (facebook.com/additudemag) and Instagram (instagram.com/additudemag) to follow our 31 days of ADHD insights.</p>	<p>5 At 1 pm ET, attend the live webinar "The Whole-Person Treatment Approach to ADHD" with Lidia Zytkowska, M.D., at: addi.do/live10</p>	<p>6 Donate a set of books about ADHD to your local library (or school library) and ask them to create a display during the month of October. addi.do/book-4st</p>	<p>7 Follow ADDitude on Twitter (@ADDitudeMag). RT posts to help spread the word, and tweet your own experiences about living with ADHD with the hashtag #ADDAwareness</p>	<p>8 Encourage your child's school to include a call-out or paragraph about ADHD Awareness Month and any local activities in its weekly or monthly newsletter.</p>	<p>9 Write a "Letter to the Editor" of your local newspaper to inform misinformation. addi.do/letter</p>
<p>10 Invite local families to join you for a park playdate. Announce the event via your school's bulletin board or newsletter.</p>	<p>11 Contact your city council members and a state legislator to let them know it's ADHD Awareness Month (Google: "your state name legislature"). See if they can organize or attend an awareness event.</p>	<p>12 Today at 1 pm ET, join ADHD hard-core Red Hilled, M.D., and Sari Soltes, M.S., for a free webinar on ADHD misconceptions and truths. Register at addi.do/redhilled-soltes</p>	<p>13 Ask a local bookstore to display books on ADHD. While you're there, purchase a second copy of your favorite book about ADHD and pass it along to a friend or fellow parent.</p>	<p>14 Work with the PTO at your child's school to create an ADHD education program for students, teachers, and administrators. Invite an ADHD specialist to speak or conduct a workshop.</p>	<p>15 ADHD nearly never sleeps. Investigate its related symptoms and conditions here: addi.do/bookar</p>	<p>16 Talk with a fellow parent of a child who was recently diagnosed with ADHD (or a newly diagnosed adult) and share best-practice advice. Buy him or her a subscription to ADDitude (addi.do/subscribe).</p>
<p>17 Print "7 Myths About ADHD... Debunked!" from addi.do/7-myths and leave copies with libraries, pharmacies, local newspapers, and radio and TV stations.</p>	<p>18 Listen to ADHD Experts podcast episode "ADHD Myths and the Skanso They Forgettable" with Michèle Novak, Ph.D. at addi.do/skansa-wellness</p>	<p>19 Skanso the level! Download "25 Things to Love About ADHD" from addi.do/25things. Read it with your child and pass it along to friends and family members.</p>	<p>20 Today at 1 pm ET, join ADHD coach Meg Leahy, M.S., for a comprehensive live webinar on how ADHD impacts daily life for adults. Register at addi.do/sign-up-adult</p>	<p>21 Meet some of our favorite and most awe-inspiring ADHD role models at addi.do/love</p>	<p>22 Download and share this explanation of ADHD with a specificity for teachers. addi.do/teacher-4me10ed</p>	<p>23 Host a virtual or outdoor screening of a documentary about ADHD (such as <i>Out of Control: What We Know</i>, or <i>ADDs Loving Life</i>) for your child's school community.</p>
<p>24 Find the facts to dispel 31 common myths at addi.do/31adhdmyths</p>	<p>25 Is there a teacher, doctor, mentor, or someone else who guided you through the ADHD diagnosis, helped you secure an IEP/504, or who has just never given up on you or your child? Send him or her a thank you note.</p>	<p>26 Join our 1 pm ADHD Awareness webinar titled "Shedding Labels, Shedding Shame" with Tam Bergeron. Register at addi.do/be-again</p>	<p>27 Enter to win a one-year subscription to ADDitude by telling us what aspect of ADHD you would never trade away. addi.do/contest</p>	<p>28 Repin our ADHD Awareness Month resources on Pinterest (addi.do/pinterest).</p>	<p>29 Did you know that ADHD is highly genetic? Begin your journey toward greater self-understanding at addi.do/feel-better</p>	<p>30 The next time you encounter an ADHD skeptic, speak up! Arm yourself with the "Smart Comebacks to ADHD Deniers" you'll find at addi.do/comebacks</p>
<p>31 Happy Halloween! Let your creative ADHD spirit shine through today!</p>						