Assessing and Treating Clients with Attention Deficit Hyperactivity Disorder

A young girl with ADHA

BACKGROUND

Katie is an 8 year old Caucasian female who is brought to your office today by her mother & father. They report that they were referred to you by their primary care provider after seeking her advice because Katie’s teacher suggested that she may have ADHD. Katie’s parents reported that their PCP felt that she should be evaluated by psychiatry to determine whether or not she has this condition.

The parents give the PMHNP a copy of a form titled **“Conner’s Teacher Rating Scale-Revised”.** This scale was filled out by Katie’s teacher and sent home to the parents so that they could share it with their family primary care provider. According to the scoring provided by her teacher, Katie is inattentive, easily distracted, forgets things she already learned, is poor in spelling, reading, and arithmetic. Her attention span is short, and she is noted to only pay attention to things she is interested in. The teacher opined that she lacks interest in school work and is easily distracted. Katie is also noted to start things but never finish them, and seldom follows through on instructions and fails to finish her school work.

Katie’s parents actively deny that Katie has ADHD. “She would be running around like a wild person if she had ADHD” reports her mother. “She is never defiant or has temper outburst” adds her father.

**SUBJECTIVE**

Katie reports that she doesn’t know what the “big deal” is. She states that school is “OK”- her favorite subjects are “art” and “recess.” She states that she finds her other subjects boring, and sometimes hard because she feels “lost”. She admits that her mind does wander during class to things that she thinks of as more fun. “Sometimes” Katie reports “I will just be thinking about nothing and the teacher will call my name and I don’t know what they were talking about.”

Katie reports that her home life is just fine. She reports that she loves her parents and that they are very good and kind to her. Denies any abuse, denies bullying at school. Offers no other concerns at this time.

**MENTAL STATUS EXAM**

The client is an 8 year old Caucasian female who appears appropriately developed for her age. Her speech is clear, coherent, and logical. She is appropriately oriented to person, place, time, and event. She is dressed appropriately for the weather and time of year. She demonstrates no noteworthy mannerisms, gestures, or tics. Self-reported mood is euthymic. Affect is bright. Katie denies visual or auditory hallucinations, no delusional or paranoid thought processes readily appreciated. Attention and concentration are grossly intact based on Katie’s attending to the clinical interview and her ability to count backwards from 100 by serial 2’s and 5’s. Insight and judgment appear age appropriate. Katie denies any suicidal or homicidal ideation.

**Diagnosis: Attention deficit hyperactivity disorder, predominantly inattentive presentation**

In summary: What needs to be in the essay.

**-Introduction regarding disease state  
-High-level summary of patient case  
-Purpose of the essay statement**

**1, Decision 1  
-What options were listed  
-What option did you choose?  
-Why did you select that option?  
-Why didn’t you select the other two options?  
-What was your goal of treatment  
-Was the outcome what you expected? Why?**

**2, Decision 2  
-What options were listed  
-What option did you choose?  
-Why did you select that option?  
-Why didn’t you select the other two options?  
-What was your goal of treatment  
-Was the outcome what you expected? Why?**

**3, Decision 3  
-What options were listed  
-What option did you choose?  
-Why did you select that option?  
-Why didn’t you select the other two options?  
What was your goal of treatment  
-Was the outcome what you expected? Why?**

**-Conclusion with Ethical**

**considerations**

Resourse : Stahl, S. M. (2013). Stahl’s essential psychopharmacology: Neuroscientific basis and practical applications (4th ed.). New York, NY: Cambridge University Press

**The Assignment**

Examine *Case Study: A Young Caucasian Girl With ADHD* You will be asked to make three decisions concerning the medication to prescribe to this client. Be sure to consider factors that might impact the client’s pharmacokinetic and pharmacodynamic processes.

At each decision point stop to complete the following:

* Decision #1
  + Which decision did you select?
  + Why did you select this decision? Support your response with evidence and references to the Learning Resources.
  + What were you hoping to achieve by making this decision? Support your response with evidence and references to the Learning Resources.
  + Explain any difference between what you expected to achieve with Decision #1 and the results of the decision. Why were they different?
* Decision #2
  + Why did you select this decision? Support your response with evidence and references to the Learning Resources.
  + What were you hoping to achieve by making this decision? Support your response with evidence and references to the Learning Resources.
  + Explain any difference between what you expected to achieve with Decision #2 and the results of the decision. Why were they different?
* Decision #3
  + Why did you select this decision? Support your response with evidence and references to the Learning Resources.
  + What were you hoping to achieve by making this decision? Support your response with evidence and references to the Learning Resources.
  + Explain any difference between what you expected to achieve with Decision #3 and the results of the decision. Why were they different?

Also include how ethical considerations might impact your treatment plan and communication with clients.

**Note:** Support your rationale with a minimum of three academic resources. While you may use the course text to support your rationale, it will not count toward the resource requirement

Decision 1: Begin Ritalin (methylphenidate) chewable tablets 10 mg orally in the morning.

Decision 2: Change to Ritalin LA 20 mg orally daily in the morning.

Decision 3: Maintain current dose of Ritalin LA and reevaluate in 4 weeks