

# Pediatrics, Pediatric Gastroenterology & Nutrition

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## ADHD-diagnostic and treatment challenges

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ADHD is the most common neuropsychiatric disorder, affecting 4-7 % of children. Diagnosis of ADHD is done through a clinical interview and the use of ADHD specific rating scales. Diagnosis is challenging in many cases, as presentation is different in different age groups, including in preschool, school age and adolescent children. ADHD also presents with symptoms in two settings, including home and school, and it is very important to address the disorder in both settings. With ADHD, there are many cases, where symptoms are present in one setting and other disorders need to be ruled out first. Additionally, there are co-morbid disorders, which may change the presentation of ADHD and may need to be addressed separately. For example, diagnosis of Oppositional Defiant Disorder is missed on many occasions and needs to be treated. Furthermore, it is important to tease out ADHD symptoms from learning disabilities and cognitive disorders in children presenting with academic concerns at school. In this talk, the method of using rating scales for ADHD diagnosis will be presented. Treatment of ADHD, particularly the algorithm used for such treatment, will also be discussed. With ADHD, there are many treatment challenges based on age of patient, co-morbidity and medical/neurological problems. When to use short versus long acting medications, and how to address treatment emergent side effects will be discussed

### Biography

Jyoti Bhagia, MD, is a Consultant in the Division of Child and Adolescent Psychiatry and Psychology in the Department of Psychiatry & Psychology at Mayo Clinic. She serves as the Director of the ADHD Clinic at Mayo, where she oversees the treatment of pediatric patients diagnosed with ADHD and related disorders. She has led quality projects for standardizing the assessment and treatment of ADHD and had received certificate of silver level quality fellow by Mayo Clinic. She is a member of several Mayo Clinic committees including, the Child and Adolescent Psychiatry Education Committee and the Multidisciplinary ADHD Workgroup. Her research is focused on areas including the response to stimulant medications in children with ADHD based on genotype and clinical correlation of ferritin with ADHD. She has published articles in Mayo Clinic Proceedings, Therapeutic Drug Monitoring and Global Pediatric Health. She has written a book chapter in Mayo Neurology Board Review. She has been a recipient for several Honors/Awards: Silver Quality fellow- ADHD project 2009; Leading Physician of the World - Top Psychiatrist - International Association of Healthcare Professionals, New York, New York 2012 – 2013; Mayo Clinic - Karolinska Institutet Travel Award - Department of Psychiatry, Mayo Clinic. ADHD medication and predictors of treatment outcome - a naturalistic study in 02/2014 and Mayo Clinic-Karolinska Institutet Travel Award- ADHD ADAPT Study in 02/2016.

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