**Description:** ADHD is a comprehensive disorder that leads to different behaviors among children and adults including hyperactivity, difficulty holding attention and impulsive actions.

**Possible Cause:** ADHD is a very complex, neurobiochemical disorder. The exact cause of this disease is not known. However, ADHD is thought to be a chemical imbalance in certain neurotransmitters that help the brain regulate behavior.

**Diagnostic Tests:** Only a licensed professional, such as a pediatrician, psychologist, neurologist, psychiatrist or clinical social worker can make the diagnosis. These professionals use the diagnostic criteria set forth by the American Psychiatric Association in the Diagnostic and Statistical Manual of Mental Disorders.

**Conversation with Member:**

- **General opening such as:** “How are things going with your health and ability to do your daily activities (school, work, or whatever is most appropriate?)”
- **Offer Information:** “I have some information to share with you regarding your ADHD condition. May we discuss this?”
- **Get more specific:** It is recommended that you discuss with your provider medications that may be helpful. Behavioral Therapy can help you cope with feelings or behaviors you may be experiencing.
- **Lifestyle impacts & Medical Tx options:** Talk with your provider about medications that may be helpful for you. Be sure to follow-up with your provider within 30 days of starting an ADHD medication. Be sure to learn more about ADHD and understand that it is a medical condition. It’s recommended to try and be physically active and meditate to lessen your stress.
- **Review the member’s plan of action:** “Based on this information, can we make a plan for you to work with your provider on helping you deal with this condition—specifically with medication and follow-up, counseling or other activities that may help?”

**National Standard:** Priority Gap for HEDIS & Stars

**References:**

- [http://www.add-adhd.org/ADHD_attention-deficit.html](http://www.add-adhd.org/ADHD_attention-deficit.html)
- OSEP
- NICHY