

Medicines for Lifelong Attention Deficit Hyperactivity Disorder

A personal journey
Dr Peter Heffernan

Medicines

Declarations of Interest

Shire Australia once funded meals for the Victorian Adult ADHD Interest Group meetings. I attend as co-convenor of the group. Shire also paid my registration fee and accommodation costs for the World ADHD Conference in Vancouver in 2018.

Medicines

Declarations of Interest

Director ADHD Foundation

Five things my Patients have
taught me about medicines

**Medicines are prescribed in a context-
Professional Relationship Based**

Approaches-

Therapy

PsychoEducation

ADHD Coaching

Couples Therapy

Mindfulness Practices

Five things my Patients have taught me about medicines

Lesson 1

If the first medicine does not succeed, try, try, try and try again

Five things my Patients have taught me about medicines

Lesson 2

Get Sleep sorted out at the start

Hypnotics

Melatonin

Clonidine

Quetiapine

Gabapentin

Suvorexant

Phenergan Stilnox Temazepam

Five things my Patients have taught me about medicines

Lesson 3

Get mood stability in place

Mood Stabilisers

Lamotrigine

Lurasidone

Lithium Carbonate low dose

Cognitive Enhancers may be very helpful

Five things my Patients have taught me about medicines

Lesson 4

Get the Cognitive Enhancer sorted out

Cognitive Enhancer

Methylphenidate

Lisdexamphetamine

Axomoxetine

Sustained release methylphenidate

(Ritalin LA Concerta)

Five things my Patients have taught me about medicines

Lesson 4

Get the Cognitive Enhancer sorted out

Cognitive Enhancer

Dexamphetamine

Sustained release guanfacine (Intuniv)

Bupropion Venlafaxine Duloxetine

Reboxetine

Modafinil

Five things my Patients have taught me about medicines

Lesson 5

One Cognitive Enhancer medicine can be good, two (or three) can be better

Five things my Patients have taught me about medicines

Lesson 6

Improvement is good

Optimal improvement is better

Take a look at the Jasper-Goldberg Rating Scale to check how things are progressing

Five things my Patients have taught me about medicines

Lesson 7

The Clinician must be available if anything bad happens when starting a new medicine.

Side effects, unfortunately, are common.

Side effects need to be addressed by the team promptly

Five things my Patients have taught me about medicines

Lesson 8

Medicines don't always resolve everything...but do if we're lucky

