

# Paediatric Assessment

Reasons for an assessment



# Paediatric Assessment

Part 1 ( When, Why and When)





# WHEN TO CONSIDER AN ASSESSMENT

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You have concerns, trust your gut!

You see problems at home

Teacher has concerns.

Therapist or tutor has concerns.

Your child tells you about problems.



SHOULD I GET MY  
CHILD ASSESSED?





***FAMILY, DEVELOPMENT, BEHAVIOUR, SOCIAL, EMOTIONAL, HEALTH, SCHOOL.***

***HOLISTIC***



What is an  
assessment?

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Find answers to your child's  
challenges.

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NOT JUST AN ASSESSMENT  
FOR ADHD.

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Medical health assessment

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Check that your child's  
development is on track.

**FAMILY**

**DEVELOPMENT**

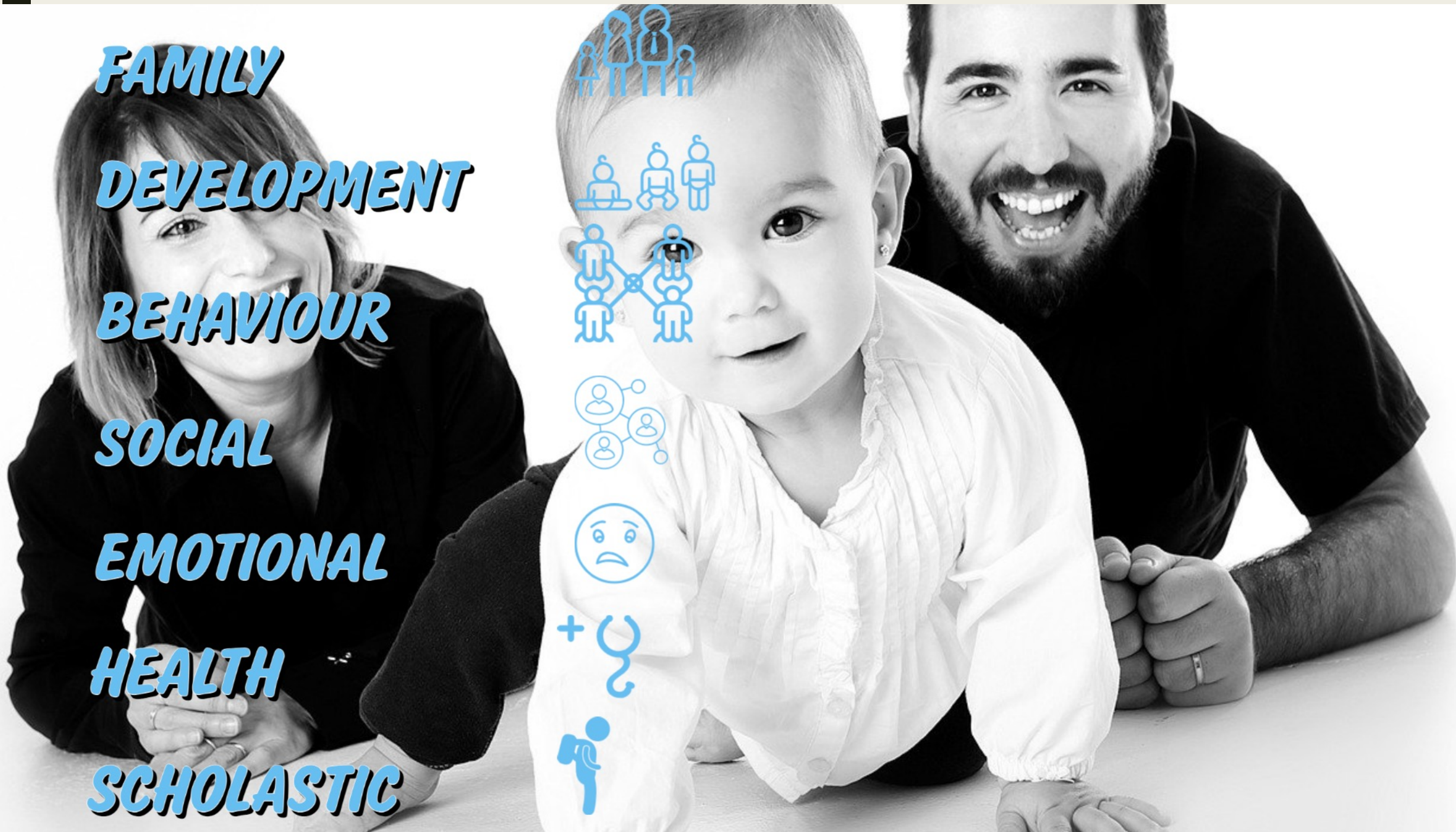
**BEHAVIOUR**

**SOCIAL**

**EMOTIONAL**

**HEALTH**

**SCHOLASTIC**



# Paediatric Assessment

Reasons for an assessment





# Reasons for an assessment.

Find out what is wrong with your child.

Do not look back with regret when action could have been taken early.

To exclude medical causes of problems.

My child's teacher says there is a problem.

I know there is a problem, but I can't just put my finger on it.

My child has started to not like school and has poor self esteem.

A close-up photograph of two hands sorting through a large pile of interlocking puzzle pieces. The pieces are primarily blue, with some purple and pink pieces visible. The hands are positioned over the pile, with fingers spread, suggesting a process of selection or sorting. A silver wristwatch is visible on the right wrist. The background is a plain, light-colored surface.

# ***INFORMATION COLLECTION***





# Urgency

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Young children

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You child's self-esteem is impacted.

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Severe emotional, aggressive and physical outbursts.

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Homelife is Hell!

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Disruptive behaviour at school.

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Learning impacted at school.

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You've tried several options without success.

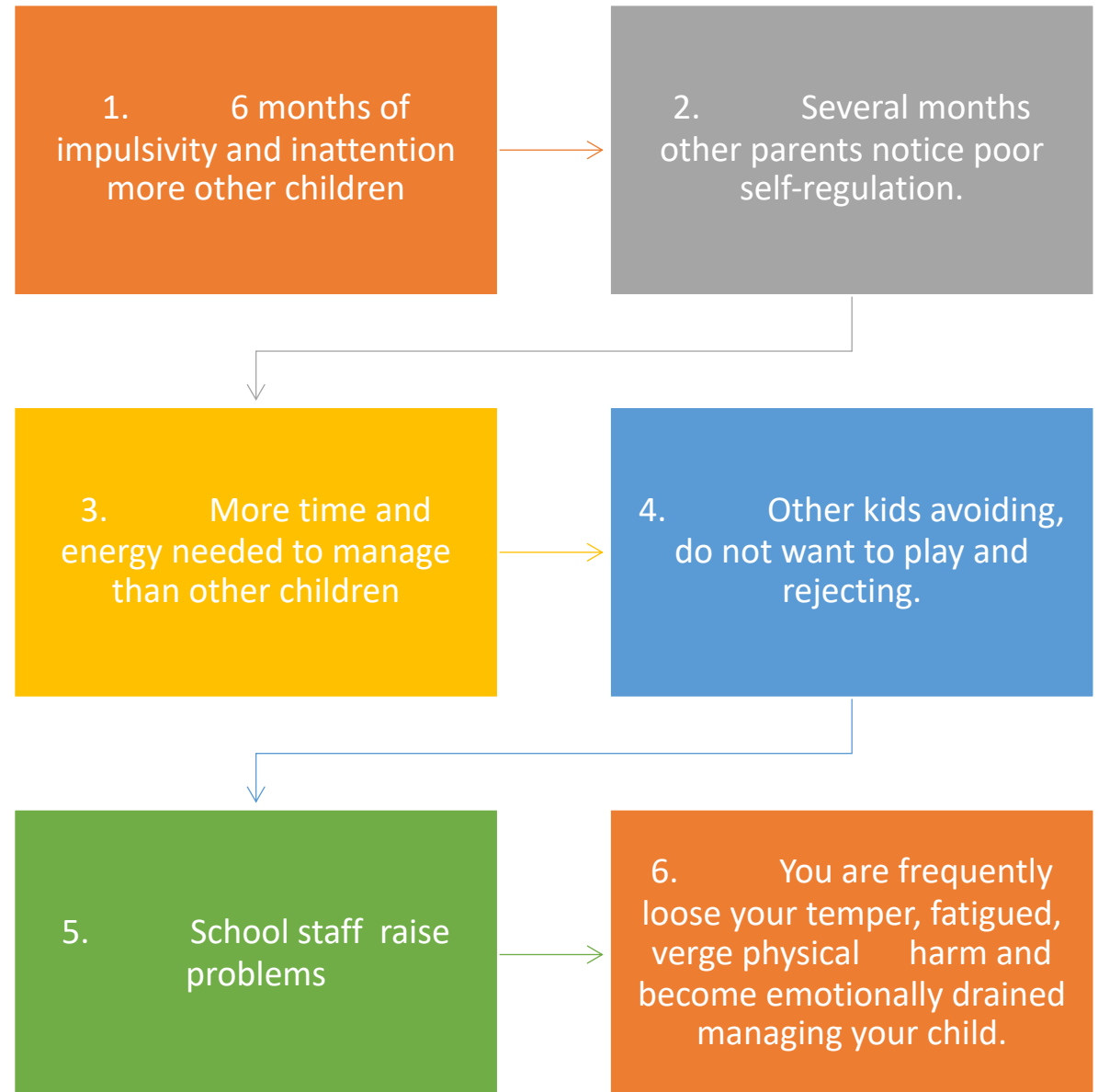
# Paediatric Assessment

Part 3 ( Professional Assessment)





# PROFESSIONAL EVALUATION



Who do you  
call?

Don't waste precious time and do directly to an expert.

Someone who can evaluate all aspects- Paediatrician

Psychologist, therapists may cause delay in getting therapy.

Do your research.

# COSTS

- Quick and cheap will compromise your child and cost more over time.
- Quick assessment by a generalist in 20-30min not in your child's interest
- Expert can save you money avoiding unnecessary test.
- Less experience = more unnecessary tests.
- You do not need lots of tests! ADHD is a clinical diagnosis.



# Effective Assessment Tips

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- 1. Talk school about process, reports, therapists, psychologist.
- 2. Talk to your teacher about ALL the issues.
- 3. Take ownership of the problem and adhere to a timeline.
- 4. Find solutions to poor school progress with the teacher.
- 5. Both parents attend all meetings with school, therapists and professionals
- 6. Implement advice and suggestions by school and professionals
- 7. Cooperate, courteous with school and therapists. You will get more help!
- 8. Second opinion if you are unhappy.



# Evaluation preparation

Don't procrastinate	Don't procrastinate collecting information required
Make	Make list of your concerns and thoughts
Complete	Complete online questionnaires for parents and remind teacher to do the same.
DON'T hold back	DON'T hold back on important personal information. Limit assessment accuracy.
Read	Read your emails and diarize appointments. Reminders!
Remember	Remember to bring your child's road to health card.
Tell	Tell your child about the assessment. NO shock surprises on the day.

# Paediatric Assessment

Part 4. Domains of a child's life.





# School

# TEACHER NEW ASSESSMENT FORM



**ALL NEW  
ASSESSMENT  
APPOINTMENTS**



# TEACHER FOLLOW UP ASSESSMENT FORM



**ALL FOLLOW UP  
APPOINTMENTS**

- Did you enjoy school?
- Be honest with yourself and look within.
- Did you have learning, motivation, self esteem and social difficulties? Did you underachieve relative to your ability.
- Do you still have difficulties with sticking to tasks, work motivation and lack impulse control.
- Are you constantly restless, never satisfied and always looking for something new. Thrill seeker.
- Relationship problem, addictive personality, poor driving and chaotic control of finances and poor attention to health.

# Parents

# PARENT NEW ASSESSMENT FORM



## PART 1: ALL NEW ASSESSMENTS



# PARENT FOLLOW UP ASSESSMENT FORM



ALL FOLLOW  
UP  
APPOINTMENTS

# ADULT ADHD QUESTIONNAIRE





- From the time your child awake to the time they sleep.
  - *Self-organization*
  - *Do you constantly have to nag and give instructions.*
  - *Your child doesn't seem to remember from past mistakes.*
  - *Seems more immature relative to siblings and peers.*
  - *Emotionally sensitive and constant meltdowns. Conflicts with siblings*
  - *Doesn't seem to have a sense of time.*
  - *Constantly on the go, impulsive and talks a lot. Exhausting.*
  - *Daydreamer on "another planet"*
  - *Afternoons and homework is tortuous.*

# Home life and organization

# Therapist



I have been asked to see an Occupational Therapist and speech therapist



I have been asked to see an educational therapist.



Speech and OT has not solved the problem.

# Natural therapies

Vitamins

- Omegas

Brain training

Vision  
therapy

Homeopathy



# Medical problems and ADHD.

Weight problems

Bedwetting and bowel control.

Sleeping problems

Allergies.

# Other problems associated ADHD

Language  
problems  
and dyslexia

Non-  
Language  
problems

Mood  
problems  
and anxiety.

# Paediatric Assessment

Part 9 Day of the assessment.





# Day of Assessment (80-90min)

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Arrive 15 min before. Measurements and documentation. Consent to inform school.

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Short interview with your child alone.

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Medical, neurological examination.

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Interview with parents alone.

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Simple written task by your child.

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Review of teacher's and parents' questionnaires and rating scales.

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Explanation and discussion of all issues

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Diagnosis or differential diagnosis discussion if appropriate.

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Action plan and treatment options if appropriate. Further tests if necessary.

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Explanation to your child if appropriate.

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Follow-up appointment in 2-3 weeks. Email follow-up in 1 week.

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# Paediatric Assessment

Part 10. Considering medication.



# I don't want medication for my child

- Worried about longterm effects.
- Loose personality.
- Poor appetite
- Stunt growth.
- Effect hormones.
- Sleep problems.
- How long will my child be on medication.



# What medication for my child?

Stimulants

Non-  
Stimulants.

# Medication side effects.



APPETITE.



MOOD.



SLEEP.



HEART



MOTOR TICS.