What does a comprehensive treatment plan look like/include for children?

By: Professor Eric Taylor

A comprehensive plan should include a full explanation of the condition and the available treatments in understandable terms.

After diagnosis by a specialist, a comprehensive treatment plan should include a full explanation of the condition and the available treatments in understandable terms, together with an assessment of any other problems for learning and behavioural and emotional life that are associated with or complicate the ADHD.

Interventions to be considered should include medication and/or evidence-based psychological treatment such as cognitive-behavioural therapy; how to access them if recommended; potential benefits and harms; advice on education, exercise, and diet. There should be alternative plans if any one intervention is declined. There should be information on local and national support groups and voluntary organizations and on the right to a second opinion.

About the Author

Eric Taylor is Emeritus Professor of Child and Adolescent Psychiatry at King's College London and the Maudsley Hospital. He retired after a lifetime of ADHD research, clinical practice and leading the department at the Institute of Psychiatry for over 15 years.

Resources

- https://www.minded.org.uk/Component/Details/445682 - Poor Concentration and Overactivity 1
- https://www.minded.org.uk/Component/Details/445685 - Poor Concentration and Overactivity 2
- Guideline, No. 87 Attention deficit hyperactivity disorder: diagnosis and management: https://www.ncbi.nlm.nih.gov/books/NBK493361/