ADHD Prescribing Guide For Australian Healthcare Professionals

Lead Co-author Bios

Professor David Coghill - President of AADPA

Professor David Coghill is a renowned expert in child and adolescent psychiatry, with a particular focus on Attention Deficit Hyperactivity Disorder (ADHD) and other neurodevelopmental disorders. He holds a prominent position as a clinical academic, contributing significantly to both research and clinical practice.

Professor Coghill has played a pivotal role in shaping ADHD care in the UK, notably as the author of the UK National Institute for Health and Care Excellence (NICE) guidelines for ADHD, which provide evidence-based recommendations for diagnosing and managing the condition.

His research spans various aspects of ADHD, including diagnosis, treatment, and long-term outcomes, with an emphasis on understanding the neurobiological and psychosocial factors involved. He has authored numerous publications in high-impact journals, shedding light on the complexities of ADHD and its comorbidities. His work often explores innovative therapeutic approaches, aiming to improve the quality of life for affected individuals.

In addition to his research and clinical work, Professor Coghill is actively involved in teaching and mentoring the next generation of psychiatrists and researchers, ensuring the continued advancement of the field. Throughout his career, he has received various awards and accolades, recognizing his contributions to psychiatry and his dedication to improving mental health services for young people. His work is highly regarded globally, making him a leading figure in the study and treatment of ADHD and related disorders.

Kate Tognarini - Director AADPA (Lived Experience)

Kate, a community pharmacist in Melbourne, was approached by fellow AADPA board director, Dr Roger Paterson about the idea of developing a prescribing guide in early 2023, not long after the ADHD Clinical Guideline was launched.

As a pharmacist living with ADHD, she knew how valuable such a guide could be for her colleagues and for all the diagnosing clinicians in the Community.

"The nature of ADHD means there's a lot to consider and we really needed a resource that prioritises a holistic approach and one where safe and responsible prescribing is paramount,"

Kate has embraced her own ADHD diagnosis with energy, spending the past 18 months coordinating the Prescribing Guide's Expert Advisory Group. Together with Dave Coghill and Roger Paterson, she pulled together countless drafts and edits. "I'm really proud of what we've been able to produce with the small amount of funds we have and no Government funding."

"It's about improving education and training for healthcare professionals so we can make a positive impact for people living with ADHD. None of this would have been possible without the support of the AADPA Board and the hugely experienced specialists from multiple disciplines who contributed their time and knowledge."

While Kate's natural creativity, curiosity and high energy helped keep the project on track, she also needed to manage the challenges that come with living with ADHD. "I experience difficulties because of my ADHD, and I work hard - and often - to manage these challenges. What I experience is not what someone else might find challenging. But I love what I do and I get help along the way from my family and the community"

Kate has spent 25 years in community pharmacy, education, industry, and hospital settings. She is an accredited vaccinator in Victoria and holds certifications in General Practice Pharmacy and Mental Health First Aid for both adults and youth.