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ADHD One Stop Shop: a nurse-led, multi-agency drop in clinic for young people with ADHD

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How to cite:

Ryan, Gemma Sinead and Sfar-Gandoura, Hanah (2016). ADHD One Stop Shop: a nurse-led, multi-agency drop in clinic for young people with ADHD. In: RCN International Research Conference 2016, 6-8 Apr 2016, Edinburgh, Scotland.

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ADHD One Stop Shop:

Evaluation of a nurse-led, multi-agency drop in clinic for children and young people with attention deficit hyperactivity disorder

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With many thanks to the LPT
FYPCS UKCLRN Research Team
led by Gail Melvin

Aim

To implement and evaluate a nurse-led, multi-agency drop in clinic for young people with ADHD.



Method

Repeated measures observational study over 12 months evaluating the impact on access to services during 'crisis' situations, regular attendance at medication reviews, adherence to NICE guidance and service user feedback.

Results

62 parents/carers participated in the study. All children attending the clinic received at least one medication review in the 12 month period. A significant improvement in service user experience pre, during and post implementation $P=0.001$. The number of crisis management attendances pre and post implementation significantly increased $p=0.005$. Service users attended for their medication review on or before their actual due date $p=0.011$. By previous comparison those who need additional clinic time were able to spend more time with the staff $p=0.001$.

Background

ADHD is a behavioural syndrome characterised by the core symptoms of hyperactivity, impulsivity and inattention (NICE, 2008). It is one of the most prevalent psychiatric disorders in children (ADISS).

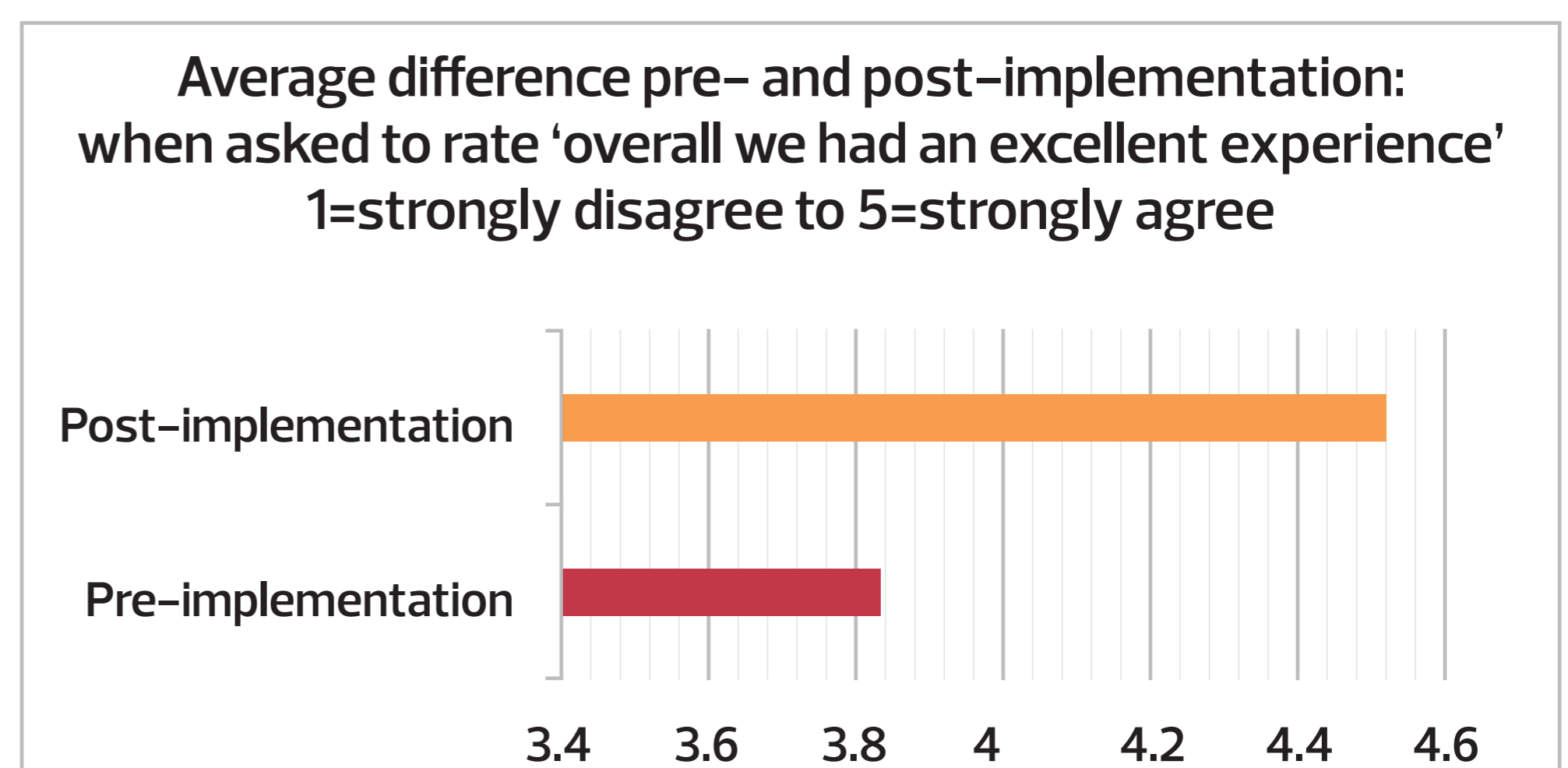
Access to high quality, integrated healthcare services is often inconsistent and due to the nature of the disorder ongoing support and care needs vary dramatically and can have a huge impact on the child and family unit.

It can also mean that routine and attending fixed time medication reviews is often difficult. NICE (2008) further recommends access to behavioural training and social support services in addition to healthcare services.

Intervention

Collaboration with a specialist nursing team and a voluntary organisation providing behavioural and social support services to those with ADHD.

Implementation in a non-NHS, city centre location whereby service users could access both health and behavioural support.



Conclusion

The clinic improved accessibility and flexibility of services, improved adherence to NICE (2008) and improved experience. Further research should examine the cost effectiveness and longitudinal impact of the clinic model.

Reference:

ADHD Information Services (ADISS) ADHD: Paying enough attention: A research report into ADHD in the UK. National Institute for Health and Clinical Excellence (NICE) (2008) *Guidelines for Attention Deficit Hyperactivity Disorder: diagnosis and management of ADHD in children, young people and adults*, National Institute for Health and Clinical Excellence [accessed online 28Feb13] <http://www.adiss.co.uk/payingenoughattention.pdf>