

# ADHD History

- **1775 - Melchior Adam Weikard**, a prominent German physician, published *Der Philosophische Arzt*. Weikard's text contained a description of ADHD-like behaviours
- **1798 - Sir Alexander Crichton** described a mental state much like the inattentive subtype of ADHD, in his book *An Inquiry into the Nature and Origin of Mental Derangement*.
- **1844 - Heinrich Hoffman** – Fidgety Philip and Johnny look in the air
- **1902 - the father of British paediatrics Sir George Frederick Still**. He described 43 children who had serious problems with sustained attention and self regulation, as well as aggressive, defiant, resistant to discipline, excessively emotional or passionate and could not learn from consequences of their actions.
- **1908 – Tredgold** association of brain damage and defects associated with behavioural difficulties
- **1932 – Franz Kramer and Hans Pollnow** - hyperkinetic disease in childhood
- **1937 – Charles Bradley** – observes the positive effect of Benzedrine stimulant medication in behaviour disorders.
- **1944 – Leonardo Panizzon** - Ritalin first synthesized
- **1952 - DSM-I** collective behaviours named - minimal brain dysfunction
- **1954 - Ciba-Geigy Pharmaceutical** Company first produced Ritalin for distribution.
- **1968** – ADHD referred to "Hyperkinetic Reaction of Childhood
- **1980** - the **DSM-III** introduced the term "ADD (Attention-Deficit Disorder) with or without hyperactivity
- **1987** - ADHD



# Myths around ADHD

- There is no such thing as ADHD.
- Bad parenting causes ADHD.
- ADHD is for life.
- Caused by: watching too much Tv  
eating too much sugar.



# What is ADHD

- Hyperactivity

inability to stay still

- Impulsiveness

Inability to control actions.

- Inattentiveness

inability to pay attention.



# Types of ADHD

- Hyperactive + impulsiveness
- Inattentive
- Combined



# Causes linked to ADHD

- Brain injury
- Smoking during pregnancy
- Drinking alcohol during pregnancy
- Premature delivery
- Low birth weight
- Genetics



# Signs and symptoms

- Find it difficult to pay attention
- Do not seem to listen
- Easily distracted from schoolwork or play
- Forget things
- Be in constant motion or unable to stay seated
- Unable to be able to play quietly
- Impulsively act and speak without thinking
- Have trouble taking turns/interrupt others



# Associated signs and symptoms

- Low self confidence
- Low self esteem
- Anxiety
- Poor academic achievements
- Subjected to teasing and bullying
- Isolation
- Poor learned behaviour



# Treatment and medication

- Behaviour therapy
- Reward and goal orientated objectives
- Medication – Stimulants/Non stimulants
- Appropriate treatment plans
- Regular professional follow-ups





# Classroom Accommodations

- Use a homework folder for parent-teacher communications
- Make assignments clear
- Be sensitive to self-esteem issues
- Consequences for challenging behaviour, but try to ignore mildly distractive behaviour.
- Seat away from doors or windows.
- Colour code materials
- Private study area, quiet and free of distraction.
- Use clocks or timers



# Teaching techniques

- Limit choices
- Be specific about what to take home
- Use goals and rewards
- Establish eye contact.
- Time out, develop signs or signals (hand signal sticky note)
- Encourage areas that they excel in.
- Teach with patience, positivity, consistency and creativity.
- Discuss behaviour in private.



# The Positives...

- Endless energy
- Great leaders
- Exceptional focus
- Highly creative
- Vast imaginations
- Very likable
- Very caring and accommodating
- Just want to get in life on and fit in

# Case Study

- Andrew has been diagnosed as having ADHD and has been taking medication for the last eight months.
- He is in your class and you have just begun the new academic year. In class you quickly notice that Andrew often goes off-task very quickly and does not finish the work which has been set.
- Andrew can make careless mistakes and appears not to be listening when you are giving instructions. When you ask him to complete any activity which lasts longer than five minutes, he becomes distracted and will often then distract the other pupils around him. As a result of his lack of attention he rarely remembers the right books for your class and seldom completes his homework.
- His school bag and homework diary are a mess.
  
- **What type of ADHD do you think Andrew has from the description above?**
- **What could you do to help Andrew learn more effectively in your class and in his other classes?**

# Case Study...what to do

- Seat away from doors and windows
- Seat at the front of the classroom surrounded by pupils who generally do well.
- Name prompt
- Visible aids/pictured timetable
- Short tailored tasks and worksheets
- Parent teacher communication – meetings/communication book
- Watch and ensure homework is written down
- Be aware of his needs and ensure all teachers use the same approach

# ADHD and Famous

## **ARTIST/FILMAKER/PHOTOGRAPHER:**

[Salvador Dali](#) — Spanish Surrealist Artist

[Leonardo da Vinci](#) — Italian Inventor, Artist

[August Rodin](#) — Artist, Sculptor

[Steven Spielberg](#) — American Filmmaker

[Ansel Adams](#) — Photographer

[Pablo Picasso](#) — Spanish Cubist Artist

[Vincent van Gogh](#) — Dutch Artist

## **INVENTORS**

[Alexander Graham Bell](#) — [Telephone](#) Inventor

[Thomas Edison](#) — Inventor

[Henry Ford](#) — Automobile Innovator

[Milton Hershey](#) — Hershey's Chocolate Magnate

[Frank Lloyd Wright](#) — American Architect

[Orville Wright](#) — Airplane Developer

[Wilber Wright](#) — Airplane Developer

[William Wrigley, Jr.](#) — Chewing Gum Maker

[Benjamin Franklin](#) — American Colonial Politician

[F. W. Woolworth](#) — Department Store Innovator

[John D. Rockefeller](#) — Founder, Standard Oil Company

# ADHD and Famous

## ENTERTAINERS/ACTORS:

Harry Andersen — Actor

Harry Belafonte — Actor, Singer

Jim Carrey — American Comedian

Cher — Actress and Singer

Bill Cosby — American Actor, Comedian

Ann Bancroft — Actress

George Burns — Actor

Tom Cruise — Actor

John Denver — American Musician

Kirk Douglas — American Actor

Danny Glover — American Actor

Tracey Gold — American Actress

Whoopi Goldberg — Comedienne, Actress

Mariel Hemingway — Actress

Dustin Hoffman — Actor

Steve McQueen — American Actor

Will Smith — American Actor, Rapper, Entertainer

Sylvester Stallone — American Actor

James Stewart — American Actor

Robin Williams — Prolific American Comedian, Actor,

Henry Winkler — American Actor (Fonzie)

Suzanne Somers — Actress, Pinup Girl

# ADHD and Famous

## **AUTHORS/WRITERS CARTOONIST:**

[Agatha Christie](#) — Author

[Lewis Carroll](#) — Author (Alice in Wonderland)

[Hans Christian Anderson](#) — Author

[Walt Disney](#) — American Cartoonist, Film Producer,

[F. Scott Fitzgerald](#) — Author

[Malcolm Forbes](#) —Forbes Magazine Founder & Publisher

[Ernest Hemingway](#) — Author

[George Bernard Shaw](#) —Author

[Edgar Allan Poe](#) — English Author, Poet

[Henry David Thoreau](#) —Author, Poet

[Leo Tolstoy](#) — Russian Author

[Jules Verne](#) — Author

[William Butler Yeats](#) — Irish Author

[Sir Richard Francis Burton](#) — Explorer, Linguist, Scholar, Writer

## **MUSICIAN/COMPOSER:**

[Beethoven](#) — Composer

[Ozzy Osbourne](#) —English Rock Musician

Georg Frideric [Handel](#) —German Composer

[John Lennon](#) —Musician

[Stevie Wonder](#) — American Musician

[Wolfgang Amadeus Mozart](#) —Child Prodigy Composer



# ADHD and Famous

## **SCIENTIST/PHILOSOPHERS:**

Galileo (Galilei) — Italian Mathematician, Astronomer

Socrates — Greek Philosopher

Albert Einstein — Physicist

Michael Faraday — Physicist, Chemist

Sir Issac Newton - English Scientist, Mathematician

Nostradamus —Physician

Russell Varian — Inventor

Harvey Cushing M.D. — Greatest Neurosurgeon of the 20th Century

## **PRIME MINISTER/PRESEDIENT:**

John F. Kennedy — U. S. President

Robert F. Kennedy — U.S. Attorney General, Brother of JFK

Napoleon Bonaparte —Emperor of France

Abraham Lincoln —U.S. President during American Civil War

Nelson Rockefeller — U.S. Vice President

Woodrow Wilson — U. S. President

Sir Winston Churchill — Prime minister



# ADHD and Famous

## **SPORTS PERSONALITIES:**

[Jason Kidd](#) — Professional Basketball Player

[Babe Ruth](#) — American Baseball Player

[Jackie Stewart](#) — Car Racing, Grand Prix Hall of Famer

[Alberto Tomba](#) — Alpine Ski Champion

[Col. Gregory "Pappy" Boyington](#) — WWII Flying Ace