



Society of Rural Physicians of Canada
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SESSION 308

Evidence-based Assessment and Management of ADHD in Primary Care (2 hours)

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder affecting 5 - 9% of children and 3 - 5% of adults worldwide. Despite its incidence, ADHD is given less 'attention' in primary care in comparison to other commonly treated conditions like depression and anxiety.

The recognition of ADHD can be life-changing and is well within the scope of primary care. Misconceptions about ADHD and its treatment persist. Contrary to public belief, ADHD is not over-diagnosed. Psycho-educational testing is seldom needed to distinguish ADHD. Current medications and treatment regimens are neither dangerous nor difficult to implement, yet a reluctance to treat ADHD mistakenly exists. Diagnosis rests on recognition of the DSM-5 criteria, easily identified by clinical interview and simple screening tools. CADDRA - Canadian ADHD Resource Alliance is a non-profit, membership association, established by health professionals to guide and support those working with ADHD patients and their families. In 2018, CADDRA released its 4th edition of the Canadian ADHD Practice Guidelines which review the diagnosis, assessment and treatment of ADHD across the lifespan. The goal of this two-hour session is to demystify the diagnosis and management of ADHD, and familiarize participants with the user-friendly Canadian ADHD Practice Guidelines. At the end of this session, participants should have a more confident approach to treating ADHD. Real case scenarios and small group discussions will be offered in the second part of this session to facilitate primary care management of ADHD.

1. Identify common misperceptions about ADHD that prevent many primary care physicians from confidently treating ADHD.
2. Apply 2018 Canadian ADHD Practice Guidelines to the assessment and management of ADHD in primary care.
3. Review ADHD cases that are common presentations seen in primary care.