




The Top Three ADHD Medication Pitfalls and How Parents Can Avoid Them

Presented by



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Studies have shown...

That stimulant medication is effective for 70-80% of children with ADHD.

Barbaresi, WJ et al. (2006)

People have shown...

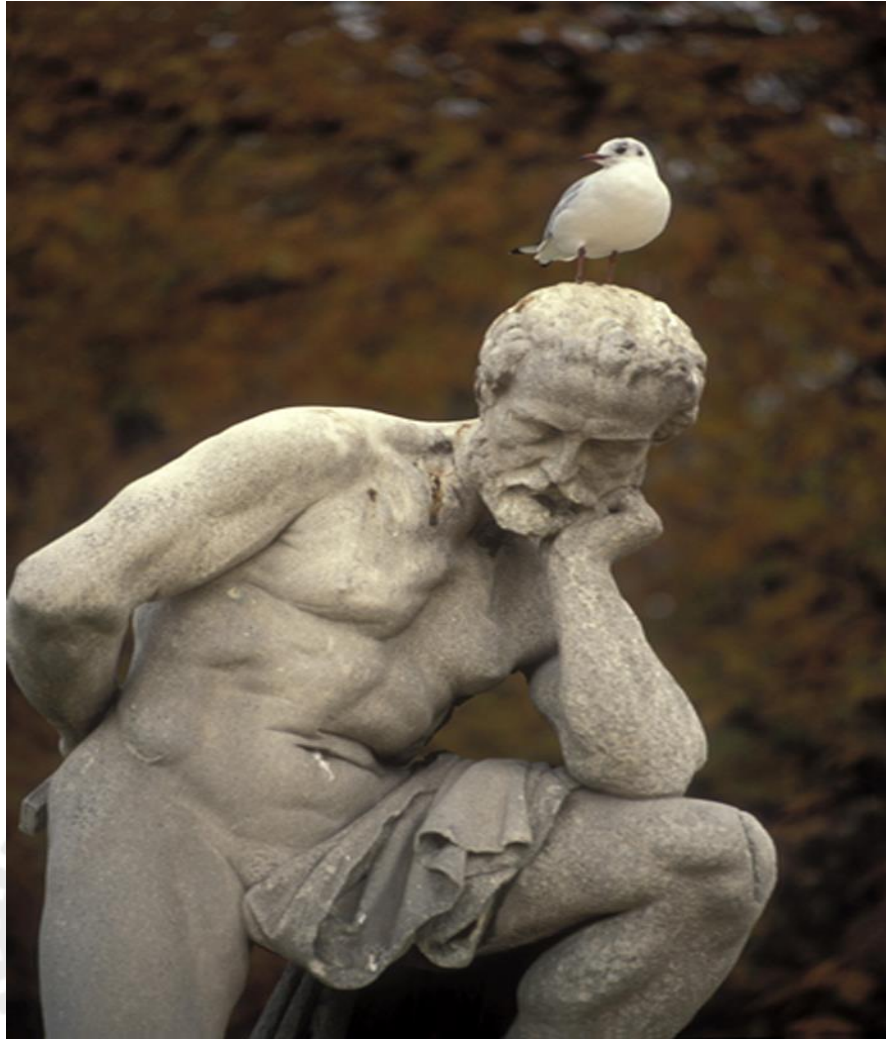


The Top 3 Medication Pitfalls...



 **And how to avoid them!**

How do you know if your child is getting the most from their ADHD meds?



- Sustained focus
- Productivity
- Less impulsivity
 - Action, thoughts, emotion, verbal
- Improved Mood
- Notice details
- Filter out distractions
 - Internal, thoughts, emotions
 - external
- Increased memory, learning
- Sleeping better
- Feel more motivated

Medication Pitfall #1: Wrong Medication

Stimulant Category

Methylphenidates

- Ritalin SA LA, SR
- Focalin SA XR
- Concerta
- Daytrana
- Quillivant XR

Amphetamines

- Dexedrine SA XR
- Adderall SA XR
- Vyvanse

Non-Stimulants Category

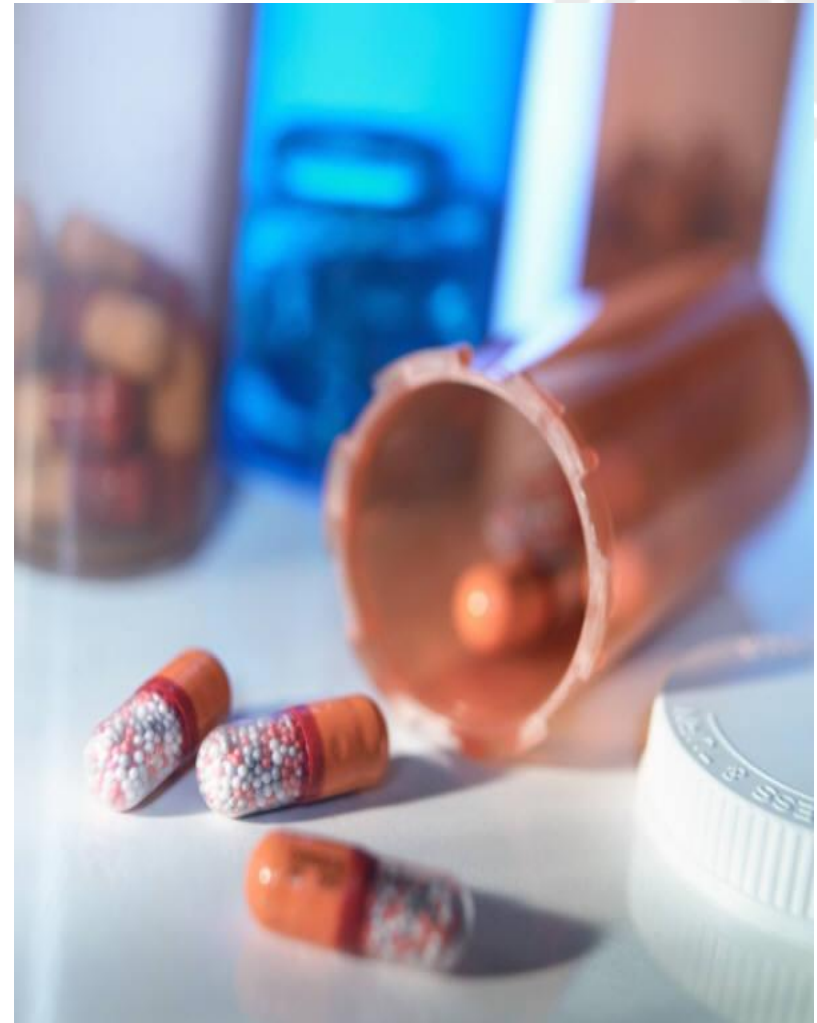
- Strattera
- Wellbutrin SR XL
- Effexor

- Tenex/Intuniv
- Clonidine SA XR



Medication Pitfall #2: Wrong Dose

- Staying at too low a dose
- Starting at too high a dose
- Staying on the same dose too long
- Interference of effective dose due to “other” influences
- Stopping medication due to misinformation of normal side effects
- Generic vs. Brand



- uncontrollable **shaking** of a part of the body
- **nervousness**
- headache
- **Nausea, vomiting**
- Cough, throat irritation
- muscle, bone, or back **pain**
- fast, pounding, or **irregular heartbeat**
- **chest pain**
- rash
- hives
- itching
- **swelling** of the face, throat, tongue, lips, eyes, hands, feet, ankles, or lower legs
- **increased difficulty breathing**
- difficulty swallowing

- allergic reactions like skin **rash**, itching or hives, **swelling** of the face, lips, or tongue
- **breathing problems**
- diarrhea with headache or **nausea**
- flushing or redness of skin
- **pain** in lower back, side, or stomach
- bad taste in the mouth
- **stomach upset**

- skin rash, itching or hives, **swelling** of the face, lips, or tongue
- **nervousness**
- **chest pain**
- **fast, irregular pulse**
- fever
- **increased blood pressure**
- unusual limb movement
- unusual **bleeding** bruising
- headache
- stomach upset
- weight loss

Medication Pitfall Reason #3: Wrong time



- Taking it too early or too late
- Taking it only once a day
- Taking it randomly
 - Forgetting
 - Running out
 - “PMS”
 - Medication Vacations
- Discontinuing too soon-not taking it at all

How to Avoid the Pitfalls

➔ Information/Awareness

➔ Medication Reminder System

➔ “Medication log”

➔ Have an ADHD medication specialist on your team



Key questions to ask your prescriber when taking ADHD medication©

- What type of medication is this? Stimulant or non stimulant?
- How does this medication work in my brain? How does it help ADHD?
- What negative side effects are normal with this medication?
- What health monitoring checks need to be done, if any?
- Are there any side effects that would warrant me to call you or stop giving this medication to my child?
- How will I know if this medication is working? What will I notice that is different?
- When does my child take this medication? Does it matter if it is in the morning or at night?
- Does my child need to take this medication every day?
- If I want to stop giving this medication to my child, how do I do that?
- Is this medication taken with or without food? Does it matter?
- How long will this medication take to start working once my child takes it?
- How long do the effects of this medication last?
- What is the plan with regards to following up and adjusting the dose of this medication? When is our next appointment?

Medication Reminder System



- Pill cases
- Alarms
- Calendars
- Backpacks
- Wallets
- Pillows
- Buddy system
- Other....

Medication Log

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Medication Log

Fill out **daily** to track medication effectiveness

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Medication name							
Dose/amount							
Time(s) taken							
Medication wore off at what time?							
Hours of sleep at night? Nap?							
Mood Rate 1 (bad) to 10 (great)							
Irritability/agitation Rate 1 (a little) to 10 (a lot)							
Ability to Concentrate/Focus Rate 1 (a little) to 10 (a lot)							
Memory Rate 1 (a little) to 10 (a lot)							
Energy Rate 1 (a little) to 10 (a lot)							
Ability to complete tasks Rate 1 (a little) to 10 (a lot)							
Motivation/Incentive Rate 1 (a little) to 10 (a lot)							
Appetite Rate 1 (a little) to 10 (a lot)							
WHAT ELSE?							
Nausea? Headache?							
OTHER...							

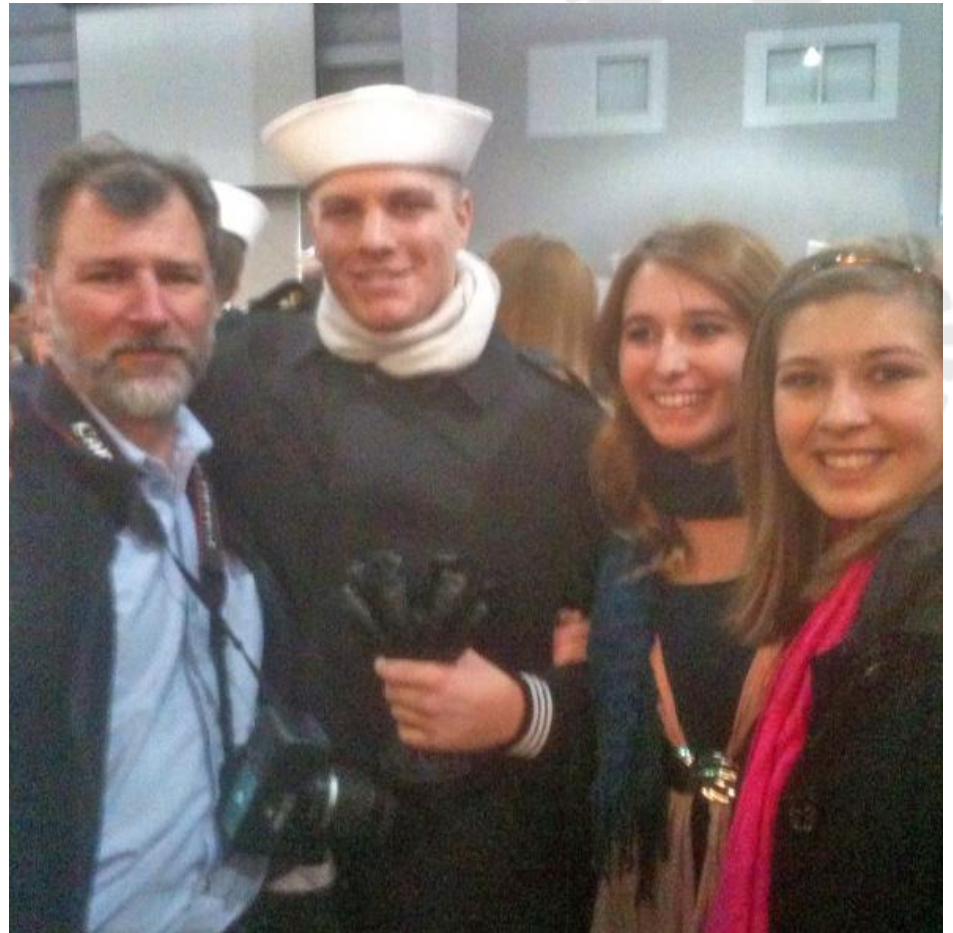
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- ✓ Uses rating scale 1-10
- ✓ Keep track of dosages
- ✓ Track how it works for you
- ✓ Monitor key symptoms such as:
 - ✓ Memory, learning
 - ✓ Energy
 - ✓ Motivation
 - ✓ Appetite
 - ✓ Ability to complete tasks
 - ✓ Other... “homework”

So...how do you know if your child's ADHD medications are working effectively?



- Increased focus on things normally less interesting
- Able to get things done
- Impulsive behavior is lessened
- Sense of feeling calmer
- Notice details
- Able to filter out distractions
- Increased memory, learning
- Sleep better
- Seem more “motivated”



“Parenting a child with ADHD is about making a choice everyday to do the best we can with what we know right now, along with a healthy daily dose of compassion & love. ”

Thank you!



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