Attention-Deficit Hyperactivity Disorder (ADHD) Interventions

Individuals with attention deficit hyperactivity disorder (ADHD) exhibit impulsive, unpredictable, and hyperactive behavior. Patients with ADHD can be disruptive, especially in social situations, and often have difficulty completing tasks. Interventions to treat these disorders include CNS stimulant medications, bupropion (Wellbutrin) and non-stimulant medications such as atomoxetine (Strattera) and guanfacine (Intuniv). In additions to these interventions, patients should find non-pharmacological methods to manage their disruptive behavior.



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Drug Therapy

CNS Stimulants

CNS-brain with Stim-mule

Central nervous system stimulants have a paradoxical calming effect in patients with ADHD. Examples of these medications include amphetamine and dextroamphetamine (Adderall), methylphenidate (Ritalin), and lisdexamfetamine (Vyvanse).

Amphetamine

Amp-feet

Amphetamine and dextroamphetamine (Adderall) are effective in reducing symptoms in patients with ADHD.

Methylphenidate

Metal-phoenix

Stimulant medications such as methylphenidate (Ritalin) is also approved for management of symptoms in patients with ADHD.

Bupropion (Wellbutrin)

Butt-propane

Bupropion (Wellbutrin), an anti-depressant medication, has been used off-label and shown to reduce symptoms of ADHD. In regard to ADHD therapy, the mechanism of action remains unclear.

Atomoxetine (Strattera)

Atom-bomb-teen

Atomoxetine (Strattera) is a non-stimulant medication approved for use in patients with ADHD. This medication increases the amount of norepinephrine in the brain, thereby improving memory and reducing impulsiveness.

Guanfacine (Intuniv)

Gum-face

Guanfacine (Intuniv) is also a non-stimulant medication approved for use in patients with ADHD. This medication also affects receptors in the brain, though the exact mechanism in treating ADHD is unknown. Guanfacine (Intuniv) helps to reduce distractibility and to improve attention and impulse control.

Considerations

Manage Disruptive Behavior

Manager Managing Disruption-eruption

Non-pharmacological methods should also be used to manage disruptive behavior in patients with ADHD. Cognitive behavioral therapy, and skills coaching are a few treatment options available that will encourage academic and social success in these patients.

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Provide Simple Instructions

Simple Instructions

Because patients with ADHD have short attention spans and are easily distracted, simple instructions should be used when giving directions. Simple instructions may improve the individual's ability to complete a task.

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