

An audit of our ADHD service to review assessments before and after starting ADHD medication and to check compliance with NICE guidelines

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Attention Deficit and Hyperactivity Disorder (ADHD) is a common neurodevelopmental condition seen in 5% of school age children. Children who are commenced on ADHD medication require regular assessments to ensure safety and continuation of medication and to check progress of their condition.

We would like to ascertain whether: baseline cardiovascular assessment and measurements (height, weight, blood pressure and heart rate) have been carried out on children and young people prior to starting ADHD medication, the initial assessment and subsequent follow ups met the criteria outlined within NICE guidance (2019) and any safeguarding concerns if present and if escalated appropriately

Our improvement journey and steps we took

Oct 2020

Identified service gap and risk with delayed appointment

Jan 2021

Audit of 20 case notes completed, findings discussed and action plan agreed with our team

May/June 2021

Established regular Nurse led BP clinics and escalation process with doctors

Methods

The sample of children and young people was obtained randomly via SystemOne (electronic record) using the read code "ADHD".

They were all started on an ADHD medication between Jan to Dec 2019. They were assessed and reviewed by an array of different clinicians.



The audit was reviewed against NICE guidance: Attention Deficit Hyperactivity Disorder: Diagnosis and Management (2019).

Results

Records of 20 children and young people checked

Baseline weight, height, BP and Pulse rate at 1 st visit	100%
CVS examination findings recorded at 1 st visit	85%
Predrug treatment checklist done	80%
BP and Pulse rate centiles recorded	75%
Repeat BP and pulse rate with medication change or in 6 months	25%
Repeat weight and height checked as per NICE guidance	20%

Only 15% had current or recent safeguarding needs and none of these required any further escalation.

Conclusions

Undoubtedly, the COVID 19 pandemic had a significant impact on service delivery. This is particularly relevant to the children's blood pressure and heart rate measurements and follow-up appointments.

To overcome this, **Saturday Blood Pressure clinics were established locally** and any children and young people who were due/overdue were invited to attend to ensure ongoing holistic care. **Escalation process is implemented** to alert the child's paediatrician in case of concerns and for timely action.