

Accurate Diagnosis of ADHD is Important

Attention Deficit / Hyperactivity Disorder (ADHD) is the most common childhood neuro-behavioral disorder, with 4-12 percent of all school age children being affected. Early recognition, assessment and management of this condition is important, as proper interventions can positively influence the educational and psychosocial development of most children with ADHD. Any effective management plan must begin with an accurate and well-established diagnosis.

Like any other medical condition, the diagnosis of ADHD must start with a phase of information collection, which then is interpreted in the context of:

1. A framework for diagnostic decision making
2. Clinician's professional experience and judgment
3. Child's educational and psychosocial development and
4. Family situation

A framework for diagnostic decision-making cannot serve as the sole diagnostic tool but can provide useful guidance for primary care clinicians faced with such diagnostic challenges routinely. In the following paragraphs, I refer to the recommendations from the American Academy of Pediatrics, which suggests a framework for the assessment and diagnosis of ADHD in school age children.

The first recommendation refers to the circumstances prompting an evaluation for ADHD in children 6-12 years old: school difficulties, academic underachievement, troublesome interpersonal relationship with family members and peers and /or low self esteem.

To minimize over-identification and under-identification, guideline recommends that primary care clinicians apply DSM-IV criteria in context of their clinical assessment. Diagnostic criteria for ADHD are:

- A. Six (or more) symptoms of inattention and/or hyperactivity-impulsivity have persisted for at least 6 months to a degree that is maladaptive and inconsistent with developmental level.
- B. Some hyperactive-impulsive or inattentive symptoms that caused impairment were present before 7 years of age.

- C. Some impairment from the symptoms is present in 2 or more settings (eg, at school, work or home).
- D. There must be clear evidence of clinically significant impairment in social, academic, or occupational functioning.
- E. The symptoms do not occur exclusively during the course of a pervasive developmental disorder, schizophrenia, or other psychotic disorder and are not better accounted for by another mental disorder (e.g. mood disorder, anxiety disorder, dissociative disorder, or personality disorder).

Children who meet diagnostic criteria for the behavioral symptoms of ADHD, but who demonstrate no functional impairment, do not meet the diagnostic criteria for ADHD.

Such information regarding the core symptoms of ADHD in various settings, the age of onset, duration of symptoms, and degree of functional impairment should be obtained directly from the parents or caregivers and from classroom teachers (or other school professionals). Any report prepared by a school-based multi-disciplinary evaluation team should be reviewed by the clinician as part of the diagnosis (recommendation 3 & 4).

While other diagnostic tests are not routinely indicated as part of the diagnosis of ADHD (recommendation 6), evaluation of the child with ADHD should include assessment for existing conditions such as: conduct disorder, oppositional deficit disorder, mood disorder and depression, and anxiety and learning disabilities (recommendation 5).

While the diagnosis is straight-forward in some cases, other cases may present a challenge and diagnostic accuracy may be compounded by the child's age, developmental variations, disagreement between parents and the school, or within the family. Use of a diagnosis framework, when not used as a sole diagnostic tool, lends a degree of objectivity to the diagnosis and aids decision making for accurate diagnosis and management.

From the Director...

We need your help! During our Board of Directors retreat last month, it became obvious that our greatest challenge at TNRC is to continue to increase awareness of our services. Since the beginning of the year, 2205 people have attended our educational programs, participated in our support groups and checked materials out of our library. Of those people, 565 were utilizing our services for the first time.

While this is quite an accomplishment, the majority of our community doesn't seem to be aware of The Neurological Resource Center ... *yet*. This is where you can help us. Tell your friends, neighbors, co-workers, parents, and family members about us. An enthusiastic supporter of TNRC is Angela Mohondro, Director of Clinical Therapy Services at Kadlec Medical Center. She believes that "The lucky ones have 'found' the center".

Our annual meeting will be held the evening of December 6, at Meadow Springs Country Club. Those attending will learn much more about what we're accomplishing at TNRC. Please join us.

Variété 2008 promises to be a very exciting and nostalgic event. The theme is ... **With a Little Help From Our Friends** 🎵. Variété will be held on Friday, March 7, 2008, at Three Rivers Convention Center.

Karen Hayes, M.A., TNRC Executive Director

TNRC Office and Library Hours:

Monday-Thursday 8:30 - 5:00

Friday 8:30 - 4:00

Occasionally closed for lunch from 12:00-1:00 p.m.

WEBSITE: www.neurologicalresource.org

Sense of Belonging

Sometimes even our most faithful patrons, who fully appreciate the necessity of maintaining an active membership, aren't always sure of their current status. If you have questions about your membership, please don't hesitate to call us. We would be happy to check our database.

We need your participation!

Your annual membership helps provide to the community:

- Support groups
- Educational programs
- Community services and facilities referrals
- Production/distribution of this newsletter to over 2100 homes
- Educational Library

Suggested membership: \$25-Individual; \$50-Family; \$100-Corporate/Healthcare;

Membership Form

Yes, I would like to join/renew with a membership to The Neurological Resource Center. My check is enclosed.

A \$_____ donation above the membership fee is enclosed.

I would like to volunteer my time.

I can't pay for a membership at this time, but would like to continue receiving *The NeuroTransmitter*.

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Please make your check payable to: The Neurological Resource Center
712 Swift, Suite 1 Richland, WA 99352

Your membership and donation are tax deductible.

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TNRC LIBRARY NEW ADDITIONS

November 2007

ADHD

- Finding a Career That Works for You*, Wilma R. Fellman, M.Ed, c.2006, 211 pages
(includes special sections for people with ADHD and Learning Disabilities)
Understanding Women with AD/HD, Edited by Kathleen Nadeau, PhD and Patricia
Quinn, MD, c.2002, 465 pages

ALZHEIMER'S

- Coach Broyles' Playbook for Alzheimer's Caregivers—A Practical Guide*, Alz. Assoc.,
c.2006, 93 pages (free copies available at TNRC)
*Taking Care of Barbara—A Journey Through Life and Alzheimer's and 29 Insights
for Caregivers*, Bonnie Campbell McGovern, c.2006, 172 pages

ASPERGER SYNDROME

- Asperger Syndrome—What Teachers Need to Know*, Matt Winter, c.2003, 96 pages

BRAIN INJURY

- Coping with Brain Injury, Volume I*, 30-minute DVD
Coping with Brain Injury, Volume II, 30-minute DVD
Humanizing Brain Injury, 12-minute video
In Search of Wings, Beverly Bryant, c.2001, 234 pages
Rambling Down Life's Road. . .With a Brain Injury, Kevin Pettit, c.2003, 148 pages

GENERAL

- Just Fine—Unmasking Concealed Chronic Illness and Pain*, Carol Sveilich, MA,
c.2005, 334 pages
Overcoming Anxiety for Dummies, Charles Elliott, PhD, Laura Smith, PhD, c.2003, 331
pages
*The Oxygen Revolution—Hyperbaric Oxygen Therapy: The Groundbreaking Treatment
for Stroke, Alzheimer's, Parkinson's, Autism, Brain Injuries and More*, Paul G.
Harch, MD and Virginia McCullough, c.2007, 256 pages

LEARNING DISABILITIES

- It's So Much Work to Be Your Friend—Helping the Child with Learning Disabilities
Find Social Success*, Richard Lavoie, c.2005, 394 pages
The Mislabeled Child, Brock Eide, MD and Fernette Eide, MD, c.2006, 510 pages
*The Misunderstood Child—Understanding and Coping with Your Child's Learning
Disabilities, 4th Ed.*, Larry B. Silver, MD, c.2006, 432 pages
Overcoming Dyslexia for Dummies, Tracey Wood, MEd, c.2006, 362 pages
The Survival Guide for Kids with LD, Revised, Gary Fisher, PhD and Rhoda Cummings,
EdD, c.2002, 102 pages, Ages 8—11

MULTIPLE SCLEROSIS

- My Story—A Photographic Essay on Life with Multiple Sclerosis*, Amelia Davis, c.2004,
112 pages
Phone in the Fridge—Five Years with Multiple Sclerosis, Lorna J Moorhead, 2006,
205 pages
Talking With Your Children About Multiple Sclerosis: A Place to Begin, DVD, English
and Spanish

TNRC LIBRARY ADDITIONS, cont.

- NEUROPATHY** *Coping with Peripheral Neuropathy—How to Handle Stress, Disability Anxiety, Fatigue, Depression, Pain, and Relationships*, Scott I. Berman, MD, c.2007, 91 pages
- OCD** *Touch and Go Joe—An Adolescent’s Experience of OCD*, Joe Wells, c.2006, 128 pages
- POST-POLIO** *The Post-Polio Experience*, Margaret E. Backman, PhD, c.2006, 216 pages
Walking Fingers—The Story of Polio and Those Who Lived It, Edited by Sally Aitken, Helen D’Orazio, Stewart Valin, c.2004, 234 pages
- SENSORY INTEGRATION** *What’s Wrong With My Child? - Struggling with Sensory Integration Dysfunction*, Shelly R. Wilson, c.2006, 76 pages
- STROKE** *The Family Guide to Surviving Stroke and Communication Disorders*, Dennis C. Tanner, c.2008, 295 pages
You Don’t Need Another Stroke, c.2003, 17-minute video

ANNUAL MEETING

The Neurological Resource Center

Thursday, December 6th, 2007
6:00 - 8:00 pm
Meadow Springs Country Club

Reservations Required
by calling
943-8455

All are welcome.
There is no charge for this event.
No-host cash bar available.



Planning: The Key to a Joyous Holiday Season for Dementia Caregivers



Guest Speaker: De Martucci, ARNP

For most families, holidays are filled with opportunities for togetherness, sharing, laughter, and memories. But holidays can be filled with stress, disappointment, and sadness for people with dementia and their caregivers. Join De Martucci, Geriatric Specialist, as she provides strategies to help make your holiday season a more joyous one.

Presented by:
The Neurological Resource Center
Guardian Angel Homes
and the
Alzheimer's Association — Inland Northwest Chapter
Refreshments will be served.

**Please contact TNRC at (509) 943-8455 to RSVP
or for more information.**

Certificates of attendance are available.

When:

Tuesday, November 6th
6:00-7:00 p.m.

Where:

Guardian Angel Homes
245 Van Giesen Homes
Richland, WA

THE VALIDATION METHOD

Communicating with individuals who experience disorientation and memory loss

Workshop by Naomi Feil, MS, ACSW

Monday, Nov. 12th
Spokane, WA

Or

Tuesday, Nov. 13th
Coeur d'Alene

Call 1-509-473-3390 to register.

PARKINSON'S SUPPORT

Parkinson's Support is available free of charge by calling **1-800-426-6806** Monday through Friday from 8:00-5:00 a.m. This service is available from the Parkinson's Resources of Oregon in Portland. You may also visit their website at www.parkinsonsresources.org. You may recognize this organization as Patrick Callahan, Program Manager, was TNRC's guest speaker in October.

AUTISM TELECONFERENCING CLASSES

Rotating faculty members from Children's Hospital and the University of Washington present 90 min. classes for parents and caregivers who wish to understand this disorder better.

The evening teleconferencing classes are held at the KGH Family Health Center in Kennewick, WA. For a list of topics, and to sign up, please call 586-5119.

FAMILY CAREGIVER SUPPORT

The Family Caregiver Support Program is designed to provide information and support services to unpaid family and friends who provide care. Local services available include: respite, transportation, support groups, help in obtaining durable medical equipment or minor environmental modifications, housekeeping or errand services. Please call Aging and Long Term Care at 735-0315 for more info.



November 2007

AD= Alzheimer's **Callaway**= Callaway Gardens **CFIDS**= Chronic Fatigue Immune Dysfunction Syndrome **Fibro** = Fibromyalgia

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 5:00 pm Variete Mtg and Pizza Party @ TNRC	6 2:00 pm MS @ TNRC 3:30 pm Autism Cmte @ TNRC 6:00 - 8:00 pm AD Series @ Guardian Angel	7 7:00 pm Head Injury @ TNRC	8 1:30 pm Parkinson's @ TNRC	9 5:00—7:00pm Lyme Disease West Richland Public Library (see page 7)	10
11	12	13 2:00 pm CFIDS/ Fibromyalgia @ TNRC 11:45 am Tourette @ TNRC (Bring a sack lunch)	14	15 12:00 pm Alzheimer's @ Guardian Angel 5:30 pm Alzheimer's @ Callaway Gardens 7:00 pm Autism @ TNRC	16	17 1:00 pm Post Polio @ TNRC
18	19 2:00 pm Parkinson's Tele-health @ Kennewick General Hospital	20 1:00 pm Caregivers @ TNRC	21 2:00 pm Stroke @ TNRC	22 OFFICE CLOSED	23 OFFICE CLOSED	24
25	26 12:30 pm Male Caregivers @ Callaway Gardens 6:30 pm ADD Parents @ TNRC 6:30 pm MS @ Mid Col Library, Kennewick 5:00 pm Board Mtg	27	28 6:00 pm ALS @ TNRC	29	30	



November 2007 Support Group News

ADD/ADHD Parents: 6:30 pm Monday, November 26 at TNRC, 712 Swift Blvd., Ste. 1, Richland.

Alzheimer's: (*light meals served*)

12:00 noon Thursday, November 15 at *Guardian Angel (Tudor House)*, 245 Van Giesen St., Richland.

5:30 pm Thursday, November 15 at *Callaway Gardens*, 5505 W. Skagit Ct, Kennewick.

ALS: 6:00 pm Wednesday, November 28 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

Autism Society of Washington: 7:00 pm Thursday, November 15 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

Caregivers: 1:00 pm Tuesday, November 20 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

Men Only: 12:30 pm Monday, November 26 at *Callaway Gardens*, 5505 W. Skagit Ct., Kennewick.

Chronic Fatigue Immune Dysfunction Syndrome/Fibromyalgia: 2:00 pm Tuesday, November 13 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland. "Sensible Ways to Build an Exercise Program" will be the topic.

Epilepsy/Seizure Disorder: There will be no meeting held in November or December.

Head Injury: 7:00 pm Wednesday, November 7, at *TNRC*, 712 Swift Blvd, Ste. 1, Richland.

Lyme Disease

5:00-7:00 pm Friday, November 9th at the West Richland Public Library at 3803 W. Van Giesen, West Richland. The guest speaker will be Diane de Ste Croix, who will discuss lymphatic drainage and its benefits to Lyme Disease patients. She will also offer some easy to follow instructions for home care and lymphatic drainage. Diane de Ste Croix has extensive experience treating clients with Lyme Disease and will discuss some of the common difficulties they face.

Multiple Sclerosis: *Co-sponsored with the MS Society.*

2:00 pm Tuesday, November 6 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

6:30 pm Monday, November 26 at Mid Columbia Library, Kennewick.

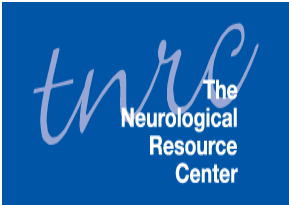
Parkinson's: 1:30 pm Thursday, November 8 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland. We will discuss the chapter "H" is for Hope' from the book "Hope" by Hal Newsom.

Post Polio: 1:00 pm Saturday, November 17 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland.

Stroke: 2:00 pm Wednesday, November 21 at *TNRC*, 712 Swift Blvd., Ste 1, Richland.

Tourettes: 11:45 Tuesday, November 13 at *TNRC*, 712 Swift Blvd., Ste. 1, Richland. Bring a sack lunch.

The Neurological Resource Center's Purpose is to improve the quality of life for those affected by neurological disorders. We offer education and support on a wide range of conventional, complimentary and alternative medical therapies. TNRC does not advocate one type of treatment over another. We believe those decisions are best left to the individual and their health care team.



The Neurological Resource Center
712 Swift Blvd, Suite 1
Richland, WA 99352-3578

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RETURN SERVICE REQUESTED

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**TNRC and
Chemical
Sensitivities**

Many of our clients and some of our staff are very chemically sensitive. We would appreciate if you would refrain from wearing perfumes and colognes when visiting TNRC.
Many Thanks!

(cont from p. 1) Accurate Diagnosis of ADHD is Important

Source: Clinical Practice Guideline: Diagnosis and Evaluations of the Child with Attention Deficit / Hyperactivity Disorder. Pediatrics, vol. 105, no. 5, May 2000.

This article was submitted by: Shakti K. Matta, MD, MS, FAAP of Pediatrics for You. Dr. Matta can be contacted at 509-946-8188, Email: skmatta@pol.net or www.pediatricsforyou.com.

Edited by Heidi Hill

Variete 2008... With A Little Help From Our Friends

Our first committee meeting is at TNRC on Monday, November 5th at 5:00 pm. We will have a pizza dinner for all who attend. Please call 943-8455 if you plan on attending, or if you have any questions.

Save the Date! March 7th, 2008