

## Further help and resources for practitioners and assessors

### NICE Guidelines (NG87)

- Attention deficit hyperactivity disorder: diagnosis and management.
- Offers comprehensive guidance on diagnosing ADHD, including best practices for discussing diagnoses with patients and families.

#### Key Sections

- Engaging patients in shared decision-making.
- Communication strategies for delivering a diagnosis.

#### Royal College of Psychiatrists – ADHD Resources

- Provides advice on managing patient reactions to a diagnosis, addressing stigma, and supporting patients in understanding ADHD.

**Key Resource:** “ADHD in Adults: Good Practice Guidelines.”

**Access:** [RCPsych ADHD Resources](#)

### CHADD (Children and Adults with ADHD)

- Offers clinician-focused resources on explaining the impact of ADHD to patients, as well as patient narratives about living with the condition.

**Key Resource:** “Communicating with Adults About an ADHD Diagnosis.”

**Access:** [CHADD](#)

### Research Articles:

Understanding Patient Perceptions:

**Title:** “Experiences of Adults Receiving a Late ADHD Diagnosis: A Qualitative Study”

**Author:** Asherson et al. (2020)

Explores how adults experience the diagnostic process, including feelings of relief, validation, and challenges with stigma.

# ADHD Training Academy

Education WordPress Theme

<https://adhdtrainingacademy.co.uk>

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**Access:** PubMed

Delivering a Diagnosis

**Title:** “Breaking the News: The Impact of ADHD Diagnoses on Children and Families”

**Journal:** Journal of Child Psychology and Psychiatry (2019).

Discusses best practices for delivering ADHD diagnoses to children and their families and how different communication strategies affect patient outcomes.

## Books - For Professionals

“ADHD: A Complete and Authoritative Guide” (AAP)

**Audience:** Healthcare professionals and parents.

**Content:** Provides strategies for discussing ADHD diagnoses and empowering patients with accurate information.

**Publisher:** American Academy of Paediatrics.

“Straight Talk about ADHD in Girls” by Stephen Hinshaw

**Audience:** Professionals and families.

**Content:** Offers insight into how ADHD manifests differently in girls and includes patient narratives.

## Patient Accounts

“ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction” by Edward Hallowell and John Ratey

**Perspective:** Written by ADHD specialists with ADHD themselves.

**Content:** Explains how patients perceive their diagnosis and how it can empower them.

“A Radical Guide for Women with ADHD” by Sari Solden and Michelle Frank

**Perspective:** Focuses on women diagnosed in adulthood.

**Content:** Includes first-person accounts of receiving a diagnosis and overcoming stigma.

“Delivered from Distraction” by Edward Hallowell and John Ratey

**Perspective:** A combination of clinical insights and patient experiences.

**Content:** Explores emotional responses to receiving a diagnosis and how it can transform lives.

## Patient-Centric Perspectives - Blogs and Online Resources:

### ADDitude Magazine:

**Content:** Features articles and stories from people diagnosed with ADHD, including how they felt during and after their diagnosis.

**Access:** [ADDitude Magazine](#)

### The Mighty:

**Content:** Personal stories from adults and parents of children with ADHD.

**Access:** [The Mighty ADHD Stories](#)

## Video Resources:

### YouTube Channels: - How to ADHD:

- Explains ADHD in an accessible way and includes insights on how diagnoses are perceived.
- [How to ADHD Channel](#)

### TED Talks:- “ADHD As a Difference in Cognition, Not a Disorder” by Thomas Brown

- Offers insights into reframing ADHD diagnoses for patients positively.

## Communication Strategies for Delivering a Diagnosis

### Recommended Approaches:

**Validate Emotions:** Patients often feel relief, validation, or grief when diagnosed. Acknowledge these feelings openly.

- Example: “It’s common to feel both relieved and overwhelmed after receiving this diagnosis. How are you feeling about it?”

**Use Strength-Based Language:** Emphasise that ADHD is a neurodevelopmental condition with both challenges and unique strengths.

- Example: “Many people with ADHD are incredibly creative and thrive in dynamic environments.”

**Provide Resources:** Equip patients with accessible information, such as books, websites, and support

groups.

**Normalise the Diagnosis:** Reassure patients that ADHD is a common and manageable condition.

- Example: “This diagnosis helps us understand what’s been going on and gives us tools to make life more manageable.”

**Encourage Questions:** Allow time for patients to ask questions and address their concerns.

## Summary

For healthcare professionals, delivering an ADHD diagnosis requires sensitivity, empathy, and a patient-centered approach. The resources listed above provide practical guidance, professional insights, and first hand patient accounts to improve understanding and communication during the diagnostic process.