

*ATTENTION DEFICIT HYPERACTIVITY
DISORDER*

專注力失調及過度活躍症

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HYPERACTIVE



Always-rushing-into-something-without-thinking-first-phobia

IMPULSIVE



ADHD

*Attention Deficit
Hyperactivity Disorder*

INATTENTION



INATTENTION

專注力弱



叫佢做功課，成日搞東搞西，搞到十一點才做完，晚晚都係咁！

佢d 功課、學校通告，成日都唔記得交

默書測驗，好多careless mistakes

- 每次叫佢做嘢叫到口水都乾，沖涼、換衫、做功課，全部都係咁

佢d 嘢好無條理，d 書部文具成日唔見

老師話佢其實好聰明，但就太心散，所以成績咁差

HYPERACTIVE

過動活躍



上課時在不停玩文具

成日周身郁、坐唔

在班房成日同同學傾計

停落嚟一陣都唔得

IMPULSIVE 衝動



好無耐性

成日唔舉手就答老師問題

大人講野時最鍾意插嘴，未聽完你講就答你

其實佢唔係有心整親同學，佢激動起上離就推同學，佢知道自己錯，就向同學道歉

MYTH

SHE'S NOT ACTIVE. SHE'S NOT ADHD



MYTH

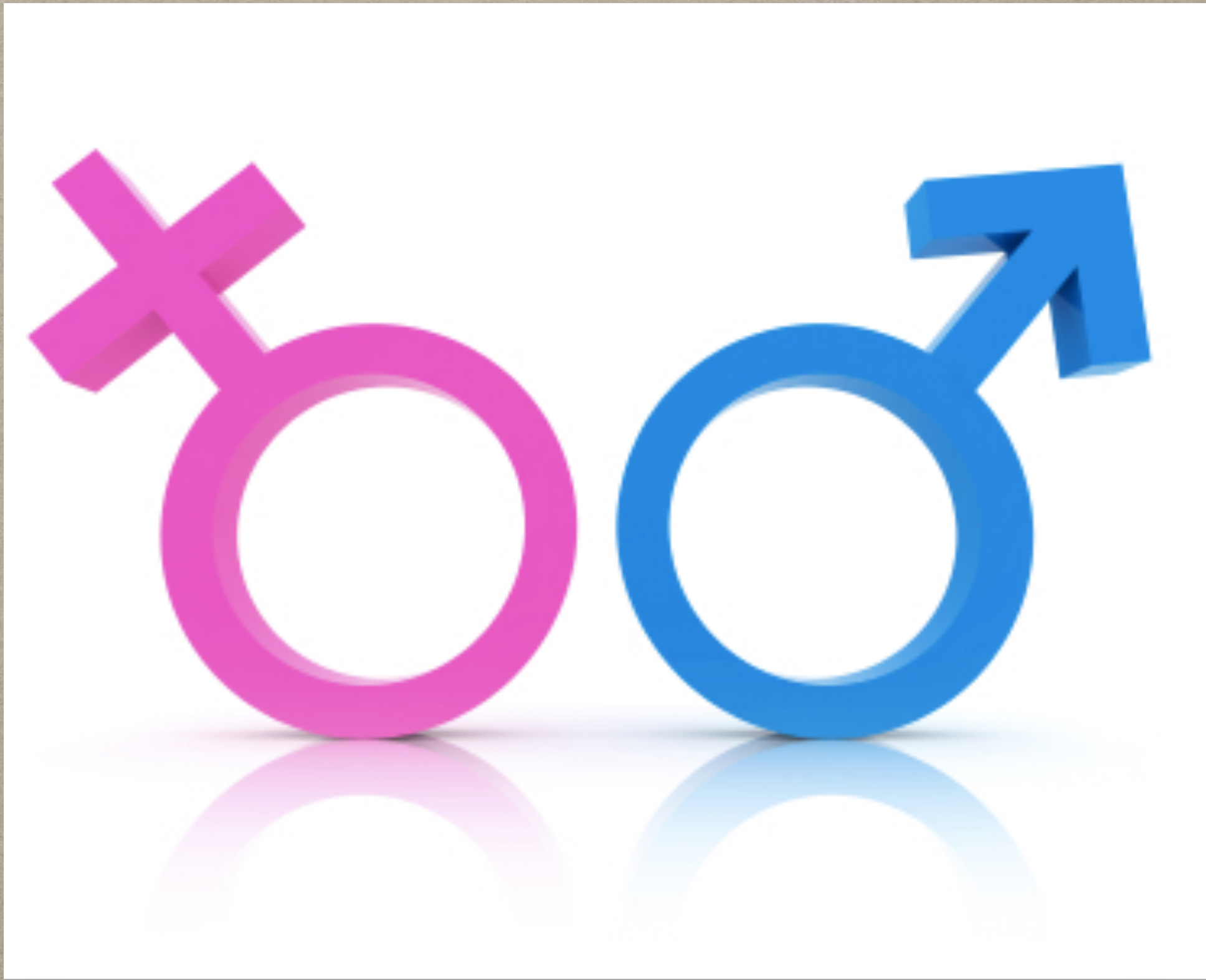
HE CAN CONCENTRATE AT SOME ACTIVITIES. HE'S NOT ADHD



MYTH

ADHD = POOR RESULTS





MYTH

POOR PARENTING?



GENETICS

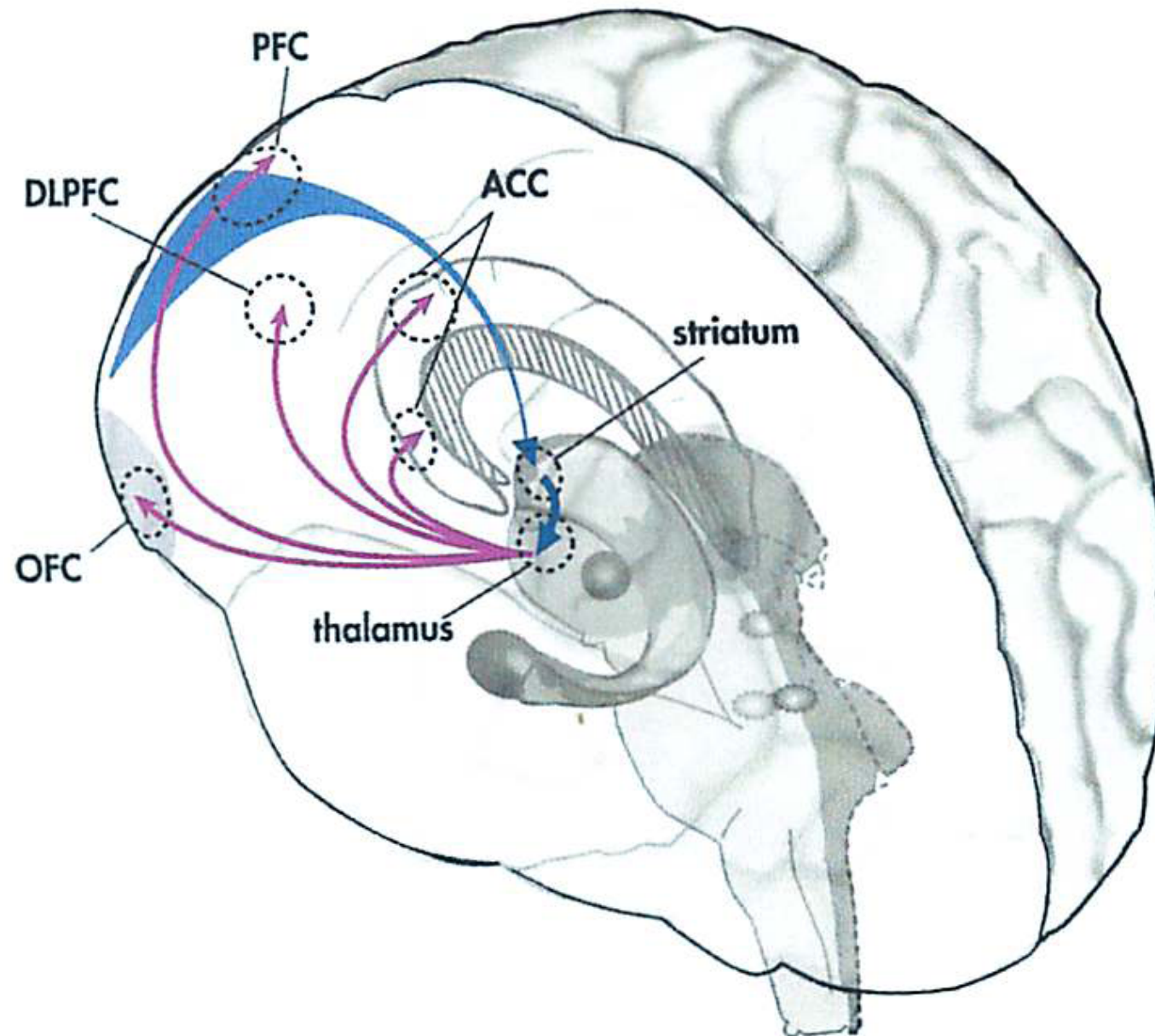
遺傳因素

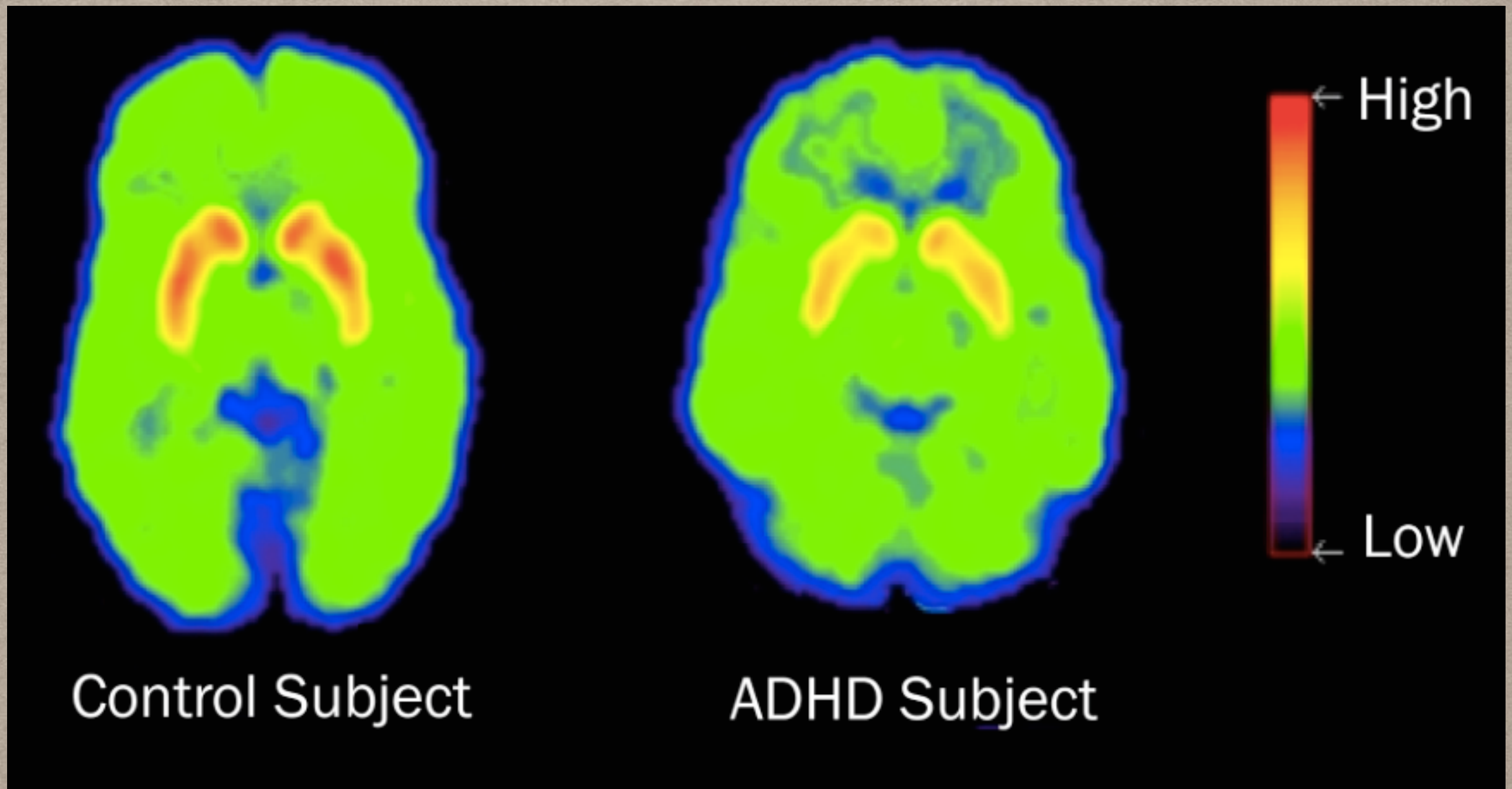


NEUROCHEMICAL IMBALANCE

腦傳導物失衡

DOPAMINE 多巴胺 / **NORADRENALINE** 去甲腎上腺素





PET SCAN







CO2
20-30!
MMOL/L!

34 H!
40 H!
38 H!
38 H!

BUN
5-23!
/DL!

10
8
8

CREATININE
0.6-1.4!
MG/DL!

-FEMALE OT
59-180!

0.6

0.6

K FEM
59-180!

125
125
155
155

CHEMISTR

1.9

DIAGNOSIS

- American Psychiatric Association Diagnostic and Statistical Manual 美國精神科醫學會診斷標準 (DSM – V)

TREATMENT

- DRUG TREATMENT 藥物治療
- BEHAVIORAL TREATMENT 行為治療

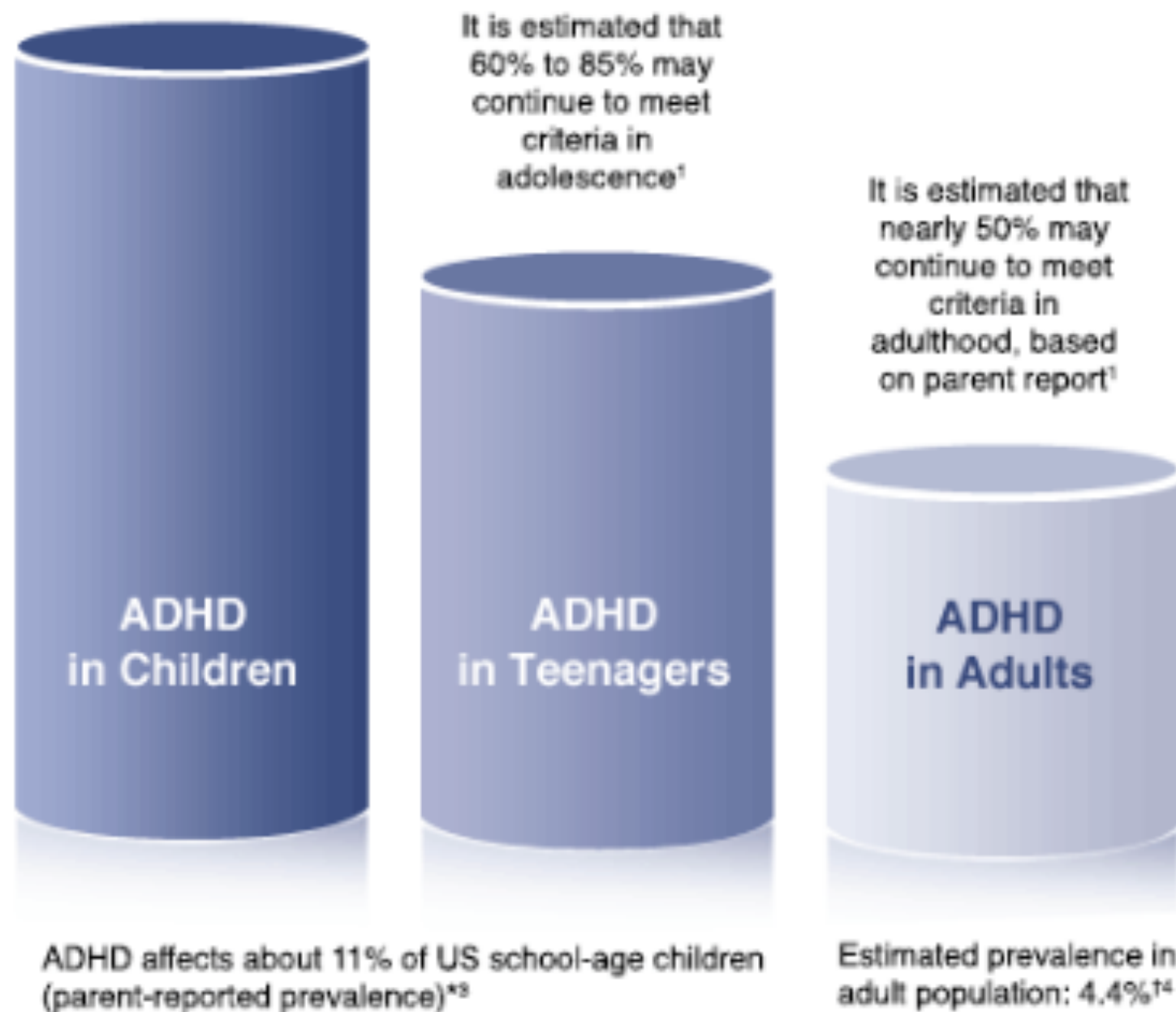


- METHYLPHENIDATE 哌甲酯 (RITALIN, CONCERTA)
- ATOMOXETINE 托莫西汀 (STRATTERA)
- OTHER DRUGS: CLONIDINE, WELLBUTRIN

- Methylphenidate (哌甲酯) usually first line
- Short, medium and long acting
- 70-80% significant improvement
- usually starts aged 6 or above

- SIDE EFFECTS:
- appetite 胃口降低
- nausea 作悶
- insomnia 入睡困難
- headache 頭痛
- rebound 藥氣過後活躍





^{*}Based on the 2011/12 National Survey of Children's Health, in which parents were asked if a health care practitioner had ever told them their child had ADD or ADHD

[†]Based on a survey of US adults ages 18-44 years

- 8.9% in HK Primary School Boys

WHAT MAY HELP

- Structured routine 生活有規律
- Minimize distraction 環境盡量不容易令孩子分心
- Break down homework into smaller portions 將工作分成小份
- Individual supervision / Delegate 個別監督
- Reminders e.g. PDA / Homework and notebook organizers 筆記本／手機提示
- Praise and positive reinforcement 讚許
- Appropriate activities, interest and hobbies 適當的興趣及活動
- Sleep 充足睡眠

EDUCATIONAL MEASURES

- multi-media e.g. online math, online pinyin, graphs/pics 多媒體教學
- manageable amount of homework, breakdown HW or projects into smaller portions 將功課分成小份
- buddy: check HW diary, bring HW home, dictation/test reminder, notice etc 同學幫忙
- longer time for test/exams 額外時間作答
- remedial teaching 學業輔導
- responsibilities / help 讓孩子可以幫忙
- praise and positive reinforcement 讚許



THANK YOU