



- ADHD is a neurodevelopmental condition (involves formation, organisation and function of brain)
- Symptoms should be present in two settings home/school



What you need to do

- Contact your GP
- Get report from school



- Your GP will make a referral – your child must be over 5 years and less than 17 years of age



- Referral should contain information from school and your concerns



What happens next



- Referral will be triaged
- If all information is available, the referral will be accepted for assessment of ADHD



Next step



- Your child will be on a waiting list to be reviewed
- 12 weeks before your appointment we will send a questionnaire to you and the school. We will also get a detailed report from the school



- Once all this information is available your child will be reviewed in clinic at the Gem Centre.



- If information from school and our assessment along with history is suggestive of ADHD we will discuss different options of management with you including medical intervention



- If questionnaires and school report are inconclusive your child will be offered a QB test or school/home observation depending on their age.



- Once diagnosis is confirmed you will receive the ADHD pack.



If medication interventions are necessary, we will discuss options of medication how they work and side effects.



- Once medication has started your child will be reviewed in clinic in 6-8 weeks.



- Clinics are run by a Consultant and/or ADHD Specialist Nurses



- Your child will require regular follow up to monitor growth and blood pressure
- We also monitor compliance and any known side effects



MEET THE TEAM:

Dr. Sawal, Consultant Paediatrician

Dr. Mano, Consultant Paediatrician

Dr. Khan, Speciality Doctor in Community Paediatrics

Emma Heath, ADHD Clinical Nurse

Abbey Clarke, ADHD/ASD Clinical Nurse Specialist

Nicki Drew, Public Health Associate ADHD Team

What is a QB test?

A QB test is an objective test for patients aged 6 - 60.

It involves a 15–20-minute computer-based test with motion tracking.

The test uses age and gender matched comparisons to assess your child's ability to concentrate, movement and impulsivity.

Further Information

Cerebra: Working wonders for children with brain conditions

<https://cerebra.org.uk>

ADHD Foundation: The Neurodiversity Charity

<https://www.adhdfoundation.org.uk>

ADHD Information Services

<http://www.addiss.co.uk>

ADHD UK

<https://adhduk.co.uk>

The Challenging Behaviour Foundation

<https://www.challengingbehaviour.org.uk>