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ADHD Prescribing Guide for Australian Healthcare Professionals Launches

The Australasian ADHD Professionals Association (AADPA) is proud to announce the release of the first ever ADHD Prescribing Guide for Australian Healthcare Professionals. A comprehensive and practical guide to the safe and responsible use of medications for attention-deficit/hyperactivity disorder (ADHD).

AADPA Board President, Professor David Coghill was a lead author of the Guide and said it is a direct response to the Australian Evidence-Based Clinical Practice Guideline for ADHD and covers topics such as diagnosis, assessment, medication choice, dosing, monitoring, adverse effects, switching, stopping, and specific populations.

“Official data has highlighted significant variability in ADHD prescribing across the country, that is why the AADPA has worked tirelessly to provide this Guide. It delivers clear and consistent information on the pharmacological treatment of ADHD across different age groups and settings,” Professor Coghill said.

“It’s an extraordinary resource that is intended to complement, not replace, the clinical judgement and expertise of healthcare professionals who prescribe or manage ADHD medications.

“The Guide is intended to be a living document that will be updated as necessary to reflect the latest evidence and best practice in the field of ADHD.”

AADPA Director, pharmacist and co-lead author, Kate Tognarini, said a founding principal of the Guide is that it is user friendly and focuses on the patient journey.

“When a person suspects they, or a family member, might have ADHD they are at the start of what can be a confusing and at times overwhelming journey. This Guide is another piece of the puzzle to allow health professionals to support them in the best way possible,” Ms Tognarini said.

“The Guide begins by following a typical patient journey, addresses common questions, and highlights lived experiences.”

It's important to note that while the focus of this Guide is on medication, the Association believes the most successful approach to managing ADHD is a mix of strategies including psychoeducation, cognitive therapy, ADHD coaching and more.

"Further non-pharmacological information sheets have been released today as well because medication is just one intervention available to help people living with ADHD. These and others are freely available on the AADPA website," said Dr Coghill.

The Guide was developed by an advisory group of cross-disciplinary health professionals, including pharmacists, clinicians, academics, researchers and people with lived experience of ADHD.

AADPA hopes that the Guide will serve as a first step toward national prescribing standards for ADHD medications and improve the quality and consistency of care for people with ADHD and their families.

An expert advisory panel, with national and international experts will be established to manage the Guide into the future.

The ADHD Prescribing Guide for Australian Healthcare Professionals is available to purchase in print and eBook formats from the AADPA website here.

-ENDS-

Media Resources can be found here.

A list of AADPA spokespeople available to comment is below.

Background Points

- AADPA has had no Government funding for this project and no money has been accepted by any pharmaceutical company to develop or publish the Guide.
- We have invited the Federal Government to contribute to the production costs but they have not responded to our requests for funding.
- There were 18 extremely experienced clinicians, academics and health professionals, all who work in ADHD, who were contributing authors

- Any conflicts of interest of Advisory/Authors/Contributors are listed at the front of the Guide. Available in the Media Resources page.
- We advise all prescribing clinicians follow the regulatory guidelines in their specific jurisdictions.
- The Guide will be regularly reviewed.
- AADPA has fully funded the development and production of this resource. The cost is $149 for the hard copy, $129 for members and $99 for the e-book - various member discounts apply.

About The Australasian ADHD Professionals Association (AADPA)

AADPA is the leading body of cross-disciplinary professionals working in the field of Attention-Deficit/Hyperactivity Disorder (ADHD) in Australia and New Zealand. Our mission is to improve lifetime outcomes for individuals with ADHD and their families by promoting research and enabling the uptake of best-practice, evidence-based clinical care. The Australian Evidence-Based ADHD Clinical Guideline developed by AADPA is considered the world's leading, most up-to-date guideline for the assessment, diagnosis and treatment of ADHD.

AADPA Media Contact List

The following representatives from AADPA are available for media.

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