

# Overview of Paediatric ADHD Service

# About Our Service



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

We are a small dedicated rural team of Community Paediatricians, a Specialist Nurse, and administrative staff, providing services for children and young people (CYP) across Carmarthenshire, Ceredigion and Pembrokeshire

Our referral pathway is initiated by Schools unless the CYP is home educated. Home Educated children require a GP referral.

All referrals are screened by Community Paediatricians who may request a Quantitative Behaviour (QB) Test or Connors Questionnaire to support assessment. Schools may also be contacted for additional information.

A QB test is an objective screening tool to measure Attention Deficit Hyperactivity Disorder (ADHD) symptoms. It is not a diagnostic tool but supports clinical assessment for children aged 6yrs +. It is a 15-20 minutes computer-based test measuring inattention, impulsivity and hyperactivity.

All diagnostic assessments are then completed Face to Face.



- Between 1 April 2025 and 30 January 2025, the service accepted 1034 referrals, averaging 103 referrals per month. This is a 100% increase in referral rate over the last 24 months.
- In order to support those on our waiting lists, useful ADHD resources are available online on our internet page - [Children ADHD - Hywel Dda University Health Board](#). Education about ADHD is an important part of the treatment pathway.

# After An ADHD Diagnosis



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

- We offer an appointment for all CYP with a new diagnosis for support and education with our Paediatric ADHD Specialist Nurse.
- Treatment takes a holistic approach including psychological, behavioural and educational support
- A healthy diet, good sleep routine and regular exercise can play an important role in helping manage ADHD symptoms
- With informed consent, schools will be informed to ensure appropriate support within the classroom.



- Medication may be helpful for some children and young people, but is not suitable or effective for everyone
- Other conditions like, Autism or anxiety may influence symptoms
- Clinicians make decisions based on an individual basis, considering all information from home, school and clinical assessment
- Finding the right medication and dose can take time and requires regular review
- Monitoring includes weight, height, blood pressure, pulse, mood, appetite
- Once stabilised, reviews are carried out every 6 months
- Private ADHD diagnoses still require an NHS referral via the Hywel Dda ADHD pathway. This is to validate the diagnosis to ensure safe ongoing prescribing.



- Transition arrangements for the majority of young people will be to Primary Care where arrangements are made for ongoing Shared care with Adult ADHD services.
- Both Paediatrics and Adult ADHD services are currently developing a formal pathway to ensure that young people are supported as they approach adulthood.



**DIOGEL | CYNALIADWY | HYGYRCH | CAREDIG**  
**SAFE | SUSTAINABLE | ACCESSIBLE | KIND**



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board