

# Adult ADHD

## NICE CG72 Recommendations

### Adult Symptoms

- Carelessness & lack of attention to detail
- Starts new tasks before finishing old ones
- Poor organisational skills
- Inability to focus, or prioritise
- Continually losing, or misplacing things
- Forgetfulness
- Restlessness & edginess
- Difficulty keeping quiet, & speaking out of turn
- Blurting responses, & poor social timing when talking to others
- Often interrupting others
- Mood swings
- Irritability & a quick temper
- Inability to deal with stress
- Extreme impatience
- Taking risks in activities, often with little, or no, regard for personal safety, or the safety of others

### 6.4.3 Diagnostic Services:

Specialist services for the diagnosis of ADHD in adults should be available. This includes the diagnosis of adults who were and were not initially diagnosed with ADHD in childhood. Since the recognition of ADHD in children was rare before the mid-1990s, there is a large population of people who went undiagnosed and untreated in childhood and present for the first time as adults.

The diagnosis of ADHD should be made by a specialist with training in general adult psychiatry, who can take account of the full range of mental health problems. Where medication is indicated, diagnostic services should initiate and monitor treatment during the titration phase. Prescribing during this initial phase can, however, be devolved to the primary care physician where a shared care protocol is established.

### 10.18.7 Treatment of Adults with ADHD:

For adults with ADHD, drug treatment should be the first-line treatment unless the person would prefer a psychological approach.

Drug treatment for adults with ADHD should always form part of a comprehensive treatment programme that addresses psychological, behavioural and occupational needs. (Key priority)

### 10.18.14 Duration, Discontinuation & Continuity:

Following an adequate response, drug treatment for ADHD should be continued for as long as it is clinically effective. This should be reviewed annually. The review should include a comprehensive assessment of clinical need, benefits and side effects, taking into account the views of the person and those of a spouse, partner, parent, close friends or carers wherever possible, and how these accounts may differ.

An individual treatment approach is important for adults, and healthcare professionals should regularly review (at least annually) the need to adapt patterns of use, including the effect of drug treatment on coexisting conditions and mood changes.

**More Information:** [www.aadd.org.uk](http://www.aadd.org.uk), [aadd.org@gmail.com](mailto:aadd.org@gmail.com)