



EPA NEURODEVELOPMENTAL DISORDERS ACROSS THE LIFESPAN (NDAL) SECTION REPORT 2024

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Besmira ZENELAJ, Tirana, Albania

LAST SECTION COMMITTEE ELECTIONS HELD:

Date: March 28-31th of 2015

Venue: Vienna, Austria during the 23rd annual meeting

ACTIVITIES OF THE SECTION IN 2024:

Meetings/events

EPA 2024 Budapest

Description:

Annual Course on Adult ADHD: Assessment and Treatment

Directors: Sandra Kooij en Toni Ramos-Quiroga (NDAL section at EPA)

1. Prevalentie, neurobiologie van ADHD - prof. Sandra Kooij
2. Symptomen en stoornissen - dr . James Kustow
3. Psychiatrische en somatische comorbiditeiten - dr. Christian Grau
4. Behandeling - prof. Toni Ramos-Quiroga

Location: Budapest

Start date: 06/04/2024

End date: 09/04/2024

EPA 2024

Description:

Annual Course on Adult ADHD: Assessment and Treatment

Directors: Sandra Kooij en Toni Ramos-Quiroga (NDAL section at EPA)

1. Prevalence and neurobiology of ADHD - prof. Sandra Kooij
2. Symptoms, male and female presentations, comorbidities - dr . Dora Wynchank



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3. Psychiatric and somatische comorbiditeiten - dr. Christian Grau

4. Treatment - prof. Toni Ramos-Quiroga

Partners:

NB This annual Course on Assessment and Treatment of ADHD in adults is getting more popular every year, we therefore hope for a much larger room so that around 120 participants can learn about this relatively new subject in psychiatry

ADHD is not outgrown in the majority of children with the disorder. It is an often inherited childhood onset condition that continues during the lifespan and is associated with a lot of comorbidities in the mental and physical domain, as well as with many impairments. In this interactive course, the epidemiology, prevalence, neurobiological background, assessment and treatment of this complex disorder in both women and men will be discussed by experienced researchers and clinicians.

Location: Budapest

Start date: 06/04/2024

End date: 09/12/2024

Meeting NDAL section

Description:

NDAL section meeting - EPA congress 2024 April 7th Members present: Anne Kjems Philipsen (Denmark), Dora Wynchank (Netherlands), Toni Ramos (Spain, Catalonia), Agata Todzia (Poland), Judit Balasz (Hungary), Ozge Kilic (Turkey), Thomas Gargot (France), Sandra Kooij (Netherlands; chair) Several members could not come due to overlap in time with the Early Career Psychiatrist workshop.

We had a nice and lively exchange of experiences in every country about activities to improve the lives of patients with ADHD and other disorders.

Toni is involved with Digital technologies and studies on brain inflammation in psychiatry, a very interesting new development worldwide!

Thomas Gargot is also interested in inflammation, and studies dysgraphia measurements as a potential marker for neurodevelopmental disorders. He wrote a guide for GPs how to refer children with



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neurodevelopmental disorders to a specialized center first before asking help at the hospital. He has received a grant with his team of 10 people for the development of Excellence Centers in Paris, Tour and Montpellier. This seems the start of the long awaited start of better patientcare in France for NDAL patients. However, psycho-analysis is still mainstream.

Judit Balasz expressed her happiness to have the EPA congress finally in Budapest, as it was declined during Corona time. We heard about the new political situation that is giving hope for more democracy and this is also potential good news for psychiatry.

AgataTodzia is teaching in Poland together with Tomas Gondek on How to use the DIVA-5 interview, suicidality in female ADHD, and they are launching an ADHD section in the national Psychiatric Organisation!! They suffer like many countries from shortage of methylphenidate, but the government 'solved the problem' by putting a ban on stimulant medication...There is a need for support by NDAL section members, who all expressed their availability to connect.

Dora Wynchank and Sandra Kooij started a new initiative: The ADHD Powerbank, for online education using now 30 short videos on recognition, assessment and treatment of ADHD for professionals, and also for patients in English and French. The website is www.adhdpowerbank.com. Please take a look and let us know your experience?! We are excited to be able to make scientific and clinical experience available to the world, without the need to travel and thereby better protection of the climate. We also think short videos are easier to follow than reading texts, and hope to present a platform that suits modern needs. We are talking with EPA board and ADHD organisations about using the ADHD Powerbank as well.

Evaluation of the annual course by NDAL on ADHD: Toni Ramos, Christian Fadeuilh, Sandra Kooij and Dora Wynchank were the speakers. There were around 35 people in a small room; they asked a lot of questions. Like last year, many more people asked to be allowed to follow the course but access was denied. We would like to serve the unmet need for training in Europe by allowing a much larger group of participants next year (120?). The high interaction rate may stay similar by taking more time (+ 1 hr) for the course and yet train more professionals. We could also improve commitment by asking to prepare by reading a good overview paper and preparing questions and/or use polls during the presentations.

Evaluation of the Early Career Psychiatrist workshop: full house, people had to stand/sit on the floor. Much enthusiasm, and the most frequent asked question was: where do I get training?!

Evaluation of the Case Based Workshop: around 80 participants, enthusiastic response, much interaction.

Submissions for EPA 2025 in Madrid. Please save the date: April 5th -8th

Declined Symposium - The female cycle in psychiatry across the lifespan: what about precision medicine?



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Speakers:

Dora Wynchank - Dementia risk in women after menopause

Maxime de Jong – Female specific therapy in women with ADHD

Lotta Borg Skoglund – Are the young girls with ADHD the ones that develop mood disorders using oral anti-contraceptives?

Jessica Agnew Blais – Underdiagnosis of girls with ADHD

Sandra Kooij; Head, Heart and Hormones are connected in women during menopause

Accepted Symposium Neuro-inflammation in psychiatry: are psychiatric disorders inflammatory in origin? speakers:

Jeffrey Newcorn

Iris Manor

Beth Krone

James Kustow – Hypermobility, allergies and dysautonomia cluster in neurodevelopmental disorders

Accepted Case based workshop based on the questions of participants this year, using a clinical vignette.

For the more advanced:

How to start medication for ADHD? – Ozge Gilic

Female-specific therapy for ADHD - Maxime de Jong

How to manage sleep in peri-menopause? Dora Wynchank

How to manage non-respons in patients with ADHD? – Anne Kjems Philipsen

Attached FYI links to recent papers on:



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Female Specific Pharmacotherapy for ADHD: increasing stimulant dosage in the premenstrual week (de Jong 2023)

'Treating women as women', the first treatment group for women with ADHD organized around the menstrual cycle (de Jong 2024)

Impact of oral contraceptives on mood in young women with ADHD (Borg Skoglund 2021)

Hypermobility increased up to 50% of people with neurodevelopmental disorders (Csecs 2022)

Location: Budapest

Start date: 07/04/2024

End date: 07/04/2024

Workshop Early Career Psychiatrists: Essentials of diagnosis and management of ADHD in adults

Description:

Workshop Early Career Psychiatrists: Essentials of diagnosis and management of ADHD in adults. April 7th 8-9.30 am - F10

Females with ADHD – Ozge Kilic

Pharmacological management of ADHD in adults – Tomasz Gondek

Principles of ADHD diagnosis in Adults – Agata Todzia

Comorbid sleep problems in ADHD – Dora Wynchank

Location: Budapest

Start date: 07/04/2024

End date: 07/04/2024

Case-based Workshop on Neurodevelopmental Disorders

Description:

Case based Workshop on Neurodevelopmental disorders



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April 9th, 13.15-14.45 pm – F8

ADHD in a women with ADHD during menopause – Anne Kjems Philipsen

ADHD in a patient with SUD – Toni Ramos Quiroga

ADHD in a suicidal adolescent – Judith Balasz

ADHD in a bipolar patient – Tomasz Gondek

ADHD in a patient with autism spectrum disorder – Anne Kjems Philipsen

And several e-posters!

Location: Budapest

Start date: 09/04/2024

End date: 09/04/2024

FUTURE ACTIVITIES:

FUNDING IN 2024

Income: NA

Source(s) of funding:

NA

Expenditure: NA

Balance: NA

EPA Treasurer audit: No

Confirmation that income / expenditure is via EPA: No