

Management of patient with ADHD

Student's Name

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## **Introduction**

The child presented (Katie) is suffering from a psychiatric condition, and therefore some diagnostic measures need to be put in place to ensure that the right interventions are put in place to help Katie (Réus et al., 2015). In doing so, differential diagnosis, a treatment plan for psychotherapy and psychopharmacology are essential in ensuring that proper care is given to the child. Differential diagnosis helps in ruling out any condition that may be related to the condition that Katie is suffering from (American Psychiatric Association, 2013). The treatment plan for psychotherapy and psychopharmacology helps in ensuring that the child gets the required treatment that will help in alleviating the condition affect the child.

### **Decision one- Differential diagnosis**

Differential diagnosis is one of the essential steps towards getting the real problem affecting the child. It evident that different conditions mimic Attention Deficit Hyperactivity Disorder in their presentation and therefore a thorough analysis is essential regarding running various diagnostic procedures that will help in ruling out certain conditions that may have similar presentations as that one of ADHD (Sadock, Sadock, & Ruiz, 2014). Some disorders can come misdiagnosed for ADHD. Some of these conditions include sleep disorders, depression, and dysthymic disorder. It is therefore essential for the medical professional to run tests that will help in ruling out such disorders to ensure that the treatment measures put in place are for the condition a patient is having.

The main aim of running differential diagnostic procedures is to ensure that the right condition is treated. There have been some cases where patients are misdiagnosed and therefore making differential diagnosis helps in reducing the chances of treating a condition that is similar the one the patient is suffering from and thus not achieving the expected outcome.

It is evident that the expectations of the decision were met. Various diagnostic procedures were run to ensure that various conditions were ruled out to deal with the exact condition that the child was suffering from. It is evident that the confirmation of ADHD as a condition affecting the child greatly contributed to making the right decision regarding the medications that the child had to receive to help in dealing with the condition.

### **Decision two -Treatment plan for psychotherapy**

Psychotherapy treatment refers to the interventions put in place to help patients with mental disorders that are psychological rather than medical ones. It is evident that the success of psychotherapy depends on the plans put in place. The treatment plan is essential in understanding the kind of message and things that will be included in offering psychotherapy treatment to the patient. It is also essential in understanding the support stakeholders important in making sure that the therapy becomes a success (Selzam et al., 2018). The treatment plan for psychotherapy helps to analyze various problems that may be encountered in the process of care provision and therefore put in place measures that will help to address the issues.

The main aim of the treatment plan for psychotherapy was to ensure that the right steps are put in place that will help in alleviating signs and symptoms associated with ADHD in Katie. It is evident that the decision brought positive results as a structured psychotherapy treatment was put in place that played a significant role in helping the child improve. It is evident there was no difference between the results of the interventions and the expectations required.

### **Decision three - Treatment Plan for Psychopharmacology**

The treatment plan for psychopharmacology is essential in providing quality care to the mental disorder patients. The goal of the program is to ensure that the medications to be provided to the patients can help in alleviating the signs and symptoms related to ADHD (Lo et al., 2017).

It is evident that some pharmacological agents have reactions based on age. It also clear that treatment regime may vary based on the age. Planning for psychopharmacology will help in getting the right medication for the patient.

The main purpose of the treatment plan for psychopharmacology was to ensure that the right medications are selected based on the age of the patient that will help in ensuring that they do not have adverse reactions to the patients. It was also to help in ensuring the duration of the use of medication is put in place based on the situation of the patient (Thapar et al., 2015). There was a marked improvement in the reactions of the child towards medication giving a clear indicator of proper planning put in place.

In conclusion, it is evident that Attention Deficit Hyperactivity Disorder is a condition that requires some interventions in its proper management. It is a condition that can be confused with other conditions that mimic its presentation and therefore differential diagnosis is essential for proper management. It also evident that the effective management of ADHD requires medical personnel to have psychotherapy and psychopharmacology treatment plan. The action plays a major role in ensuring that all issues concerning the condition are addressed at a tender stage as far as its management is concerned. In doing so, effective management can be realized.

## References

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