

ADHD in Adults

Service Development

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...adhd myths

- *adhd is difficult to diagnose and difficult to treat*
- *you have to be an expert to be able to diagnose and treat patients with adhd*



*"Nurse, get on the internet, go to **SURGERY.COM**, scroll down and click on the 'Are you totally lost?' icon."*

Surgeon carries out amputation by text

A British surgeon volunteering in the Democratic Republic of Congo saved the life of a teenage boy by amputating his shoulder using instructions texted by a colleague in London.

David Nott, 52, a general and vascular surgeon at Chelsea and Westminster hospital, was working with the charity Médecins sans Frontières (MSF) in the town of Rutshuru when he came across the badly injured 16-year-old in October.



...on my way to sort out this adhd problem

services for adults with ADHD

why ?

June 2002

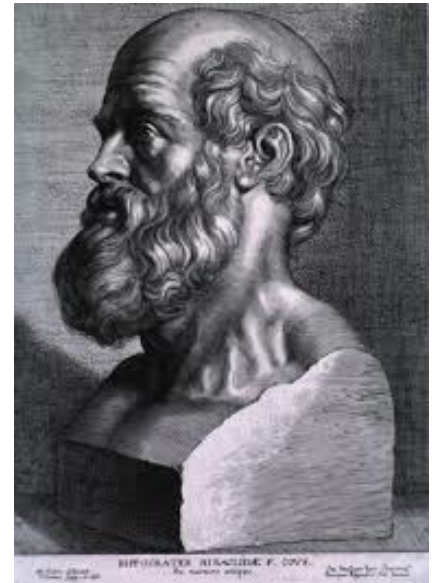
- 19 yrs old male
- attending day hospital re: anxiety disorder
- very poor concentration
- restless/fidgety
- 13 jobs in 18 months

'..I will apply dietetic measures for the benefit of the sick according to my ability and judgement;

....I will keep them from harm and injustice.

...I will not be ashamed to say "I know not," nor will I fail to call in my colleagues when the skills of another are needed for a patient's recovery'.

Hippocratic Oath- English translation, version 1



long-term outcomes

A systematic review and analysis of long-term outcomes in attention deficit hyperactivity disorder: effects of treatment and non-treatment

Monica Shaw^{1†}, Paul Hodgkins^{2*†}, Hervé Caci³, Susan Young⁴, Jennifer Kahle⁵, Alisa G Woods⁶ and L Eugene Arnold⁷

Results: Outcomes from 351 studies were grouped into 9 major categories: academic, antisocial behaviour, driving, non-medicinal drug use/addictive behaviour, obesity, occupation, services use, self-esteem, and social function outcomes. The following broad trends emerged:

** without treatment, people with ADHD had poorer long-term outcomes in all categories compared with people without ADHD*

implications of un-treated ADHD

- **schooling:** suspensions 60% Barkley et al 2006
drop outs 32%
excluded x 11
- **work:** lower status jobs/multiple changes Mannuzza et al 1997
- **reduced productivity** Noe & Hankin et al 2001

implications of un-treated ADHD

- relationships++

 - early parenthood

Barkley et al 1993; Leibson et al 2001

 - sexual partners

Barkley 2006

 - pregnancy ..34%

 - STDs ..13%

- families

 - parental frustration

 - marital discord

Barkley et al 1990

 - divorce/separation x 3-5

Brown et al 1989

 - mental health issues

 - loss of working days/productivity

Noe & Hankin 2001

implications of un-treated ADHD

- **criminal justice system** Young et al 2011
 - court proceedings
 - probation
 - prison ++
- **substance-misuse:** higher rates Biederman et al 1998
- **driving:** violations/accidents x 4 Barkley et al 1996
- **injuries:** x 3-4 Stewart et al 1966, Mitchell et al 1987

implications of un-treated ADHD

- eating disorders

- obesity

Altfas 2002; Pogoto 2009

- LOC-ES

Reinblatt et al 2015

- social isolation

- peer rejection, fewer close friends

Brod et al 2011

- bullying

Bagwell et al 2001

Holnburg et al 2008

- poor self esteem

Hinshaw et al 2012; Manor et al 2010

- GP/A & E

Lepson et al 2001

- QOL

suicide

- *Ljung T et al JAMA 2014*

- n: 51,707

- increased risk of attempted & completed suicide: OR 3.62 & 5.91
parents: OR 2.42 & 2.24
siblings: OR 2.28 & 2.23

- also increased risk of completed suicide in first degree relatives

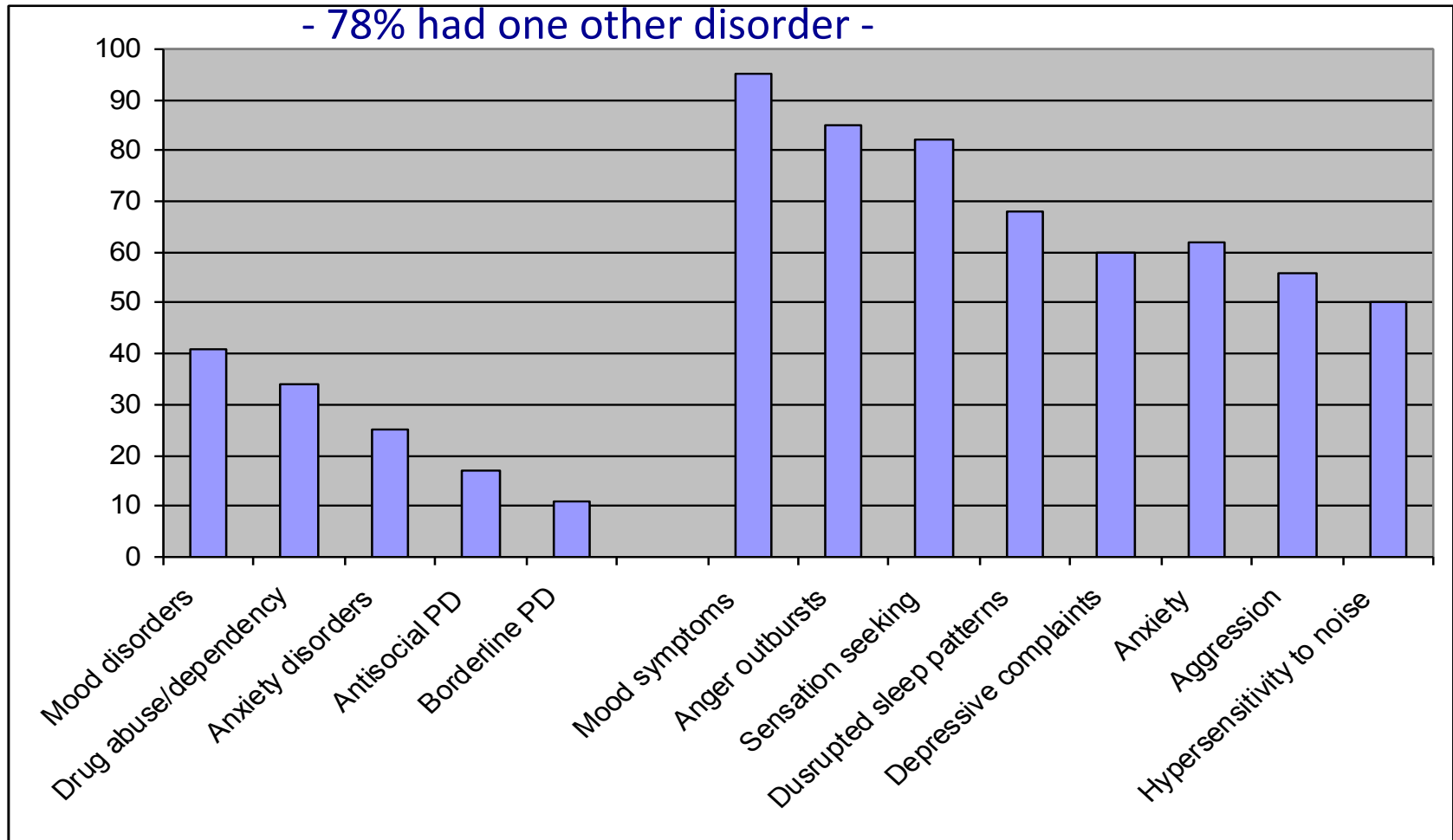
mortality

- *Dalsgaard et al 2015*

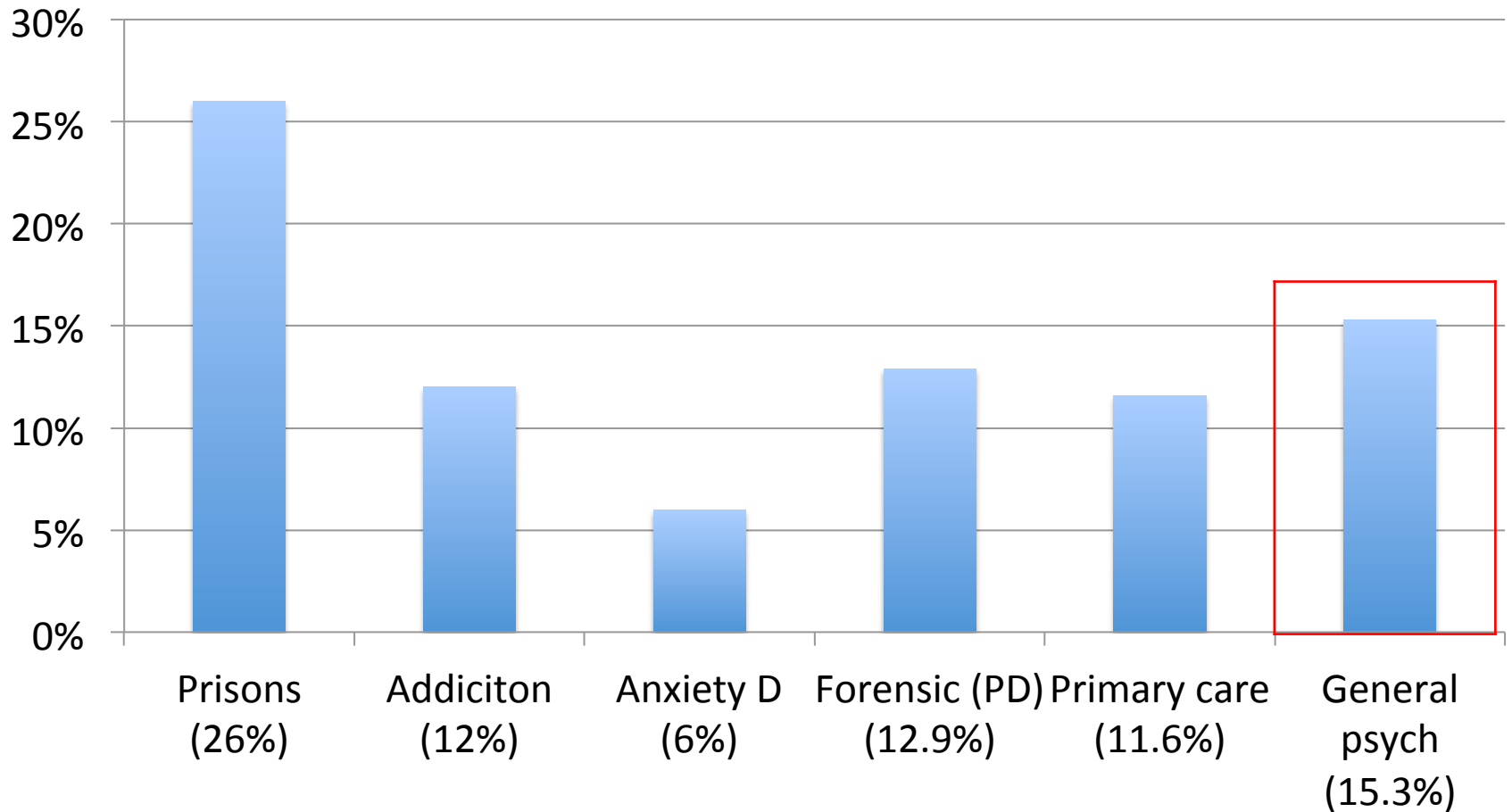
- Danish National Register: 1.92m (32,061 ADHD); 32 yr follow-up
- 5580 deaths
- mortality rate per 10,000: ADHD 5.85 vs non-ADHD 2.21 MRR 2.07
- after exclusion of ODD/CD, SUDs: MRR 1.5
 - higher in adults and girls/women
 - accidents

- *Barbaressi et al 2013*

co-morbidity in Dutch series of 141 adult ADHD cases



rates of ADHD within adult mental health services



Murphy et al., NIHR report, 2013; Deberdt et al., BMC Psychiatry, 2015;

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**treatment for ADHD improved long-term outcomes compared with untreated ADHD, although not usually to normal levels*

two important Studies

- ***Lichtenstein et al 2012***
 - n: 25,656
 - reduction in criminality: $\sim 1/3$

- ***Chang et al 2014***
 - n: 17,408
 - 58% risk reduction in males

...in their own words

- 'it has changed my life'
- 'the fog has cleared...I can now think clear'
- 'I don't do the last minute rushing anymore...I now have spare time...I now walk my children to school'
- 'the quality of my family life is so much better now'
- 'I am so much more organised and efficient now'
- 'for the first time ever my in-tray is regularly empty'
- 'I walk away from trouble...it is not worth it'
- 'for the first time I can now think before I say or do things'

...let us celebrate ADHD

