

ADHD app

RAMP : Resource, Alert, Monitoring & Planning

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BACKGROUND

- ADHD commonest mental health condition in children (6% children & 4% adults)
- **Poor Resources:** information is very messy (Google) for parents, doctors and other health professionals
- **No Alert:** Difficulty remembering to take medication, when scripts expire (6 months), remember appointments
- **No Monitoring:** parents and children don't know how their weight, height, and sleep are tracking including side effects of medication
- **No Planning:** disorganised and unprepared for appointments. Forget to mention important concerns during their appointment



CHALLENGE: RAMP

- **RESOURCE:** Information system of geolocation (paediatrician, psychiatrist, psychologist, OT, speech, physiotherapist, dietician, ADHD coach).
- **ALERT:** medication alerts, scripts expire, appointments
- **MONITORING:** weight, height, BMI charts, side effects of medication, sleep
- **PLANNING:** preparation for appointments, question list

