

Assessing the effectiveness of ADMiRE, Ireland's first early access specialist service for childhood ADHD

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BACKGROUND

One-third of children attending Child Mental Health Services (CAMHS) in Ireland have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). CAMHS are currently overwhelmed with urgent referrals, and "routine" ADHD assessments are often significantly delayed. Set up in 2019, ADMiRE offers early access to a structured assessment/intervention protocol for young people who are referred to CAMHS with likely ADHD, similar to the Dundee Clinical Care Pathway.

OBJECTIVES

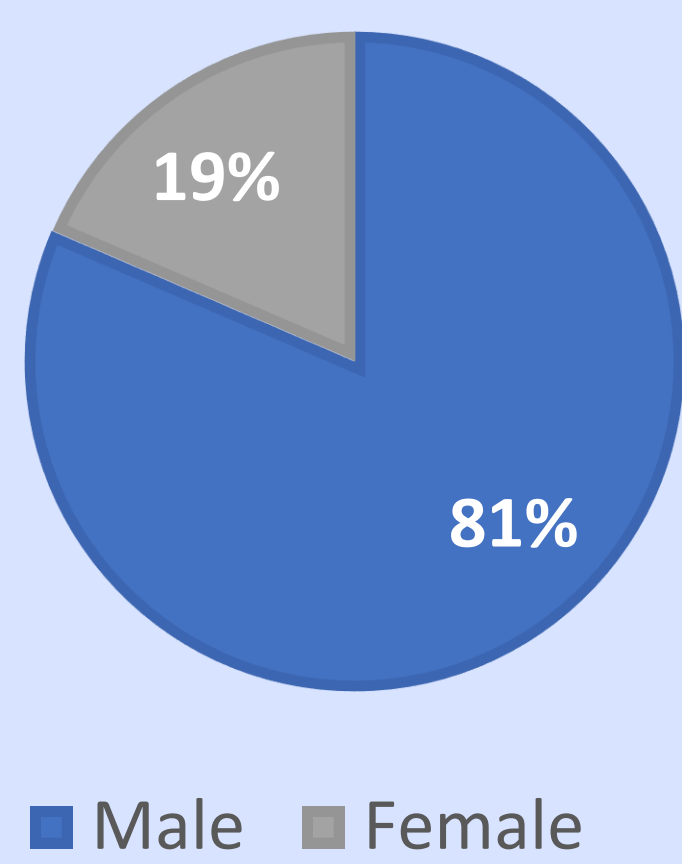
To assess the effectiveness of the ADMIRE service over 36 month period.

METHODS

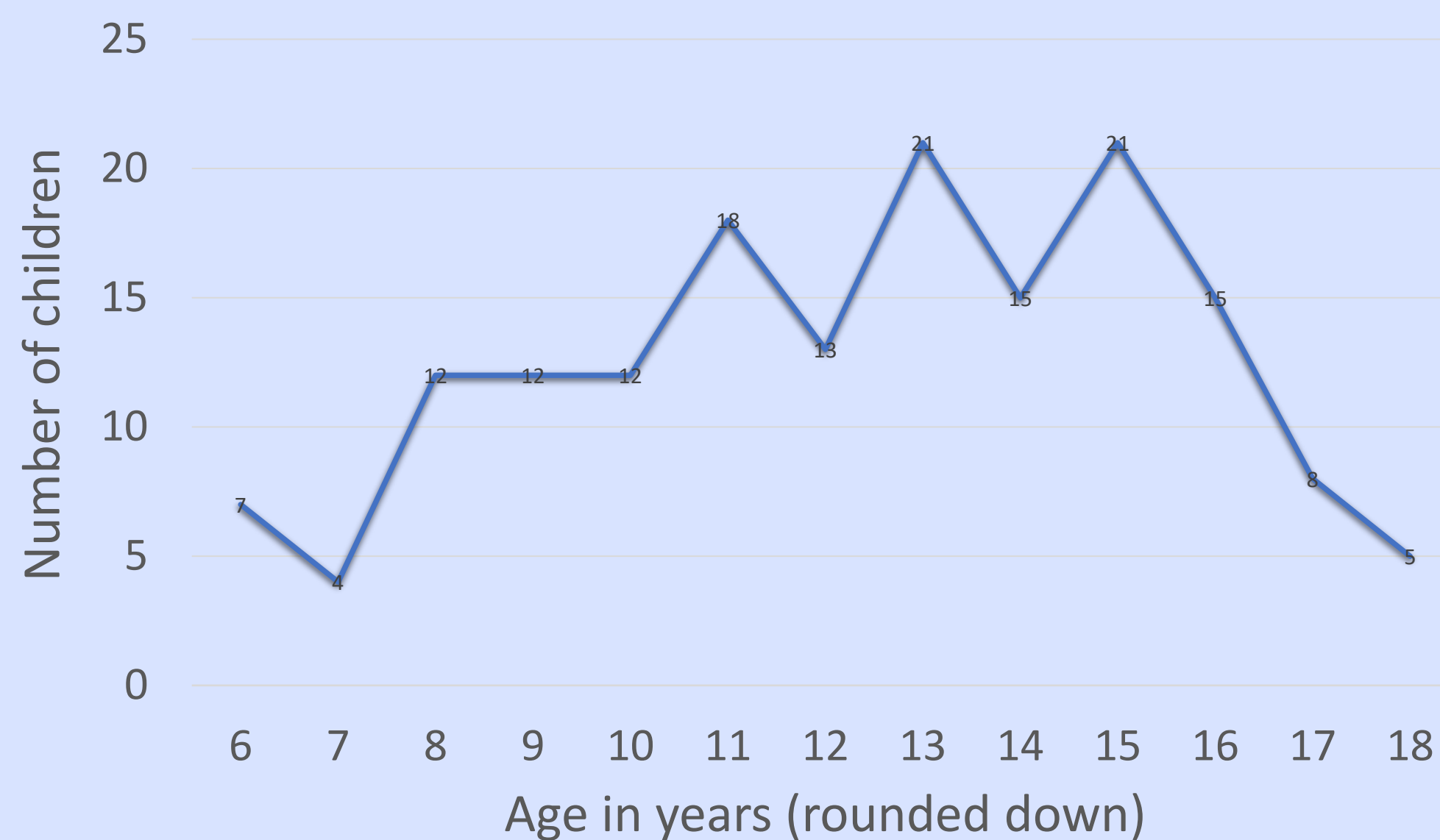
Data was recorded from in-depth retrospective file reviews of all young people attending ADMiRE on January 2020 (cycle-1), January 2021 (cycle-2) and January 2022 (cycle-3). Information about demographics, diagnosis, assessment, pharmacological treatment and outcomes were recorded. Standards were obtained from NICE guidelines for diagnosis/management of ADHD (NG87). The audit questionnaire investigated adherence to these standards and compared progress between 2019, 2020 and 2021. Clinical audit consent was obtained.

RESULTS

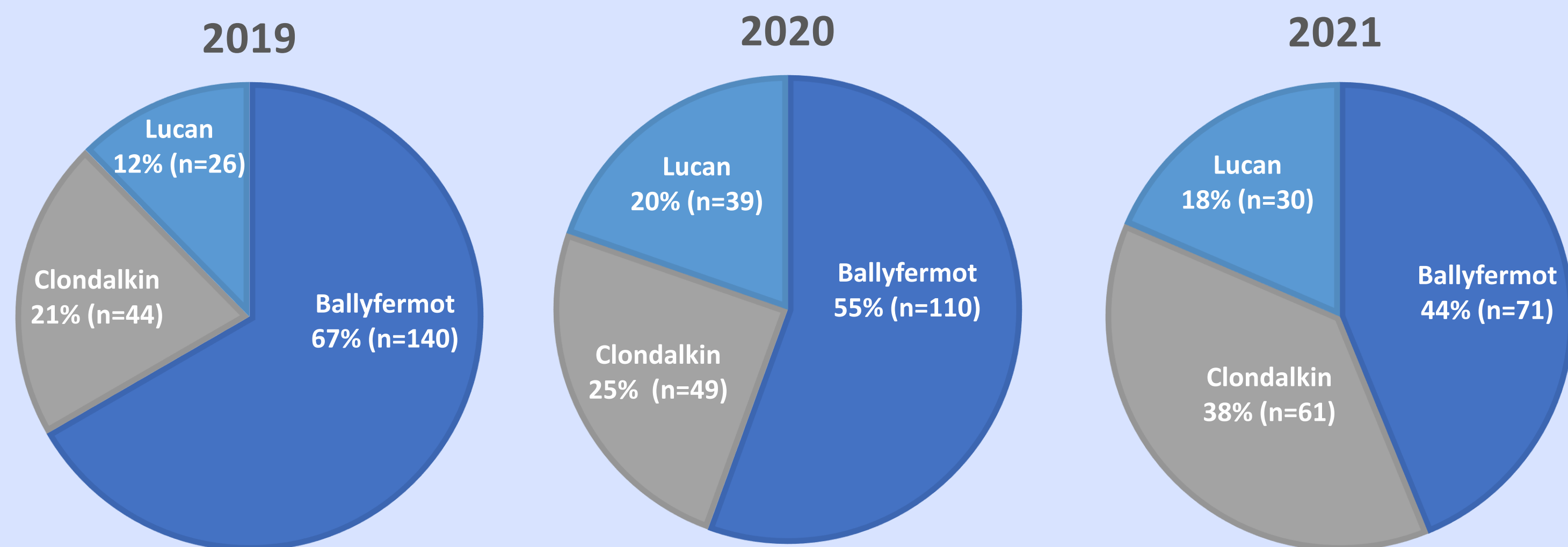
SEX



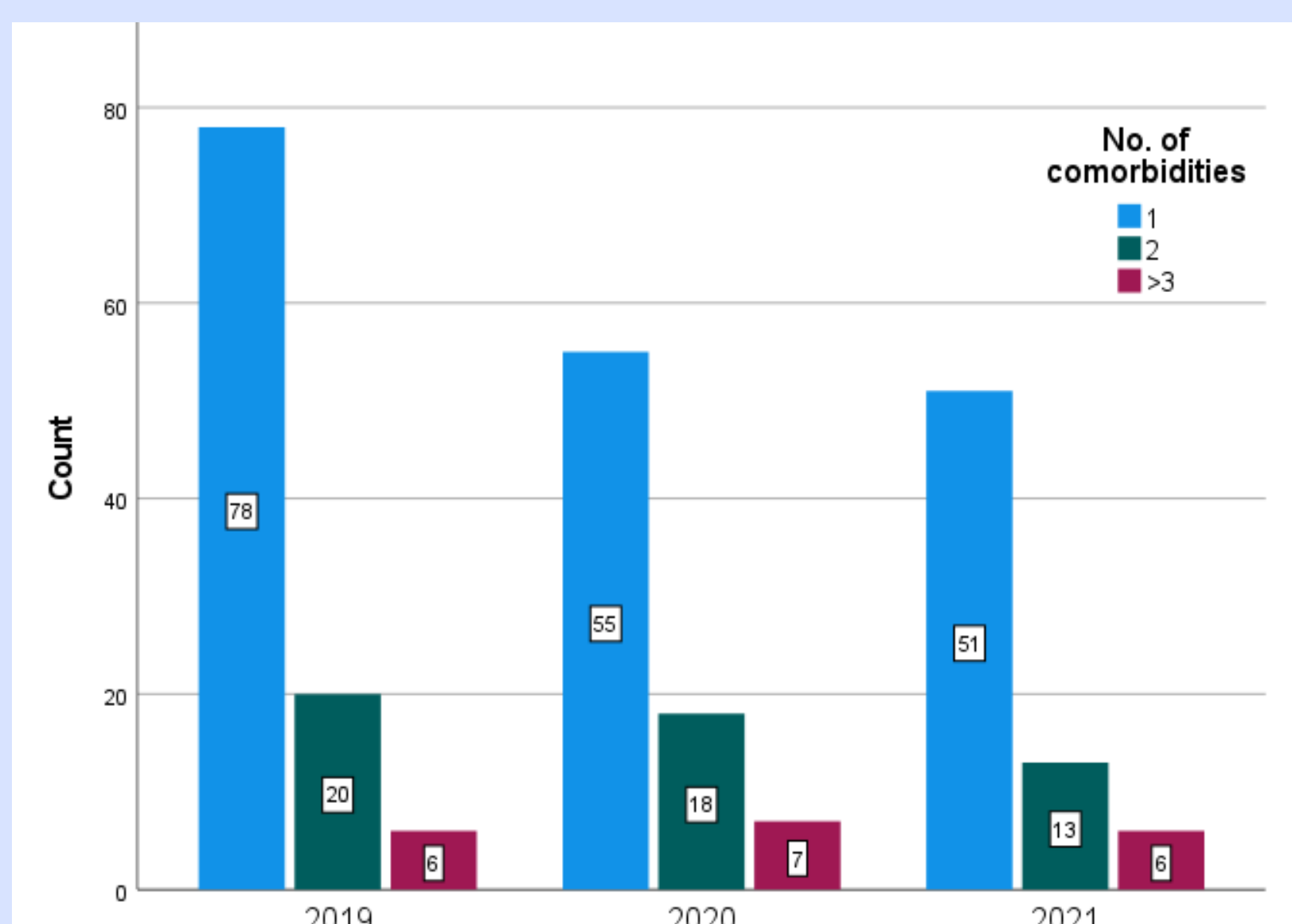
NUMBER OF CHILDREN BY AGE



POPULATION BY CAMHS TEAM



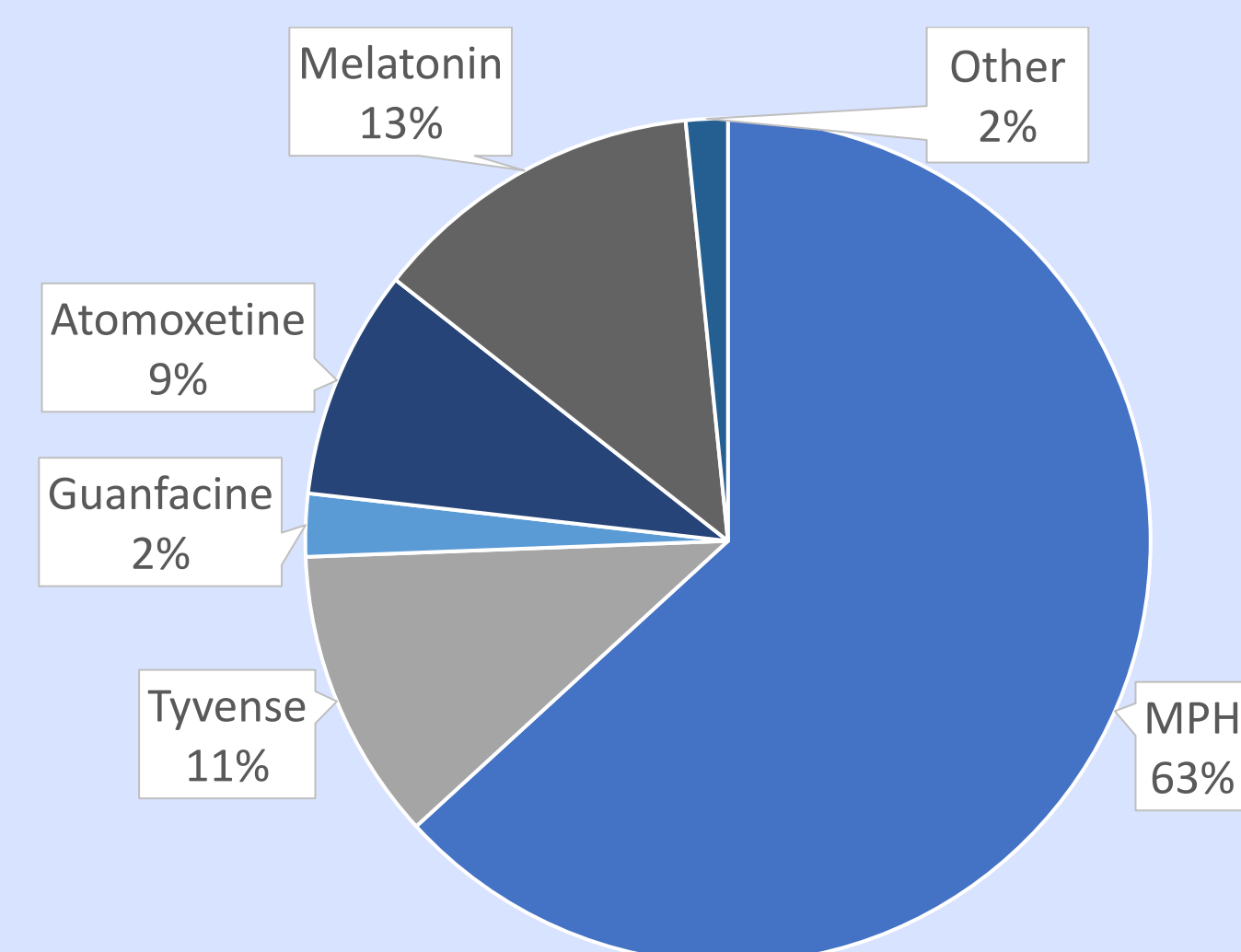
Co-morbid Diagnoses



Caseload since 2019 has been complex, with young people presenting with many co-morbidities including SLT disorder, ASD, ODD, anxiety disorder, other learning difficulties.

- 91% have a confirmed diagnosis of ADHD. 9% of patients do not have a formal diagnosis but are currently undergoing assessment.

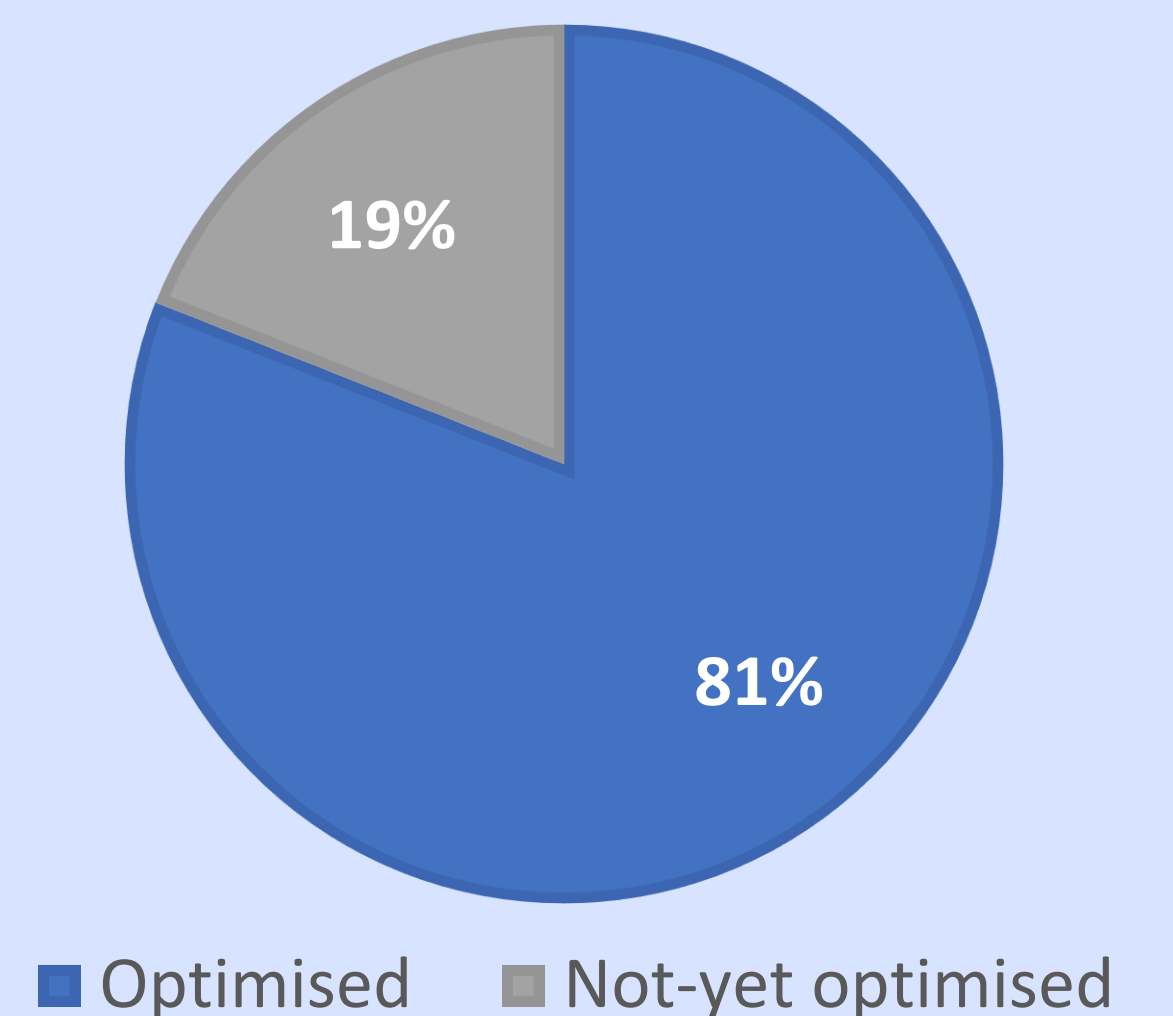
PRIMARY MEDICATION USED in 2021



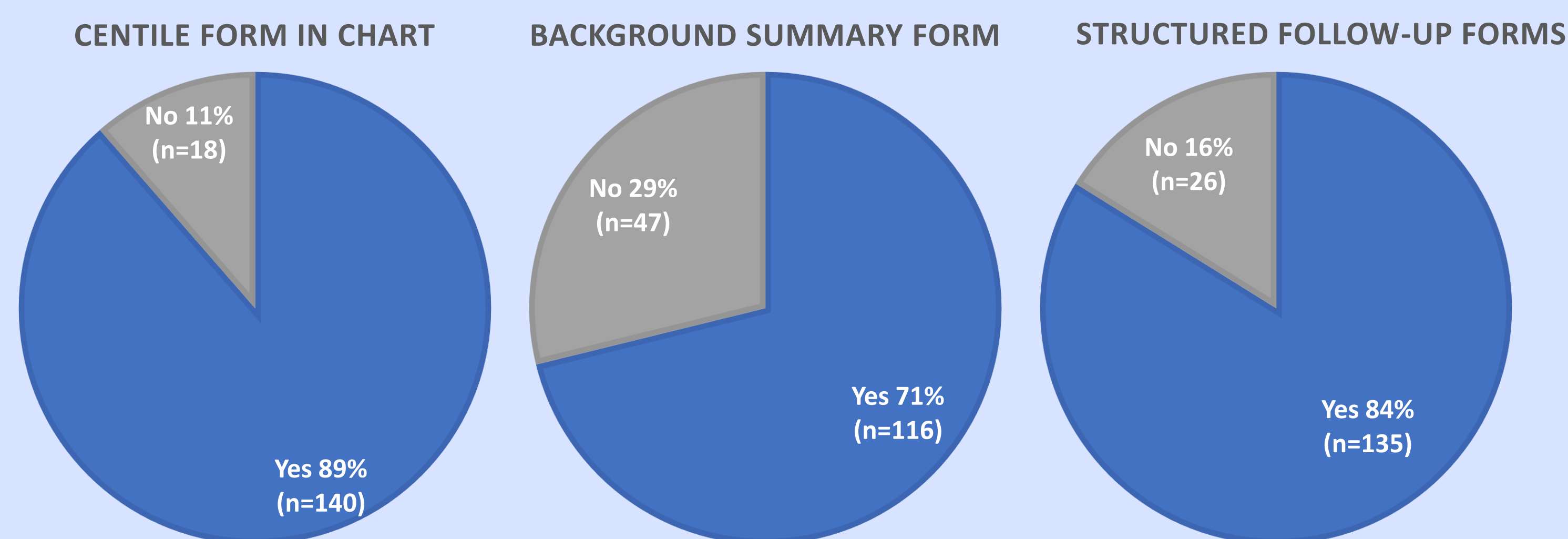
- 66% of young people in ADMiRE are on ADHD medication. Those not on medications are currently either undergoing assessment or are being medically worked up for medications.

OPTIMISATION OF CASELOAD OVER TWO YEARS

- ADMIRE has optimised ADHD treatment for 81% of the caseload since 2019. These young people now attend routine follow up clinics on a 3-6 monthly basis with their CAMHS team.



STRUCTURED FOLLOW-UP in 2021



- Validated ADHD severity ratings are requested regularly from parents and teachers as recommended in international guidelines.
- In 2021, 64% of the caseload was 'unstable' i.e. ADHD-RS scale score above cut-off - in keeping with the mission of the team to have a rolling caseload of young people with ADHD who are transferred to CAMHS for routine follow up once optimised. This model of care facilitates assessment of approximately 120 new patients a year.

CONCLUSIONS

There is national interest in a structured model of care for ADHD assessment and intervention in Ireland, and the standardised protocol in ADMiRE has been shown to be effective in terms of improving outcomes for young people with ADHD. NICE guidelines are being closely adhered to in ADMiRE and the audit shows improvement in a number of areas over a 36 month period as the protocol has been optimised.