

Attention deficit hyperactivity disorder



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Attention Deficit Hyperactivity Disorder By Lakisha Mitchell Nash Community College Learning with Behavior Disorders Catherine Jancso EDU 222 10-22-11 Abstract This paper explores the causes, symptoms, diagnosis and treatment of attention deficit hyperactivity disorder. Attention deficit hyperactivity disorder is a condition that can affect children and adults. ADHD in children can cause trouble with focus, patience, and over activity. ADHD is the most common childhood disorder and usually appear early in life often between the ages of 3 and 6. Children that are diagnosed with ADHD usually have problems at home, school and in their social life. ADHD symptoms fall into three categories: inattentive, hyperactivity, and impulsivity. The American Academy of Pediatrics has guidelines to help diagnose ADHD. The child's pediatrician may suggest a combination of medication and behavioral therapy as part of a total treatment. Education of the child's family is an essential component of any treatment plan, which includes special education programs, psychological intervention and drug treatment. Diagnoses, treatment, keeping track of progress are the three phases of managing ADHD. Studies show that long-term treatment with a combination of medication and behavioral therapy is far superior to just medication treatment. ADHD has nothing to do with intelligence or talent. Many children with ADHD are intellectually or artistically gifted. Attention Deficit Hyperactivity Disorder Attention Deficit Hyperactivity Disorder is a chronic condition that can affect children and adults in so many different ways. Children with ADHD may have some problems with focus, patience and over activity, but many children with ADHD can be successful in school and in life. Although no one knows for sure what causes ADHD, studies show that genes from the parent play a factor in causing ADHD. ADHD is the most

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common childhood disorder and can be diagnosed and managed with the help of your doctor. If ADHD is left untreated, it can cause problems for children who can't focus or control themselves; they may struggle in school, get into frequent trouble and find it hard to get along with others. ADHD symptoms fall into three categories: inattention, hyperactivity, and impulsivity. Symptoms usually appear early in life often between the ages of 3 and 6. Children with inattentive symptoms may have poor listening skills, forget things, avoid task requiring sustained mental effort, miss details, make careless mistakes, switch from one activity to another, lose things, and have trouble with homework. Some symptoms of hyperactive are talking excessively, fidget and squirm in seat, have trouble sitting still during dinner, school, story time, and some inappropriate running and climbing. Impulsive symptoms may be blurting out inappropriate comments, showing emotions without restraint, acting without regard for consequences, and interrupting conversations. Children develop at different speeds making it hard to diagnose ADHD. A pediatrician can determine whether your child has ADHD using standard guidelines developed by the American Academy of Pediatrics. Symptoms must be present in more than one setting such as home, school, or in peer relationships. Children should have at least six attention symptoms or six hyperactive/impulsivity symptoms with some present before age seven. Symptoms should be present for at least six months, be seen in two or more setting, and not be caused by another problem. Symptoms should also be severe enough to cause significant difficulties in several settings, including home, school, and in relationships with peers. Behaviors that occur when there has been a sudden life change such as divorce, death in family, anxiety, and depression can appear to be ADHD.

Setting goals is a key step in creating a total treatment plan to help your child. A doctor can suggest many treatment options including medication, and behavior therapy as part of a total treatment plan. A class of drugs called psycho stimulant is the medication used to treat the symptoms of ADHD. The medication includes Ritalin, Concerta, and Adderall which help children focus their thoughts and ignore distractions. Behavioral treatment and social skills training for children with ADHD involves adjusting the environment to promote more successful social interactions. Appropriate Education of the child's family is an essential component of any treatment which may encompass special education programs, psychological interventions and drug treatment. Studies show that long-term treatment with a combination of medication and behavioral therapy is far superior to just medication treatment. Parent could help manage their child's ADHD by working with the child, communicate with the teacher and school to implement strategies for learning inside and out the classroom. Parents could also organize child's belongings to make them easier to find, minimize distractions such as television, keep instructions to the child short, direct, and clear, set goals for your child and offer rewards when goals are met, and build self-esteem by encouraging and promoting skills at which your child excels. Diagnosis, treatment, and keeping track of progress are the three phases of managing ADHD. ADHD can cause problems if left untreated, children who can't focus or control themselves may struggle in school, get into frequent trouble and find it hard to get along with others. These frustrations and difficulties can lead to low self-esteem and frictions for the whole family. Children with ADHD need structure, consistency, clear communication, rewards and consequences for their behavior, lots of love

and support and encouragement. Conclusion Attention Deficit Hyperactivity Disorder is a condition that can cause trouble with focusing, patience and over activity. Children with ADHD can have problems with attention, hyperactivity, and impulsivity. Some children with ADHD are hyperactive while others sit quietly with their attention miles away. Some children put too much focus on a task and have trouble shifting it to something else. Children with ADHD have difficulty organizing, and completing task, move slowly, struggle to follow instructions and have difficulty processing information as quickly and accurately as others do. Some treatments of ADHD are medications, behavioral treatment and social skills training. Once the child has been diagnosed with ADHD it can be managed with a combination of medication and behavior therapy that require close follow up and monitoring. Parents of ADHD children should receive education and support to help organize their environment, develop problem solving skills, and cope with frustrations at home and at school. Although ADHD can cause lots of problems, it has nothing to do with intelligence or talent. Some positive effects of ADHD are children can be marvelously creative and imaginative. References Segal, R (2011, November), Smith, M (2011), November). Helpguide. org. ADHD in children [Online]. Retrieved November 18, 2011 Empen, K (2011 November). WebMD ADHD in children [Online]. Retrieved November 16, 2011 Attention Deficit Hyperactivity Disorder