

Evaluation of Prescribing Trends and Guidelines for ADHD in the United States and Europe

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Objective

- Explore global differences in ADHD diagnosis, treatment, and guidelines
- Highlight concerns in the US including underutilized therapies and shortages
- Improve pharmacists' patient counseling and prescriber communication through better understanding of ADHD practices
- Enhance care for patients, medication stewardship, and increase patient education around stimulant use

Introduction

- ADHD most common neurobehavioral disorder of childhood
- Rising number of prevalence
- Treatment challenges with overprescribing and lack of effective patient communication
- Pharmacists play a critical role to avoid underutilization of alternative options



Pharmacist Recommendations

- **Promote balanced treatment** and advocate for patients, bring awareness to alternative options such as behavioral therapy
- **Support informed prescribing** with proper diagnostic criteria met
- **Enhance prescriber collaboration** to properly document and take step wise approaches
- **Educate patients** and families on medication use and misuse to new and current patients
- **Collaborate** with healthcare team, family, and teachers for effective decision making
- **Apply global insights** and understanding on current policies

ADHD Guideline and Trend Comparisons

	US	UK	France	Germany
Primary Diagnostic Tool	DSM-5	ICD-10	ICD-10	ICD-10
Initial Stimulant Prescriber	Can be PCP	Specialist-first	Specialist-first	Specialist-first
First Line Therapy Approach	Age Dependent	ADHD-focused group parent-training programs	Non-pharmacological interventions	Psychosocial, Non-pharmacological interventions
Commonly Used Medications	MPH, Amphetamines, Lisdexamfetamine	MPH, Lisdexamfetamine	Only MPH	MPH, Lisdexamfetamine
Children and Adolescents Prevalance (ages 3-17)	11.4%	3% to 5%	3.5% to 5.6%	4.8%

Discussion of Differences

- DSM-5 used in the US as diagnostic tool versus the stricter ICD-10 used in UK, France, Germany
- European countries focus on non-pharmacological interventions as first line therapy, regardless of age
- Less medication options and lower prevalence in Europe

Conclusion

- Pharmacists' role to counsel, communicate with prescribers, advocate for underutilized non-pharmacological therapy
- Limitations include countries included, can expand areas included in future research