

ADHD Information for GPs

What you should know about patients with ADHD

If you, as the GP, are not familiar with ADHD, we encourage you to look at the Primary Care Guidelines for ADHD on the medscape website.

Web [medscape.co.uk/viewarticle/attention-deficit-hyperactivity-disorder-diagnosis-and-2022a1001a97](https://www.medscape.co.uk/viewarticle/attention-deficit-hyperactivity-disorder-diagnosis-and-2022a1001a97)

In particular, we ask that you are aware that people with ADHD can:

- **Take longer to elicit information.** We therefore recommend that they routinely book longer appointment visits with you where possible
- **Arrive late to appointments, forget about bookings, or fail to attend.** We ask that you show understanding and be reasonably flexible in terms of re-scheduling / re-booking appointments for patients
- **Find it difficult to wait their turn.** A waiting room can therefore be an extremely stressful environment. Sensory differences and physical / mental restlessness may also contribute. Making allowances of early or later appointment times when the waiting room is less busy, or allowing them to wait in a separate area and to book a slot when you are more likely to be on schedule (e.g., first thing in the morning) can help
If there are delays, please provide clear information so they know what to expect.
- **Struggle with medication regimes.** Difficulties with memory and organisation mean that people with ADHD often forget to take medication as prescribed. We recommend that you take this into account when issuing medication to patients. Basic systems such as dosette boxes, alarms / reminders, or medication apps may be a useful recommendation



Mental health

In addition, we encourage you to regularly screen for depression and anxiety with direct questioning or a questionnaire such as the PHQ / GAD.

These are common co-morbidities in patients with ADHD.

