

Name

Instructor

Course

Date

Attention-Deficit Hyperactivity Disorder (ADHD) in Children

ADHD is a neurobehavioral condition that causes mental health disorders leading to excessive hyperactive impulses and behavior. Numerous studies were conducted to determine the causes of ADHD and the possible treatment of it. Whereas some scholars have contested that it is caused by environmental factors in which a child develops and grows, others have associated it with heredity factors. The prevalence rate of ADHD in children is 9.4%, which translates to 6.1 million according to the 2016 report by the Center for Disease Control and Prevention (CDC). The population under research included four million children of ages six to eleven, 388,000 children of ages two to five years, and three million for children aged 12 to 17 years (CDC sec. 2). Additionally, children with ADHD suffer from other disorders that are detrimental to their emotional state. Thus, establishing long-term modalities to curb and manage the condition is an appropriate measure to ensure that the affected children get access to services that can improve their health.

Causes of ADHD

The causes of the condition have been hotly disputed by a variety of researchers. The brain's anatomical structure has been attributed as a probable cause of ADHD, in which the brain functions responsible for regulating the activities and attention are adversely affected by head injuries. Similarly, brain prematurity has been associated with ADHD because children who experience this condition cannot regulate emotions and working memories. Though these studies

have dominated the causes of the ADHD discourse, there is still room for more research on the actual causes of the condition. On the other hand, ADHD has been associated with the environmental factors underlining the nurture versus nature factors related to the disease. There is an array of elements that have been established to act as environmental risk factors. They include exposure to lead and some other heavy metals. Moreover, maternal depression makes children susceptible to ADHD. Though numerous conditions have been positively associated with the disorder, the primary goal is to develop strategic plans to improve the health of the affected population.

Strategic Health Plan for Managing and Treating Children with ADHD

In the treatment and management of ADHD, two modalities have been taken into account. They include medication and behavioral therapy sessions.

Behavior Therapy

This kind of treatment requires parents and teachers to work with the affected children. Since ADHD impairs the child's personal growth, a training in behavior management should be an integral part of the treatment plan. It can help control the disruptive behavior, such as low tolerance to frustration and poor planning. The child can be trained organization skills right at home with simple tasks that will include enhancing their fine and gross motor skills. Hence, repeated training can reinforce the disorganization and reduce the low tolerance to frustration that is disruptive behavior. Besides, parents can train their children to avoid anti-social behavior that affects the relationship between the children and other family members.

Cognitive-behavioral therapy can also be used to reinforce desirable emotional reactions in children with ADHD.

At school, teachers spend a lot of time with children, thus, they are part of the treatment plan. For children aged 6 to 17, there is a need for teachers to involve specific classroom activities to enhance the interaction of kids. Educators can come up with group discussions that allow children to share their experiences with others. Thus, kids can overcome the fear of self-expression that is usually a symptom of ADHD.

Medication

The medication for children with ADHD varies depending on the symptoms. Stimulants are recommended for children who are coordinating the motor skills and talk incessantly. Methylphenidate has calming effects, but it can also be used as a treatment (U.S. Food and Drug Administration 2020 sec. 3). As a result, the child can regain composure to talk while experiencing difficulties. The stimulants increase the brain level of secretion of dopamine that is an integral part of the neurotransmitters, which are associated with the regulation of movement and motivation. These medications have proved to be a significant contribution to the treatment of children with ADHD, but still they should be coupled with therapeutic sessions that are mainly meant to improve the social and interpersonal skills that are adversely affected by ADHD in children.

Works Cited

Center for Disease Control and Prevention. "Data and Statistics About ADHD." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 16 Nov. 2020, www.cdc.gov/ncbddd/adhd/data.html.

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