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Development of an online ADHD intervention for GPs

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Institute of Mental Health

Diagnostic pathway and GPs role

Family/Patient
enquiry to GP

GP gathering
information

GP referral to
specialist

Diagnosis
with
healthcare
specialist

Treatment
initialization
with
healthcare
specialist

If shared
care
agreement,
GP continue
to prescribe
and monitor
medication



PhD outline – Understanding of ADHD in primary care

Objectives: Does developing an online intervention for GPs increase knowledge and recognition of the disorder?

Study 1: Systematic review

Study 2: Qualitative study- Semi-structured Interviews with multiple stakeholders

Development of online psychoeducation program

Study 3: Mixed method study - Online program intervention

- RCT
- Interviews

Findings from the first two studies

Systematic review

- **Need for education**
- **Misconceptions and stigma**
- Constraints with recognition, management and treatment
- Issues with multidisciplinary approach

Pilot study

- Negative connotation of ADHD
- Parenting
- Social background
- Lack of experience/knowledge
- Diagnosis / consultation procedure

Semi-structured interviews

- **Lack of identification**
- **Lack of services**
- GPs' knowledge of ADHD and misconceptions
- Difficult communication between multiple stakeholders
- Impact of diagnosis and the risks linked to no diagnosis



Where are the gaps

- ▶ **Lack of knowledge and training**
- ▶ **Misconceptions and negative views of ADHD**
- ▶ **Communication between multiple stakeholders**
- ▶ **Lack of identification**
- ▶ **Lack of resources**
- ▶ **Issues with services and pathways**



Intervention development outline

Systematic
review and
Interviews

Filming of
children's
testimonies

Creation
of
patients'
videos

Storyboard
workshops

Content
develop
ment

Review
of
content

Review
of
patients'
videos

Filming of
interactive
videos

Developme
nt of online
platform by
HELM

Review
of online
program

Spring 2018-
Autumn 2018

June
2019



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Development steps

Patient's testimonies videos:

- Adults
- Children

Workshops:

- 15 GPs and 2 secondary care workers

Review of patients' testimonies

Content development:

- Informed by findings from study 1 and 2 and by own expertise and workshops
- Myself and supervisor over 3 full days work



Development steps

Review of Content

- Reviewed by GP with ADHD, second supervisor and proof reader

Specialist videos

- Secondary care healthcare professionals
- GP with ADHD
- Academic experts

Development of the resource by Health eLearning team

Review of the final resource



Thank you



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