

JYOTI BHAGIA: In our ADHD clinic, we do new evaluations for our patients for diagnosis of ADHD and as well as ongoing care for ADHD as well. What we had done a couple of years ago was establish a process in the clinic and did a quality project to improve the baseline assessment for ADHD. And we have been getting now baseline rating scales for all our patients before we see them for the appointment. We used to get it to only 20% to 25% initially to start with. And with the quality project, the improvement was up to 70%. And today, we are getting 90% of our rating scales before we see our patients.

Getting the rating scales from both parents and teachers help us diagnose more objectively from both parent and teacher point of view, along with the clinical interview that we do for ADHD. And now that we know that we can obtain these rating scales and we have the baseline assessment improved and standardized, we would like to continue to follow up with the same process with the treatment of ADHD as well.

In our ADHD clinic we have now established procedures for standardizing the care for initial or baseline assessment, as well as for follow-up for ADHD treatment. The rating scales that we do for baseline assessment have been helpful in starting with the medications right away at the time of diagnosis. And the follow-up care has been very expedited by using these rating scales. As well as titration of the medications has been really much more effective with using follow-up ADHD rating scales. I would always compare this to the treatment of diabetes, where we always need a hemoglobin A1c or blood sugar glucose before we see a physician for diabetes care. I would recommend the same for ADHD care as to do baseline, as well as follow-up ADHD rating scales.

We did a study in our clinic in 2011, where we took about 75 patients and evaluated who was diagnosed with oppositional defiant disorder by using Vanderbilt rating scales, which is the ADHD rating scales, versus the psychiatrist diagnosing the ODD. And what we saw was that the rating scales really pick up the diagnosis much more than a psychiatrist would diagnose just by clinical interview. So that same rating scale, which we are using for ADHD follow-up for medications, is also very helpful for diagnosing Oppositional Defiant Disorder. We also found out from that study that once they were diagnosed with ODD, psychiatrists would recommend behavior therapy along with medication treatment in all those patients as well.