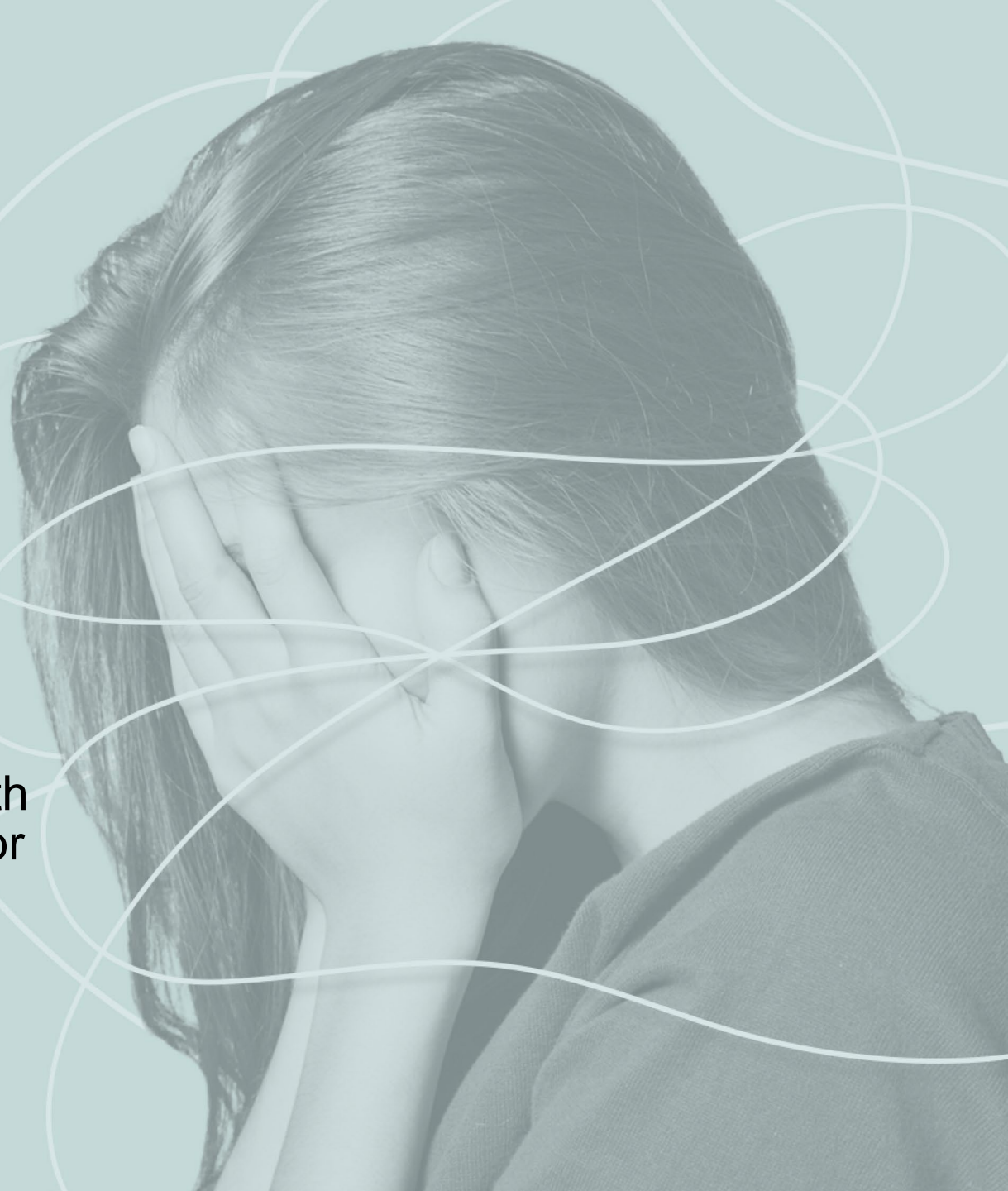
Module 4: Considerations for Clinical Practice

Learning Objective:

Apply individualized, developmentally-informed treatment strategies for patients with stimulant intolerance, comorbid symptoms, or residual impairment in clinical scenarios



Nervous Nick

- 8 yo boy referred by his pediatrician for school refusal
- Oldest of two children with 3 yo sister
- Very athletic but melts down when frustrated
- Made friends in preschool but now struggling
- Recent blow ups on the playground
- Now wakes up crying in the morning with stomach aches and not wanting to go to school

- Teachers notes show increasing off task behavior
- Not getting schoolwork completed
- Mom reports they have become “just totally overwhelmed” with trying to get his schoolwork done at home

- Family history
  - Dad with ADHD and h/o drug issues as a teen
  - Mom with anxiety and a h/o postpartum depression after birth of second child

Stressed Sara

- 32 yo single commercial media consultant
- Presents stressed and overwhelmed
- Reports a history of being diagnosed with “ADD” in college
- Tried lisdexamphetamine
  - but I totally lost my appetite and got “really snappy”
- Tried a SSRI and it helped some with anxiety, but I still felt overwhelmed
- “I’ve read about ADHD, but it seems like more than that”
- Reports running late, being disorganized, difficulty stopping and starting things and keeping up with deadlines

Executive Function

ADHD and Executive Function

"What Is Executive Function?" November 2025 by Russ Barkley

Clinical scale	Items measure the ability to:
Inhibit	control impulses and stop certain behaviors at appropriate times
Shift	move from task to task and solve problems flexibly
Emotional Control	regulate emotional responses appropriately
Self-Monitor	recognize and monitor effect of own behavior on others
Initiate	initiate tasks and generate ideas
Working Memory	keep information being used in mind while completing a task
Plan/Organize	set goals and effectively plan and execute tasks necessary for attaining said goal
Task Monitor	check one's own work and assess personal performance
Organization of Materials	keep workspaces, living areas, and materials orderly

ADHD and Executive Function