

Adult presents with ADHD symptoms, do validated screening tool. R/O any physical health condition by referring to PCP if suspected.

(+) screen, rule out other co-existing MH dx and/or SUD.

(-) screen, consider another BH /PH diagnosis and treat accordingly.

Does member meet DSM5-TR criteria? If other MH and/or SUD dx are present, tx first. Once co-existing dx are stable, ensure no contraindications exists for stimulants. If present, consider non-stimulant options and/or psychotherapy. Ensure a physical health condition is present that may cloud the diagnosis.

Treatment Principles

If pt. is on C(II) Rx apply "universal precautions", screen regularly for SUD.

Consider behavioral therapy if patient has co-existing disorders.

Cognitive Behavior Therapy

Meta-Cognitive Therapy

Monitor treatment response, if patient is on stimulant, symptoms should improve within 3 days.

If no response after multiple adjustments, reconsider diagnosis or ensure if any co-existing dx are being addressed. Consider neuropsychiatric testing for diagnostic clarification.

1. <https://www.aafp.org/family-physician/patient-care/prevention-wellness/emotional-wellbeing/adhd-toolkit/treatment-and-management.html>
2. https://www.aafp.org/dam/AAFP/documents/patient_care/adhd_toolkit/adhd19-management-table1.pdf