



KSKidsMAP Newsletter

Pediatric Mental Health Access

A program for primary care physicians and clinicians in Kansas through a telehealth network

ISSUE 7 | SPRING 2022

MEET Nandhini Sehar, M.D.

I'm an international medical graduate from India and I graduated from residency at the University of Kansas School of Medicine-Wichita. I'm married to Suren, an engineer who moved from California to be with me. We currently live in Garden City, Kansas, and I enjoy being a primary care pediatrician. My favorite thing about pediatrics is my patients. I enjoy interacting with them, helping them feel better and providing education to their family members. I enjoy cooking and spending time with my family. KSKidsMAP has helped empower me to provide care to adolescents who do not otherwise have access to mental health services. Being a primary care doctor can sometimes be daunting when the issues at hand are more complex and need a specialist opinion. However, with access to qualified professionals, I am able to use their guidance to tailor treatment options to the patient and provide that treatment right here in our community.



TeleECHO sessions take place at **noon** the **first** and **third Tuesdays** of each month via Zoom.

Upcoming TeleECHO sessions:
May 3 and 17:

Two-part series on PANs/PANDAs

June 7:

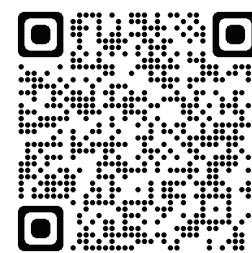
Bipolar disorder

June 21:

Wrap-up

July 19, Aug. 2 and Aug. 16:

Three-part series on eating disorders and the role of the PCP



Don't miss your chance to become part of the network.

ENROLL NOW!



CASE SUMMARY

KSKidsMAP Consultation Line was contacted by an enrolled family medicine physician with concerns about an elementary-aged patient who was exhibiting symptoms of ADHD. Through a careful clinical interview, information was gathered from school and parents. Parents indicate a family history of ADHD. The Vanderbilt Rating Scale from parents and teachers provided some support for ADHD, as did observation of the child in school and home settings.

The KSKidsMAP Pediatric Mental Health Team recommended the physician incorporate the data from school and home to assess the big picture of the patient's symptoms. ADHD symptoms may appear differently depending on the setting but combined may meet criteria for an ADHD diagnosis. Continued monitoring for sleep concerns, potential learning disabilities and potential anxiety disorder could indicate a differential diagnosis. First-line treatment for ADHD is stimulant medication. In younger children, methylphenidate is easier tolerated. Consider starting a low dose (5 mg) in the morning and again at lunch; if symptoms persist, considerations could be made for increasing dosage or switching to an extended-release stimulant. Behavioral therapy could help parents and family implement behavioral management strategies. ADHD and parent resources were attached to share with the family.

ADHD Fact Sheet

ADHD Medication Guide

ADHD Medication Chart for Physicians/Clinicians

We currently have over 200 physicians
and clinicians enrolled in KSKidsMAP,
reaching our program goal 15 months early!

Thank you KSKidsMAP Network!

KSKidsMAP promo video

KSKidsMAP enrollment

**We listened to
your feedback!**

Case consultations
are now more
streamlined, including
separate links to each
recommended resource.

For more information about KSKidsMAP, visit wichita.kumc.edu/KSKidsMAP, email KSKidsMAP@kumc.edu
or call **1-800-332-6262**.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2,134,666 with 20% financed with non-governmental sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, HRSA, HHS or the U.S. Government.