Case Study: A Young Caucasian Girl with ADHD

Author’s Name

Institution
Case Study: A Young Caucasian Girl with ADHD

Introduction

Attention deficit hyperactivity disorder (ADHD) refers to a mental disorder of the neurodevelopmental type. Some of its features include difficulties in paying attention, too much activity, or difficulty controlling behavior which is inappropriate for a person's age (Cormier, 2008). A person suffering from this condition has trouble concentrating and focusing on tasks, has a tendency of acting without thinking, and faces difficulty sitting still. While condition may begin in early childhood, it can continue in adulthood. According to Eme (2012), if ADHD is not treated, it can result to problems at home, at learning institutions, at workplace, and with relationships (Parritz, 2013). This case considers an
8 year old girl who has been diagnosed with attention deficit hyperactivity disorder, predominantly inattentive presentation to determine the best therapy for the girl.

**Decision Point One**

**Selected Decision**

Begin Ritalin (methylphenidate) chewable tablets 10 mg orally in the morning.

**Reason for Selection**

Whereas there is no cure for ADHD, the current available treatments involve medications which can reduce its symptoms and enhance functioning. Such treatments comprise medication, psychotherapy, education or training, or a blend of treatments. Methylphenidate is a good prescription because it appears to improve symptoms according to reports by teachers and parents. Other non-stimulant medications are available but they are more equal to methylphenidate in terms of side effects. Moreover, the drug was chosen to reduce hyperactivity and impulsivity and enhance Kate’s ability to concentrate, work, and learn.

**Expected Results**

It is expected that Kate’s symptoms will be much better when she returns to the hospital four weeks later. In particular, her hyperactivity and impulsivity is expected to reduce and her ability to concentrate, work, and learn expected to improve (Jensen, Arnold & Swanson, 2007). All these changes will sum up to improve her performance in school.

**Difference between Expected Results and Actual Results**
Actual results reveal that the symptoms are much better though this is only in the morning. In the afternoon she stares off into space and day dreams again. Moreover, the drug has led to a funny feeling in the heart. Kate’s heartbeat has increased to beating about 130 beats per minute.

**Decision Point Two**

Selected Decision

Discontinue Ritalin and begin Adderall XR 15 mg orally daily.

Reason for Selection

Adderall XR was selected because it is a once-daily, timed-release stimulant medication. It is mainly used to treat ADHD in children ages 6-12, adolescents, and adults. Kate is currently 8 years old which means she falls in this age bracket. It was administered because it can improve focus for people with inattentive ADHD, and reduce impulsivity and hyperactive conduct.

Expected Results

It is expected to improve Kate’s focus and reduce her impulsivity and hyperactive conduct which could lead to better performance in school. In addition, it is expected to continue treating ADHD (Faraone, 2005). However, unlike Ritalin (methylphenidate) which was only effective in the morning, this drug will sustain Kate’s attention throughout the school day.

Difference between Expected Results and Actual Results

While Kate reported improving academic performance and sustained performance throughout the school day, the experienced tachycardia with this medication.
Selected Decision

Decrease to Adderall XR 10 mg orally daily.

Reason for Selection

Patrick et al. (2009) report that tachycardia is one of the side effects of Adderall XR and normally occurs when the medication is initiated at high dosage. At best, Adderall XR should be initiated at 10 mg orally daily and increased by 5–10 mg/day at weekly intervals; maximum dose generally 30 mg/day. Reducing the dose will significantly reduce the side effect of tachycardia. The medication was also administered because there was no indication of moving to a second line agent at this point due to a side effect which may have been the result of high starting dose of medication.

Expected Results

It is expected that her academic performance will continue improving due to enhanced improved focus and concentration. Moreover, the side effect of tachycardia is expected to reduce significantly with reduction of Adderall XR because tachycardia had when the medication was initiated at high dosage.

Difference between Expected Results and Actual Results

After four weeks, the side effect of tachycardia should have stopped and her concentration and focus sustained throughout the day. The side effect of tachycardia should abate and if this does not happen Kate may refuse taking the drug due to the strange feelings she undergoes.

© nursingcasestudy.org - Looking to Buy Nursing Case Study Writing Services?
Ethical Considerations

Tachycardia is one of the side effects of Adderall therefore the PMHNP should inform Kate of its possibility while using this drug. It is unethical for a PMHNP to administer a medication without disclosing its side effects to the patient (Eme, 2012). Additionally, Kate would end up refusing to take the medication if it causes unpleasant side effects undisclosed by the doctor. However, he should also explain to her that reducing the dose could reduce or eliminate the side effect of tachycardia. PMHNP should encourages Kate to visit again for re-evaluation (Rasmussen, 2006).

References


