



Time : 8-10

Place: AFTA organization , King Faisal Specialist Hospital & Research Centre

We arrived to KFSH at 8 am , then we went to the first floor to take a small lecture about AFTA and its role, I got plenty of information about what is AFTA and what does it do .

WHAT IS AFTA

The ADHD Society & Support Group (AFTA) has its roots with the ADHD Support Group established in King Faisal Specialist Hospital & Research Centre in 2004, receiving official charitable status as the ADHD Society under the Ministry of Social Affairs in 2008. AFTA aims to improve the lives of ADHD children and their families through nationwide AWARENESS and EDUCATION campaigns and improvement of services .

We strive to provide every parent, teacher, and caregiver in the Kingdom of Saudi Arabia with access to the most recent INFORMATION on ADHD symptoms, ADVICE about getting diagnosed, and TECHNIQUES for ADHD management. Through the proactive provision of information about ADHD we reduce stigma, promote a POSITIVE IMAGE of ADHD in Saudi Arabia, and facilitate the EMPOWERMENT of marginalized youth. Our organization engenders a healthy community spirit, encourages a culture of volunteering and provides a forum for exchange of information .

After knowing the efforts of AFTA , the lecturer tended to focus in what is ADHD in details .

Main Types of ADHD

Attention Deficit : happens in females more than males .

Hyperactivity & Impulsive : happens in males more than females .

The type of joint Attention Deficit + Hyperactivity

Worldwide Statistics

Percentage of ADHA children in KSA 15%

Percentage of ADHA between school children globally 3-5% .

symptoms of ADHD

symptoms of Attention Deficit include difficulty in concentrating and get the job done .

Ease of dispersion psychotropic State .

angry easily.

forgetful and especially for its daily tasks .

symptoms of Hyperactivity include

tampering with his hand or his feet or on the seat swings .

jumps and climbs in inappropriate places .

find it difficult to participate or play quietly with the people .

a high degree of inappropriate movements .

symptoms of Impulsive include

difficulty in taking turns .

answer the questions without thinking .

He can not wait or delay .

has difficulty in raising his hands and calling him by waiting .

ADHD : is a neurological disorder that affects children and lead to excessive movement and impulsive and distracted and continue with them until puberty and symptoms of different forms .

Causes of ADHA

Genetic causes have a significant role in the incidence of up to 92% .

neurological causes

neurophysiological and pharmacological studies planning the brain and filmed systems are neurotransmitters (dopamine and noradrenaline) in the section frontal front which play an important role in the disorder hyperactivity and attention deficit .

Diagnosis of ADHD

Diagnosis requires the observation of the child in his daily life, at home - the street - the school, by parents and teachers are interested in him .

Treatment of ADHD

Pharmacological treatment
behavioral treatment
educational treatment

At the end of the session , the lecturer asked us if we want to join with AFTA as a volunteer or a member .

it was a beneficial lesson , that describes one of many other duties of a health educator .

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