

Adult ADHD Clinic

Attention-Deficit/Hyperactivity Disorder

(ADHD) is a common neurodevelopmental disorder. Symptoms of the disorder lead to significant impairment in various aspects of a child's development. It is not an uncommon belief that most children will grow out of ADHD. Indeed, maturation may only result in a shift of the symptoms presentation, while ADHD continues to impair the affected ones' functioning even when they become adults. There are around 44-55% of the ADHD patients continued to be diagnosable cases as adults, and another 15-30% of them remain highly symptomatic. Examples of adult presentation of ADHD may include

- Difficulties in organization and prioritization
- Difficulties to manage own schedule and handle household chores such as bills
- Highly distractible by minor things e.g. always being distracted by the typing sounds of the others
- Poor persistence in tasks that required sustained mental efforts
- Poor listening skills and always zone out during long meetings
- Difficulties to initiate a task
- Feeling restless and edgy
- Reckless driving or other risky behaviors
- Easily bored, and may change jobs frequently
- Like jobs that require more physical activities

- May spend money impulsively and being weak in handling household budgets
- Low frustration tolerance
Since these presentations are quite different compared with the childhood ones, and comorbid conditions and compensatory mechanisms in adult may complicate the clinical picture, there is a tendency of under-diagnosis of adult ADHD, leaving their mental health care needs unmet.

In order to address the specific service needs of this group of patients, the Department of Psychiatry of Queen Mary Hospital established the first Adult ADHD Clinic in Hong Kong in July 2017. It is a specialized comprehensive service for the young adults. It aims to diagnose and identify the needs in the brand new adult patients with suspected ADHD; and to facilitate the effective transitions of care across the mental health services for those existing patients with ADHD seen in the Child and Adolescent Psychiatric Clinic.

Sources of referral

New referrals:
We accept referrals from the primary care providers, doctors of other specialties, and psychiatrists of other general adult teams within our cluster. Triage system together with a battery of rating scales will be employed to screen for suitable cases.

Our own "graduates":

1. For those who followed up in our Child and Adolescent Psychiatric Clinic for ADHD and reach 18 years old, we will continue our holistic care for them in the Adult ADHD Clinic after screening by their case doctor.
2. In order to better prepare our ADHD patients in Child and Adolescent Psychiatric Clinic for future transition to adult service, we will arrange those who had finished their study and aged 16-18 to be seen in our Transition Clinic.

Scope of service

1. Medical consultation
Patients and their relatives will be seen by a psychiatrist for initial history taking and clinical assessment to identify diagnoses and problem areas. A comprehensive management plan will be formulated for each individual patient. Medical follow-ups will be arranged on a regular basis to monitor progress of the individual.
2. Starter package
For all the patients who are first seen in the Adult ADHD Clinic, they will be invited for a starter package. It is a half-day introductory workshop including psycho-educational talk on

- Introduction of ADHD, comorbidities, the associated impairment and treatment options available
 - General/ heterosexual social skills and work preparation
 - Organization / executive function skills
 - Psychological assessment and psychological treatment for comorbid mood/ anxiety disorders
3. Parallel carer group
The care-givers would be invited for a psycho-educational talk on the relevant disorders.
 4. Training
After being assessed by the case doctor in the ADHD Clinic, patients may be referred to relevant services and training:

Group training	Target symptoms
Organization / executive function skills training group	Disorganization, poor impulse and emotional control, poor planning and goal setting, distractibility, poor task persistence, time and task management deficiencies

Mindfulness group, emotional regulation Group	Inattention, anxiety symptoms and weak emotion control
Group training	Target symptoms
Work preparation group specific for ADHD-Time management (including punctuality), interview skills, organization /executive function skills, work related social skills	Poor time management, impulsivity, disorganization

Individual Intervention	Content
Occupational	Vocational assessment, job coaching and employment
Social	Medical social worker intervention on the financial, relationship, childcare issues
Psychological	Individual psychotherapy (e.g. CB T) for co-morbid mental problems such as anxiety / depression

Information provided by Department of Psychiatry, Queen Mary Hospital

For more information please seek advice from:
Child and Adolescent Psychiatry Team,
Queen Mary Hospital
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瑪麗醫院
Queen Mary Hospital

精神科
成人專注力不足過度活躍症診所
Adult Attention-Deficit /
Hyperactivity Disorder
(ADHD) Clinic

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成人專注力不足 過度活躍症診所

專注力不足過度活躍症(ADHD) 是一個常見的腦神經發展障礙，它的症狀會影響兒童各方面的成長和發展。很多人以為大部份患有ADHD的兒童會隨著成長而痊癒。事實上，成長可能只是令患者的症狀有所轉變，繼而再以不同的形式影響患者的日常生活。現時我們知道大概有44-55%的ADHD患者在成年時仍會被診斷為ADHD，另外亦有15-30%患者持續地受著相當的症狀影響。而成人ADHD患者的症狀就有可能表現為：

- 組織能力弱，不擅於按事情的緩急輕重來處理
- 不善於管理個人日程及處理家庭雜務，例如：處理帳單
- 容易因小事而分心，例如：經常因他人打字的声音而分心
- 難以專注於需要持久專注力的工作
- 不善於聆聽及難以在長時間的會議上集中

- 難於開始做一件事
- 經常感到焦躁和不安
- 危險意識比較薄弱，例如：魯莽駕駛或有其他高風險行為
- 容易感到沉悶及可能常常轉換工作
- 喜歡一些需要較多體力勞動的工作
- 不善於理財
- 難以抵禦挫折

由於成人ADHD患者的症狀跟兒童患者的有顯著的不同，加上成人患者可能同時患有其他精神情緒問題，成人患者亦可能已建立一些補償機制，這些因素都令成人ADHD患者的臨床表現比較複雜。他們的症狀可能因此而被忽略，令他們的精神健康需要得不到適切的照顧。

為了針對這群患者的服務需要，瑪麗醫院精神科在2017年7月成立了本港首個成人專注力不足過度活躍症診所。這是一個為年輕成人患者而設的綜合專科服務。它的目標是確診及釐清懷疑患有ADHD的成人患者的需要，及促進現有兒童及青少年ADHD患者有效過渡至成人精神科繼續接受治療。

轉介來源

新症：

我們接受來自普通科醫生，其他專科醫生，及港島西聯網內其他成人精神科醫生團隊的個案轉介。被轉介的個案需要通過分流系統和一系列評估以確定是否適合個案。

我們的「畢業生」：

1. 至於我們兒童及青少年精神科診所現有的ADHD患者，當他們年滿十八歲及經主診醫生評估為合適個案後，我們會繼續在成人專注力不足過度活躍症診所內為他們提供全面的服務。
2. 另外，為了讓現有的兒童及青少年ADHD患者將來更有效過渡至成人精神科，我們將安排年齡介乎十六至十八歲並已完成學業的患者於我們的延展診所繼續接受治療。

服務範疇

1. 醫生診症

精神科醫生將會接見患者及其家屬，以了解個案的病史，透過臨床評估來確定診斷及問題。我們亦會為患者提供一個適切的治療計劃，以及安排定期覆診以監察病情進展。

2. 延展工作坊

所有成人專注力不足過度活躍症診所的病人都會被邀請參加這個半天的工作坊。其內容包括：

- ADHD的簡介；有可能同時患有的其他精神情緒問題；相關的能力缺損及可行的治療方案
- 一般社交技巧；異性相處技巧；就業預備
- 組織能力/執行功能技巧
- 對於同時患有情緒/焦慮症病人的心理評估及治療

3. 照顧者小組

照顧者將會被邀請參加有關病症的精神健康講座。

4. 訓練

經主診醫生在成人專注力不足過度活躍症診所評估後，患者可能會被轉介到下列有關的服務或訓練：

小組訓練	針對症狀
組織能力/執行功能訓練小組	組織能力弱；難以控制情緒及衝動；難以規劃和訂立目標；容易分心；工作持久力弱；時間及工作管理能力低
靜觀小組、情緒管理小組	專注力不足及焦慮症狀；情緒控制困難
為ADHD特設的就業預備小組一時間管理(包括準時)；面試技巧；組織能力/執行功能；與工作有關的社交技巧	時間管理能力弱；衝動；組織能力欠佳

個人治療	內容
就業方面	職業取向評估，就業輔導及指引
社交方面	醫務社工在理財、人際關係及育兒問題上提供協助
心理方面	共患病例如焦慮症及抑鬱症的個人治療(例如：認知行為治療)

以上資料由瑪麗醫院精神科提供

進一步了解，請聯絡：
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