



ECP NEWS

MALAYSIAN PSYCHIATRIC ASSOCIATION

EARLY CAREER PSYCHIATRIST CHAPTER

Emerging Minds:

Navigating the New Era of Young Psychiatrists

JANUARY 2024

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MPA PRESIDENT'S COMMENDATIONS & ENCOURAGEMENT

Prof. Dr. Ahmad Hatim Sulaiman

Dear Early Career Psychiatrists,

I hope this message finds you in good health and high spirits. I am writing to extend my heartfelt congratulations to the ECP committee for their commendable efforts in producing the recent newsletter and for their dedication to organizing various activities that have significantly contributed to the advancement of our field.

The role of young psychiatrists in our society is paramount, not only in providing continuous and essential mental health services to the community but also as the future leaders who will shape the landscape of psychiatric care in our country. Your commitment and passion are crucial in addressing the evolving mental health challenges faced by our society.

I take this opportunity to encourage more young psychiatrists to actively participate in the MPA and engage in the enriching activities organized by the ECP. Your involvement is not only an investment in your professional growth but also a contribution to the collective well-being of our nation.

I am immensely proud of the dynamic and vibrant group we have in the ECP. Your enthusiasm and dedication are truly commendable. I sincerely hope that this momentum will persist, and that more young minds will join our ranks, ensuring a continuous and unwavering commitment to advancing the field of psychiatry in Malaysia.

'Let us work together to foster a supportive and collaborative environment that encourages the active participation of young psychiatrists, empowering each other to become leaders who make a lasting impact on mental health care in our beloved nation.'

Best regards,
Prof. Dr. Ahmad Hatim Sulaiman
President
Malaysian Psychiatric Association

CHAIR OF ECP'S MESSAGE

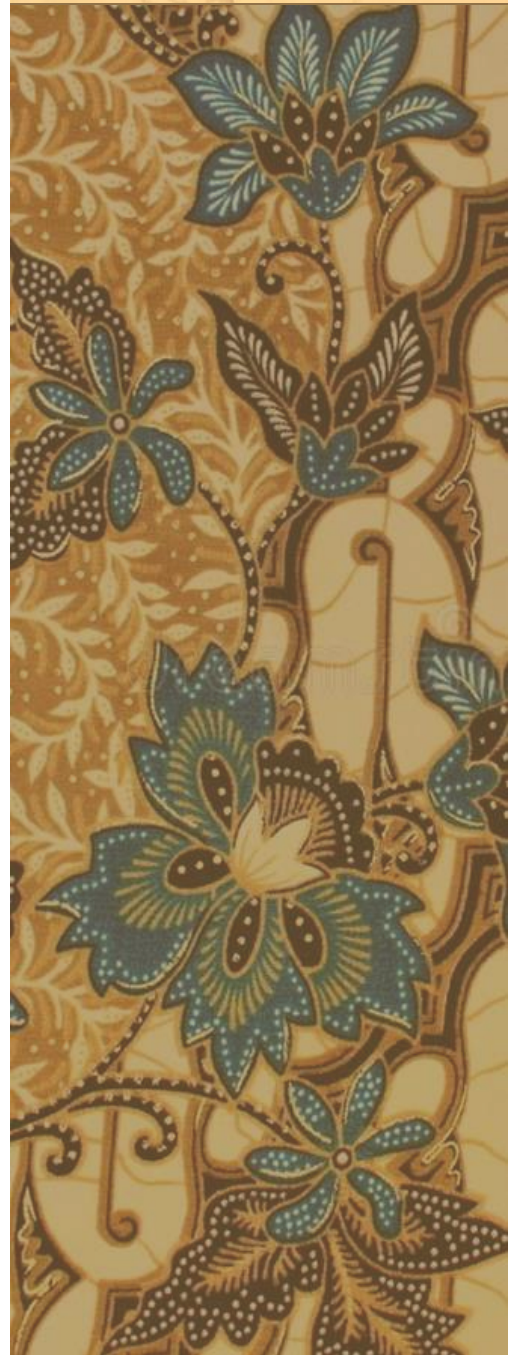
Dr. Aishah Siddiqah Alimuddin

As we start our careers as Early Career Psychiatrists (ECPs) and navigate the intricate and ever-changing landscape of mental health, many of us feel a responsibility and optimism for the future of our field. I am honored to have been appointed Chair of the ECP Chapter of the Malaysian Psychiatric Association (MPA), treading in the footsteps of several outstanding leaders who came before me. It is a humbling experience, and I am filled with a sense of purpose and excitement as I envision the transformative journey ahead. Our generation of psychiatrists has a unique opportunity to shape the future of mental health by embracing innovation, challenging norms, and advocating for a world where psychological well-being is a top priority.

As ECPs, we find ourselves at the intersection of tradition and progress. The field of psychiatry is evolving rapidly, presenting both challenges and opportunities. Our collective responsibility is to navigate these changes with a commitment to excellence, compassion, and dedication to the well-being of those we serve.

In our daily work, we should navigate the integration of technology into our practice while ensuring that it complements rather than replaces the essential human connection, which is at the core of our profession. Additionally, we must bridge the gap between cutting-edge research and everyday clinical practice by staying informed about the latest scientific developments and integrating evidence-based approaches into our work to enhance the quality of care we provide to our patients while advancing our field.

'Our collective responsibility is to navigate these changes with a commitment to excellence, compassion, and dedication to the well-being of those we serve.'



We must also advocate for the psychological well-being of our communities by challenging stereotypes, raising awareness, and fostering a society that views mental health with the same importance as physical health. Our impact extends beyond individuals and encompasses a greater population. As leaders of tomorrow, we should actively engage with policymakers to shape mental health policies that prioritize accessibility, affordability, and inclusivity. By leveraging our collective voice, we can influence systemic change that addresses the root causes of mental health disparities and thus promote a society where mental well-being is a universal right.

Colleagues, no amount of service can replace the importance of ensuring our own mental health and well-being are cared for. In this lifelong journey, we must never forget to be kind to ourselves and help one another through difficulties. Let us work together to embrace the challenges and opportunities of our role and be pioneers in a field that can transform lives and communities. Through compassion, collaboration, and a commitment to lifelong learning, we can navigate the future of mental health, ensuring that every individual has the opportunity to live a resilient life filled with fulfillment.

As we embark on this journey together, let us remember the profound impact we can have on the lives of those we serve. Let us be compassionate healers, tireless advocates, and dedicated scholars. The future of mental health is in our hands, and with dedication and passion, we can create a world where mental well-being is not just a priority but a fundamental aspect of human thriving and flourishing. I look forward to our incredible strides together in this journey.

Kind regards,
Aishah Siddiqah binti Alimuddin
Chair of Early Career Psychiatrist
(ECP) Chapter, Malaysian
Psychiatric Association (MPA)

‘In this lifelong journey, we must never forget to be kind to ourselves and help one another through difficulties. Let us work together to embrace the challenges and opportunities of our role and be pioneers in a field that can transform lives and communities.’

about ECP

During discussions at the International Mental Health Leadership Program, South Korean psychiatrists shared insights into the transformative shifts within their country's psychiatric practices. Similar to Japan, South Korea had traditionally relied on extensive institutional care with prolonged patient stays. A proactive group of young psychiatrists united through an association to revolutionize the psychiatric care philosophy, steering it towards a more community-centric approach. Despite encountering numerous challenges, the collaborative efforts of the team effectively navigated obstacles. Inspired by this success, some participants sought to establish a comparable initiative in their own nations.

In 2004, Assoc. Prof. Dr. Stephen Jambunathan and the late Dr. Philip George founded the Section on Young Psychiatrists, which operated within the framework of the MPA, adhering to its constitution and oversight by the MPA committee. Subsequently, the Section on Young Psychiatrists underwent a transformation, evolving into the Chapter of Early Career Psychiatrists (ECP).



Above: Assoc. Prof. Dr. Stephen Jambunathan
Below: Late Dr. Philip George

Objectives

To link and form a grouping of young psychiatrists in Malaysia

To create and support developments in the provision of psychiatric services in Malaysia

To develop skills among the members in clinical, social psychiatry and in the area of research

To decrease the isolation of young psychiatrists

To prepare the transition of young psychiatry trainees to professional practice

To develop a culture of mentorship among young psychiatrists

To be a platform for discussion of psychiatric delivery issues

To establish a network of psychiatrists working with psychiatric services in the region and internationally

To lobby for its members to be considered for attendance to Regional and International Conferences

Terms & Conditions for ECP Membership

Any psychiatrist who has experience as a specialist for less than 5 years or aged less than 40 years old, whichever comes later.

Terms of Reference of ECP

Terms of Reference of the Early Career Psychiatrists (ECP) Chapter of the Malaysian Psychiatric Association (MPA) has been created and implemented starting January 2024. Scan the QR code to know your roles as ECP Chapter members and how to be part of the committee.



<http://tinyurl.com/y57wnbfv>

ECP

CHAPTER COMMITTEE 2023/2024

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SECRETARY



Assoc. Prof. Dr. Nicholas Pang Tze Ping
Psychiatrist &
Associate Professor in Psychiatry
Universiti Malaysia Sabah



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Medical Lecturer & Psychiatrist
Universiti Putra Malaysia
Fellow in Consultation-Liaison Psychiatry
Hospital Sultan Idris Shah, Serdang

TREASURER



Dr. Sivenanthini Purana Visvanathan
Psychiatrist &
Fellow in Neuropsychiatry
Hospital Kuala Lumpur

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Psychiatrist & Fellow in
Consultation-Liaison Psychiatry
Hospital Putrajaya



Dr. Ravivarma Rao Panirselvam
Psychiatrist
Hospital Miri



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Psychiatrist & Lecturer
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Dr. Nur Hafidah Ishak
Medical Psychiatrist & Lecturer
Universiti Putra Malaysia



Dr. Tan Chok How
Psychiatrist
Hospital Bukit Mertajam



Dr. Allan Sia Ting Chan
Psychiatrist & Fellow in
Forensic Psychiatry
Hospital Permai Johor Bahru



Dr. Tan Khai Pin
Psychiatrist
Hospital Tengku Ampuan
Afzan, Kuantan



THE INAUGURAL MPA-ECP ACES AWARD

In a significant milestone and reinvention of the Early Career Psychiatrists chapter of the MPA, for the very first time, the MPA-ECP ACES Award was held at the 27th Malaysian Conference of Psychological Medicine with the 20th International Congress of the Pacific Rim College of Psychiatrists last year.

ACES Award is an acronym for Aspiration, Caliber, Excellence & Service Award. The award aims at galvanizing young psychiatrists by providing recognition for academic, clinical and leadership excellence through the platform of the national congress. The award hopes to provide a platform for early career psychiatrists to further their professional growth by encouraging academic discussion between peers, bridging clinical and research knowledge between colleagues and leaders in psychiatry, and opportunities to network with peers and nurture possible professional collaborations.

Three psychiatrists were selected to be the inaugural recipients of the award. They are Dr. Mervyn Ian Sim Peng Chow, Dr. Soh Shean Yih, and Dr. Ting Chuong Hock.

Dr. Mervyn and Dr. Soh presented their innovations in community outreach and mental health advocacy in rural communities in Limbang, Sarawak, and Keningau, Sabah, respectively. Dr. Ting shared his research conducted in UNIMAS, Sarawak, investigating the relationship between sleep quality, stress, and eating behavior among medical students. The discussion and sharing provided value to the audience.

As Dr. Ting quotes:

"I am truly grateful to MPA-ECP for being granted the ACES award. It inspired me to continue to contribute as a psychiatrist, involving myself in research, community work, teaching, and learning. I hope MPA will hold more prestigious international conferences and always bridge clinicians and academicians for the global exchange of psychiatric knowledge. Thanks for the recognition, and well done on the remarkable achievement."

We hope to continue this award and, in the years to come, expand to international participation.



Dr. Ravivarma Rao Panirselvam

Psychiatrist
Hospital Miri



Dr. Mervyn Ian Sim Peng Chow (Above),
Dr. Ting Chuong Hock (Middle), and
Dr. Soh Shean Yih (Below).



Dr. Soh Shean Yih (Above left), Dr. Mervyn Ian Sim Peng Chow (Above right), Dr. Ting Chuong Hock (Below) with Prof. Dr. Ahmad Hatim Sulaiman



WEBINAR SERIES

by the Early Career Psychiatrist Chapter
of the Malaysian Psychiatric Association

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We're delighted to bring you a comprehensive recap of the insightful webinar series organized by the Early Career Psychiatrist Chapter of the Malaysian Psychiatric Association. Aimed at providing education and knowledge to young psychiatrists, the series covered a diverse range of topics essential for navigating the responsibilities and challenges in the field.

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ECP WEBINAR SERIES

1 CFPD point provided


GERIATRIC PSYCHIATRY FOR YOUNG PSYCHIATRISTS



KEEPING THE OLDER ADULTS MENTALLY SHARP AND HEALTHY

Date: 28 February 2023
Time: 08.00 pm
Venue: Zoom Meeting

Speaker:
Dr Loo Cheng Teck




As a young psychiatrist or trainee in psychiatry, we often come across patients of different age group - including the elderly. What can we do for the elderly, as a young psychiatrist? And how do we do it? The talk will focus on what can the young psychiatrists or trainee do to help the elderly to have better mental health outcome.

Brought to you by
Malaysian Psychiatric Association - Early Career Psychiatrist Chapter


ECP WEBINAR SERIES

DEATH IN PSYCHIATRY WARD



Speaker:
DR SARAMAH BINTI MOHD ISA (HBUK)


Date : 21 June 2023
Time : 8.30pm
Venue : ZOOM



Brought to you by
Malaysian Psychiatric Association - Early Career Psychiatrist Chapter

ECP WEBINAR SERIES


PEEK - A - BOO



IT A SECRET AND SURPRISE TO BE PONDERED ABOUT. YOU WILL FIND OUT SOON WHEN U JOIN THE TALK!

Speaker:
DR ALI HANIM HASHIM
Child & Adolescent Psychiatrist


Date : 11 July 2023
Time : 8.30pm
Venue : ZOOM



Brought to you by
Malaysian Psychiatric Association - Early Career Psychiatrist Chapter

ECP WEBINAR SERIES


LIVING MY BEST LIFE



THE QUESTION YOU SHOULD BE ASKING ISN'T, "WHAT DO I WANT?" OR "WHAT ARE MY GOALS?" BUT "WHAT WOULD EXCITE ME?"

Speaker:
DR FIRDAUS BT ABDUL GANI
Consultant Psychiatrist
Hospital Sultan Haji Ahmad Shah


Date : 08 AUG 2023
Time : 8.30pm
Venue : ZOOM



Brought to you by
Malaysian Psychiatric Association - Early Career Psychiatrist Chapter

ECP WEBINAR SERIES

WILL I BE ALRIGHT OUT THERE



Sessional Visit in Private Hospital - A Day in Private World

Speaker:
DR LOO TSUI HUEI
Consultant Psychiatrist
Hospital Raja Permaisuri Bainun

Date : 10 Oct 2023
Time : 8.30pm
Venue : ZOOM



Brought to you by
Malaysian Psychiatric Association - Early Career Psychiatrist Chapter

ECP Webinar Series

A PACKAGE OF TWO


The Intertwine of Young Onset Dementia and Caregiver Burden

12th December 2023
08:30 PM
ZOOM Platform

Dr Kenny Ong Kheng Yee
Consultant Neuropsychiatrist
Kuala Lumpur General Hospital

MBBS (UM)
M.Med (Psychiatry) (USM)
Fellowship in Neuropsychiatry (Melb)

Brought to you by
Malaysian Psychiatric Association (MPA)
Early Career Psychiatrist (ECP) Chapter



Geriatric Psychiatry for Young Psychiatrists

Keeping the older adults mentally sharp and healthy



 28th February 2023


 Dr. Lua Chong Teck, Psychogeriatrician


 Hospital Sultanah Nur Zahirah (HSNZ)

The inaugural webinar delved into effective strategies for young psychiatrists in dealing with older adults, focusing on tips to maintain mental sharpness and overall well-being. Speakers emphasized the importance of tailored approaches for the unique challenges presented by the elderly population.

Death in Psychiatry Ward

 21th June 2023

 Dr. Saramah binti Mohd Isa, Forensic Psychiatrist


 Hospital Bahagia Ulu Kinta (HBUK)


Addressing a crucial aspect of psychiatric care, this webinar provided a comprehensive guide on procedures for handling death in the psychiatry ward. The session explored protocols, emotional support for staff, and the ethical considerations surrounding end-of-life care in a psychiatric setting.




Peek-A-Boo

It's a secret and surprise to be pondered about.
You will find out soon when u join the talk!


 11th July 2023

 Dr. Aili Hanim Hashim, Child & Adolescent Psychiatrist

 The Mind Faculty






The third webinar centered on approaches for young psychiatrists in managing mental health issues in children. Experts shared evidence-based practices, therapeutic interventions, and highlighted the importance of a multidisciplinary approach in ensuring the well-being of young minds.




Living My Best Life

The question you should be asking isn't, "What do I want?" or "What are my goals?" but "What would excite me?"


-  8th August 2023
-  Dr. Firdaus binti Abdul Gani, Psychiatrist
-  Hospital Sultan Haji Ahmad Shah (HoSHAS)

Focusing on personal development, motivation, and life goals, this webinar aimed to inspire and guide young psychiatrists in leading fulfilling lives. The session covered topics such as self-motivation, setting direction, and aligning personal and professional goals.



Will I be Alright Out There?

Sessional visit in private hospital – A day in private world




-  10th October 2023
-  Dr. Loo Tsui Huei, Psychiatrist
-  Hospital Raja Permaisuri Bainun (HRPB)

Delving into the another side of psychiatry, this webinar explored the intricacies of establishing and managing a private practice. Presenters discussed legal considerations, financial aspects, and practical tips to help young psychiatrists thrive in private practice.






A Package of Two

The intertwine of young onset dementia and caregiver burden

-  12th December 2023
-  Dr. Kenny Ong Kheng Yee, Neuropsychiatrist
-  Hospital Kuala Lumpur (HKL)

The webinar highlighted the complex relationship between young onset dementia and caregiver burden. Speakers discussed the challenges faced by caregivers and provided insights into collaborative approaches for psychiatrists in managing patients with young onset dementia and supporting their caregivers.

The webinar series not only enriched the knowledge base of early career psychiatrists but also fostered a sense of community and shared learning. We extend our gratitude to the Malaysian Psychiatric Association and all the esteemed speakers for their invaluable contributions.

We are thrilled to share the success of the recent webinar series hosted by the Early Career Psychiatrist Chapter of the Malaysian Psychiatric Association. The positive response and engagement from our members have been inspiring, and we are committed to continuing our mission of providing valuable education and knowledge.

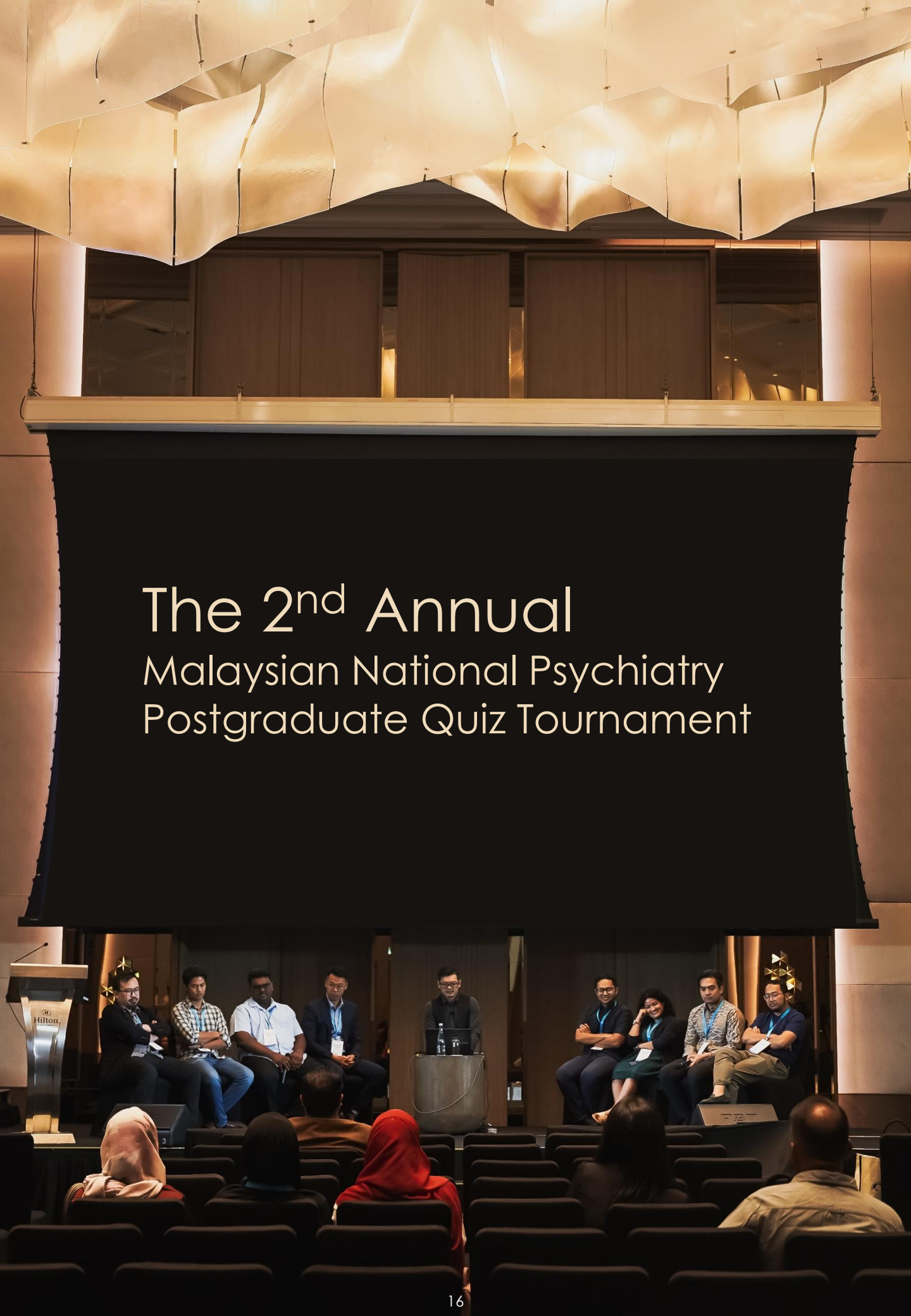
As we eagerly look ahead to the year 2024, we are delighted to announce another set of five captivating webinars that promise to be both informative and enriching for young psychiatrists. Mark your calendars for these upcoming events:

- Addiction among Medical Practitioners by Dr. Mohd Fadzli Mohamad Isa, Addiction Psychiatrist, Hospital Kuala Lumpur (HKL)
- Consultation Liaison Psychiatry by Dr. Sapini Yaacob, Consultation Liaison Psychiatrist, Hospital Kuala Lumpur (HKL)
- The Position of Psychotherapy in Today's Psychiatry Practice by Dr. Chong Seng Choi, Head of Department, Senior Lecturer and Psychiatrist, Hospital Sultan Abdul Aziz Shah, Universiti Putra Malaysia (UPM)
- Psycho-oncology by Prof. Dr. Nor Zuraida Zainal, Professor and Consultant Psychiatrist, Universiti Malaya Medical Centre (UMMC)
- Acute Home Care by Dr. Siti Hazrah binti Selamat Din, Community and Rehabilitation Psychiatrist, Hospital Tuanku Jaafar (HTJ), Seremban

We encourage all early career psychiatrists to actively participate in these upcoming webinars, as they present unique opportunities to expand your knowledge, connect with experts in the field, and contribute to the growth of our professional community. Stay tuned for further details and registration information. Let's continue our journey of learning and collaboration in the dynamic field of psychiatry.



Dr. Tan Chok How
Psychiatrist
Hospital Bukit Mertajam



The 2nd Annual Malaysian National Psychiatry Postgraduate Quiz Tournament





The 2nd annual Malaysian National Psychiatry Postgraduate Quiz Tournament, hosted by the Malaysian Psychiatric Association Early Career Psychiatrists Chapter, ran from February to July 2023. It culminated in the finals at the MCPM and PRCP Conference on 15th October 2023. 21 teams from across Malaysia participated, with representation ranging from first-year undergraduate teams to final-year Master's students in Psychiatry, and a decent selection of MRCPsych and Master's students mixed teams.

In the first round, under the supervision of proctors Dr. Nicholas, Dr. Ken, Dr. Aliff, Dr. Terrence, Dr. Sean, Dr. Moey, and Mr. Movin, all the seeded teams successfully made it through to the knockout rounds, as expected. However, notably, the Lahad Datu service MO team and the Hospital Mesra Bukit Padang team managed to advance at the expense of the Master students teams from UIA and UPM, respectively.



In the knockout quarterfinals, the seeded teams all made it through. The free-scoring UPM team "Freudian Slip," averaging above 40 points per match was drawn to face the UiTM team from Hospital Selayang, "Folie a Deux," who had within their midst some massive new talent. The other semifinal match pitted the newer UPM first-year Masters team, "Red Panda," against last year's third-place winner, "Tanak Kampung" from UKM, seeking to secure the championship this time. Freudian Slip finally made the biggest slip of their career and somehow crashed to the UiTM rivals. In the other Zoom room, Red Panda fell to a tame defeat against the Cheras side, ensuring that we would have an all-UPM third-place playoff and a 50% chance of a new team obtaining a placing in the competition.

Despite being broadcast and played live on a stage for the first time, both Tanak Kampung and Folie a Deux engaged in a neck-and-neck battle, resulting in a tie after two intense rounds. When the competition reached a standstill, the game master of the final, Dr. Allan, who is also one of the primary question setters, stepped in to break the deadlock. With an additional sudden-death question, the winner was determined. Tanak Kampung narrowly defeated the UiTM team, securing the RM2,000 grand prize. As expected, Freudian Slip collected their consolation prize of third, defeating their bedfellows in what appeared to be an extremely one-sided match held face to face as well on the premises of UPM Hospital.

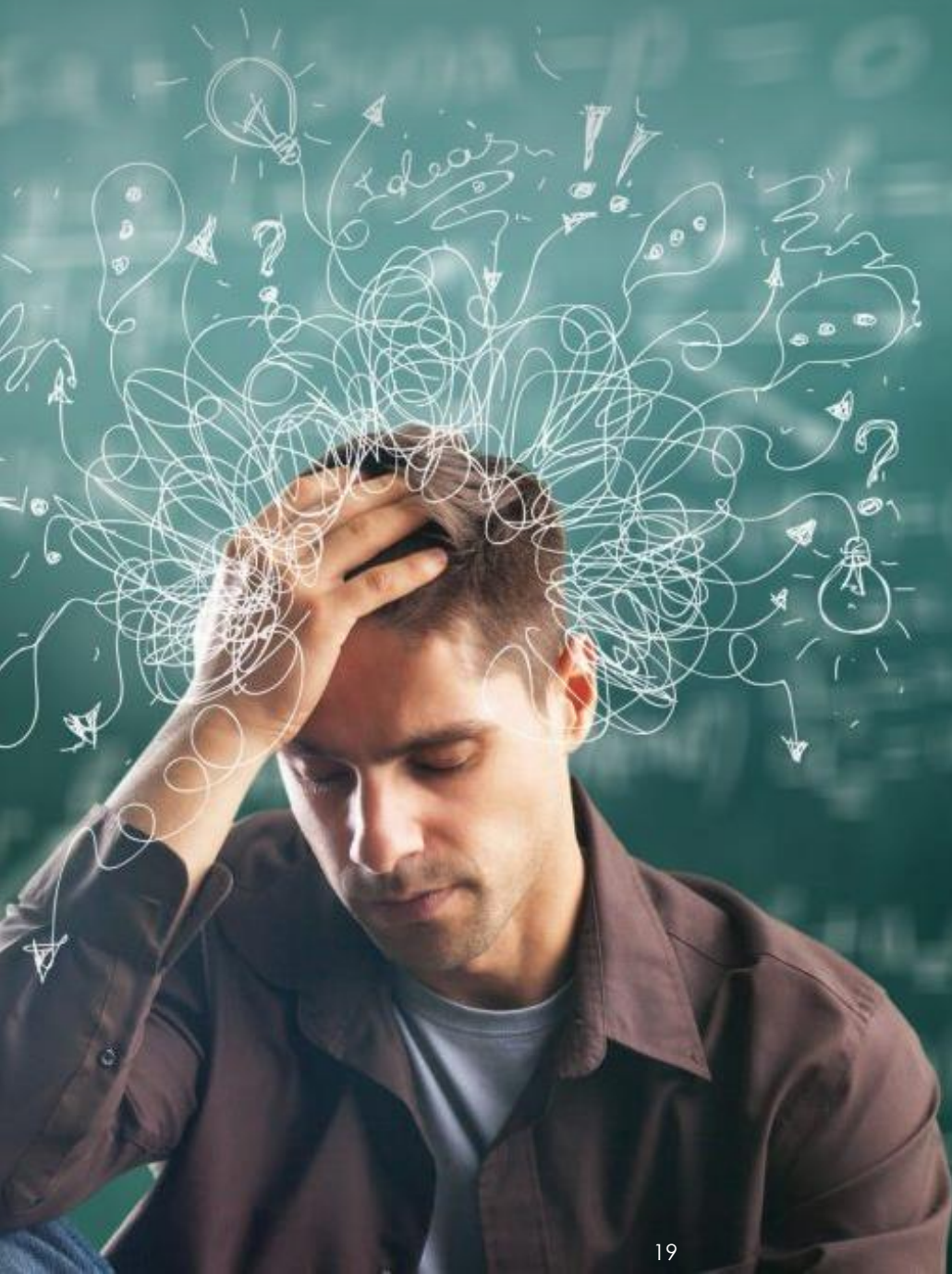


The winner, team "Tanak Kampung" from UKM received the prize from Prof. Dr. Ahmad Hatim Sulaiman.



**Assoc. Prof. Dr.
Nicholas Pang Tze Ping**
Psychiatrist &
Associate Professor in Psychiatry
Universiti Malaysia Sabah

Adult ADHD: Understanding, Recognizing, and Thriving through the Ups and Downs



Introduction

In the realm of mental health, the complexities of adult Attention Deficit Hyperactivity Disorder (ADHD) often go overlooked. While much attention is rightfully directed towards pediatric cases, the prevalence of adult ADHD is a reality that healthcare workers need to understand and address. This article aims to provide healthcare professionals with a comprehensive overview of adult ADHD, exploring its manifestations, challenges, and strategies for effectively supporting patients grappling with this often-underdiagnosed condition.

Understanding Adult ADHD

Attention Deficit Hyperactivity Disorder is a neurodevelopmental condition that persists into adulthood for a significant number of individuals, up to 30 to 70 percent.¹ While the symptoms may manifest differently compared to childhood, adult ADHD is a legitimate and impactful condition that can affect various aspects of a person's life. Mental health professionals play a crucial role in recognizing and addressing the unique challenges faced by adults with ADHD.

Manifestations of Adult ADHD:¹

1. Inattention

Unlike the hyperactive stereotype often associated with ADHD, adults may present primarily with inattentive symptoms. This includes difficulty sustaining attention on tasks, making careless mistakes, and struggling with organizational skills.

2. Hyperactivity and Impulsivity

While hyperactivity tends to decrease with age, some adults still experience restlessness and an inner sense of unease. Impulsivity can lead to hasty decision-making and difficulties in adhering to treatment plans.

3. Emotional Dysregulation

Mood swings, frustration, and emotional outbursts are common challenges for adults with ADHD, which may adversely affect their social life. Emotional dysregulation can also complicate adherence to treatment plans.



Diagnostic Challenges:

1. Overlap with Other Conditions

The symptoms of adult ADHD often overlap with other mental health conditions, making diagnosis challenging. The differential diagnoses may include bipolar disorder and borderline personality disorder due to the overlapping presentations, such as: mood swings, energy surges, spikes of ideas and impulsivity. Depression, anxiety, and substance abuse disorders may coexist, necessitating a thorough assessment.

2. Late-Onset Diagnosis

Many adults with ADHD were not diagnosed in childhood, leading to delayed recognition of their condition. This late onset can contribute to a chronic history of academic and occupational struggles, which jeopardizes one's self esteem.

3. Masking by Coping Mechanisms

Adults with ADHD often develop coping mechanisms that mask their symptoms, making it challenging for healthcare professionals to identify the underlying condition. ²

Recognizing Adult ADHD:

1. Thorough Clinical History

Take a comprehensive patient history, including questions about childhood behaviors, academic performance, and previous mental health assessments. Inquire about past difficulties in maintaining attention, organizing tasks, and adhering to treatment plans. Explore the patient's current challenges, both in personal and professional spheres. Inquire about difficulties with time management, organization, and impulse control.

2. Screening Tools and Psychological Assessment

Validated screening tools and psychological tests for adult ADHD may aid in identifying individuals who suffer from the condition, but not a must.

3. Integration of Mental Health and Primary Care

Promote an integrated approach that involves mental health professionals and primary care physicians working together. This collaboration ensures a holistic understanding of the patient's needs. ³

4. Multidisciplinary Team Approach

Engage in a multidisciplinary team approach that includes mental health specialists, primary care providers, and other relevant healthcare professionals, such as psychologists, counselors, and occupational therapists. This approach facilitates a comprehensive and coordinated care plan.



Challenges Faced by Adults with ADHD:

Understanding the challenges faced by adults with ADHD is crucial for tailoring interventions and fostering a supportive environment.

1. Medication Adherence

- a. **Forgetfulness:** Adults with ADHD may struggle with remembering to take prescribed medications regularly. Consider long-acting formulations or implement reminder systems to enhance adherence.
- b. **Follow-up Appointments:** Scheduling and attending follow-up appointments can be challenging for individuals with ADHD. Implement reminder systems and flexible scheduling options to accommodate their needs.

2. Communication and Information Processing

- a. **Effective Communication Strategies:** Adopt clear and concise communication strategies during medical interactions. Provide written instructions and summaries to aid information processing.
- b. **Time Management during Appointments:** Allow for flexibility in appointment times, understanding that individuals with ADHD may require additional time for processing information and asking questions.

3. Stigma and Mental Health Awareness

- a. **Addressing Stigma:** Be aware of and address potential stigma associated with mental health conditions, including ADHD. Foster an environment that promotes open discussion and destigmatization. Stigma commonly revolves around adult ADHD as the condition was underdiagnosed and remained under the radar since childhood. The self-esteem of the individuals affected might be chronically crippled due to possibilities of being labeled as “lazy and demotivated”.⁴
- b. **Psychoeducation:** Provide psychoeducational resources to individuals with ADHD, helping them understand their condition and empowering them to advocate for their needs in society.



Strategies for Supporting Patients with Adult ADHD ⁵

1. Holistic Treatment Plans

- a. **Combination of Medication and Therapy:** Consider a combination of medication and psychotherapy for comprehensive treatment. Stimulant medications, such as methylphenidate, may be effective, while cognitive-behavioral therapy (CBT) can address behavioral challenges. Alternatively, non-stimulant medications such as atomoxetine and bupropion may have marginal benefit, if the usage of stimulants is deemed conflicted from comorbid conditions such as tic disorders, epilepsy, substance abuse and anxiety disorders. ⁶
- b. **Individualized Treatment Plans:** Recognize the individuality of ADHD presentations and tailor treatment plans accordingly. What works for one patient may not be effective for another, emphasizing the importance of personalized care.

2. Empowering Patients

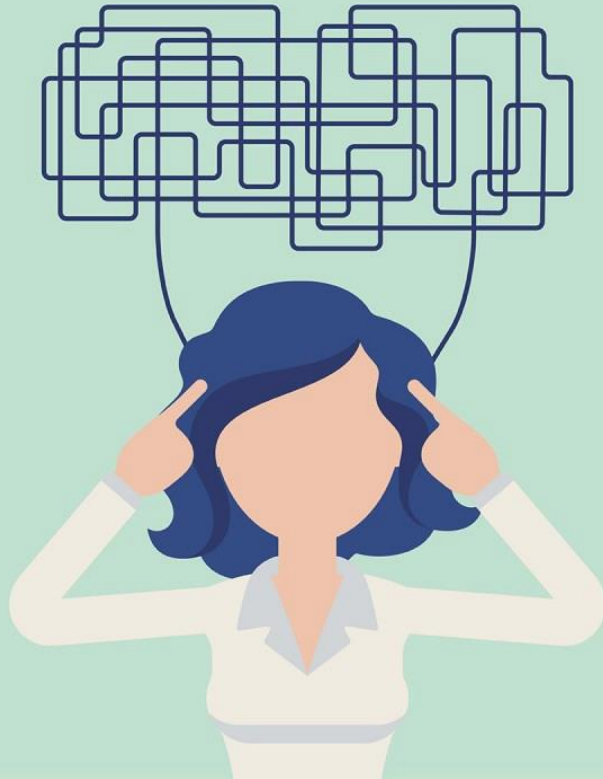
- a. **Setting Realistic Goals:** Collaboratively set realistic and achievable treatment goals with patients. Break down larger objectives into smaller, manageable steps to enhance motivation and adherence.
- b. **Encouraging Self-Advocacy:** Empower patients to communicate their needs and preferences within the healthcare setting. Encourage them to ask questions, seek clarification, and actively participate in their care.

3. Skill Building and Coping Strategies

- a. **Time Management and Organization Skills:** Offer resources and guidance on improving time management and organizational skills. Tools such as planners, calendars, and reminder apps can be invaluable.
- b. **Emotional Regulation Techniques:** Provide coping strategies for emotional dysregulation, including mindfulness, deep breathing exercises, and other techniques to manage stress and frustration.
- c. **Education on ADHD lifestyle modification:** Educate patients about ADHD management strategies beyond medication, emphasizing the importance of lifestyle modifications, regular exercise, and sleep hygiene.

4. Fostering a Supportive Environment

- a. **Reducing Stigma:** Actively work towards reducing stigma associated with ADHD within society. Foster an environment where patients feel comfortable discussing their mental health challenges.
- b. **Support Groups and Resources:** Connect patients with ADHD support groups or resources that provide additional information, community, and a sense of understanding.



Conclusion

As mental health professionals, understanding and addressing adult ADHD is essential for providing holistic and patient-centered care. By recognizing the manifestations, overcoming diagnostic challenges, and implementing supportive strategies, mental health professionals can contribute to improved outcomes and enhanced well-being for individuals navigating the complex terrain of adult ADHD. Through collaboration, empathy, and education, healthcare settings can become spaces where adults with ADHD feel seen, heard, and supported on their journey towards optimal health.



Dr. Chow Soon Ken
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- Encouraging academic discussion between peers
- Bridging clinical and research knowledge between colleagues and local leaders in psychiatry
- Network with local peers, develop personal friendships, and nurture possible professional collaborations.



This award is targeted for individuals who:

- Are 5 years or less of practice as a psychiatrist.
- Has contributed to the improvement of or demonstrated excellence in any of the following areas: academic, clinical, or leadership in the local/international setting (to be reviewed in CV).
- Has good standing (based on nomination by the referee).
- Is a member of the Malaysian Psychiatric Association.
- Is not a previous MPA-ECP Award winner.



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