

# 4th Southern African Multidisciplinary ADHD Virtual Congress

Programme (subject to change)

[www.adhdcongress.co.za](http://www.adhdcongress.co.za)

## WEDNESDAY 30 AUGUST 2023

### 14:00 - 16:10 SCIENTIFIC SESSION 1: 1st 1000 days

Chair: Lesley Carew

|               |   |                       |
|---------------|---|-----------------------|
| 14:00 - 14:10 | Official Welcome and Opening  | Armand Bam            |
| 14:10 - 14:15 | Introduction of speakers  | Lesley Carew          |
| 14:15 - 14:50 | The First 1000 days: considering early behavioural dysregulation in clinical settings | Mary Margaret Gleason |
| 14:50 - 14:55 | Q & A   |                       |
| 14:55 - 15:30 | Infant Mental Health: predictors of ADHD  | Kedi Motingoe         |
| 15:30 - 15:35 | Q & A   |                       |
| 15:35 - 16:05 | Prem/low birth weight infants with hyperactivity                                      | Nerica Ramsundhar     |
| 16:05 - 16:10 | Q & A   |                       |

### 16:10 - 16:35 Comfort Break / News from the sponsors

### 16:35 - 18:00 SCIENTIFIC SESSION 2: 1st 1000 days

Chair: Kedi Motingoe

|               |  |                     |
|---------------|--|---------------------|
| 16:35 - 16:40 | Introduction of speakers                                   | Kedi Motingoe       |
| 16:40 - 17:15 | Toddlers on the spectrum                                   | Michele van Niekerk |
| 17:15 - 17:20 | Q & A  |                     |
| 17:20 - 17:55 | ADHD in Preschool children in a Low Socio-economic setting | Helen Clark         |
| 17:55 - 18:00 | Q & A  |                     |

## THURSDAY 31 AUGUST 2023

### 08:00 - 09:00 ACINO SWISS SYMPOSIUM

Chair: Rochester Shen

|  |                         |                                 |
|--|-------------------------|---------------------------------|
|  | Introduction of speaker | Rochester Shen                  |
|  | Resilience in ADHD      | Jan Buitelaar (The Netherlands) |

### 14:00 - 16:05 SCIENTIFIC SESSION 3: Education

Chair: Gail Scher

|               |  |               |
|---------------|--|---------------|
| 14:00 - 14:05 | Introduction of speakers                             | Gail Scher    |
| 14:05 - 14:40 | Inclusive education: the pros, the cons, and the law | Jean Fourie   |
| 14:40 - 14:45 | Q & A  |               |
| 14:45 - 15:20 | Concessions: is it indicated for ADHD?               | Gina Rencken  |
| 15:20 - 15:25 | Q & A  |               |
| 15:25 - 16:00 | A success story: catering for neurodiverse children  | Henk Arangies |
| 16:00 - 16:05 | Q & A  |               |

### 16:05 - 16:30 Comfort Break / News from the sponsors

### 16:30 - 17:55 SCIENTIFIC SESSION 4: New developments

Chair: Frans Korb

|               |   |                     |
|---------------|---|---------------------|
| 16:30 - 16:35 | Introduction of speakers                                      | Frans Korb          |
| 16:35 - 17:10 | Gaming addiction in ADHD: management and treatment            | Hugo Theron         |
| 17:10 - 17:15 | Q & A   |                     |
| 17:15 - 17:50 | Marrying the dimensional versus categorical approach: the ICF | Sven Bölte (Sweden) |
| 17:50 - 17:55 | Q & A   |                     |

## FRIDAY 1 SEPTEMBER 2023

### 08:00 - 09:00 PHARMA DYNAMICS SYMPOSIUM

**Chair: Eva Minkov**

|  |                 |
|--|-----------------|
| Introduction of speaker  | Eva Minkov      |
| Tracto app: Empowering caregivers to support paediatric outcomes | Karla Pretorius |

### 14:00 - 16:05 SCIENTIFIC SESSION 5: Hot topics

**Chair: Sebo Seape**

|               |   |                             |
|---------------|---|-----------------------------|
| 14:00 - 14:05 | Introduction of speakers                    | Sebo Seape                  |
| 14:05 - 14:40 | The brain-gut axis in ADHD                  | Suntheren Pillay            |
| 14:40 - 14:45 | Q & A                                       |                             |
| 14:45 - 15:20 | Is it ADHD or early cognitive decline?      | Jane Indergaard (USA)       |
| 15:20 - 15:25 | Q & A                                       |                             |
| 15:25 - 16:00 | Culturally appropriate evaluations for ADHD | Kwabena Kusi-Mensah (Ghana) |
| 16:00 - 16:05 | Q & A                                       |                             |

**16:05 - 16:30 Comfort Break / News from the sponsors**

### 16:30 - 17:55 SCIENTIFIC SESSION 6: Psychopharmacology

**Chair: Suntheren Pillay**

|               |  |                  |
|---------------|--|------------------|
| 16:30 - 16:35 | Introduction of speakers                 | Suntheren Pillay |
| 16:35 - 17:10 | An update on Psychopharmacology for ADHD | Greg Mattingly   |
| 17:10 - 17:15 | Q & A                                    |                  |
| 17:15 - 17:50 | An update on drug interactions in ADHD   | Eric Decloedt    |
| 17:50 - 17:55 | Q & A                                    |                  |

## SATURDAY 2 SEPTEMBER 2023

### 08:30 - 09:30 DR REDDY'S SYMPOSIUM

**Chair: Kiolan Naidoo**

|   |               |
|---|---------------|
| Introduction of speaker   | Kiolan Naidoo |
| The role of combination therapy in ADHD - stimulant and non-stimulant | Fanie Meyer   |

**09:30 - 10:00 Comfort Break / News from the sponsors**

### 10:00 - 11:25 SCIENTIFIC SESSION 7: Hot topics

**Chair: Nerica Ramsundhar**

|               |                                |                           |
|---------------|--------------------------------|---------------------------|
| 10:00 - 10:05 | Introduction of speakers       | Nerica Ramsundhar         |
| 10:05 - 10:40 | Not so smart "smartdrugs"      | David Coghill (Australia) |
| 10:40 - 10:45 | Q & A                          |                           |
| 10:45 - 11:20 | Let's talk about sex (in ADHD) | Karen Vukovic             |
| 11:20 - 11:25 | Q & A                          |                           |

**11:25 - 12:00 Comfort Break / News from the sponsors**

### 12:00 - 13:25 SCIENTIFIC SESSION 8: New developments

**Chair: Renata Schoeman**

|               |   |                       |
|---------------|---|-----------------------|
| 12:00 - 12:05 | Introduction of speakers                      | Renata Schoeman       |
| 12:05 - 12:40 | The use of outcome based measures             | Stephen Faraone (USA) |
| 12:40 - 12:45 | Q & A   |                       |
| 12:45 - 13:20 | ADHD and screentime: the chicken or the egg   | Brendan Belsham       |
| 13:20 - 13:25 | Q & A   |                       |
| 13:25 - 14:00 | <b>Comfort Break / News from the sponsors</b> |                       |

|                      |  |                                    |
|----------------------|--|------------------------------------|
| <b>14:00 - 16:25</b> | <b>SCIENTIFIC SESSION 9: PARALLEL SESSIONS</b>   |                                    |
|                      | <b>SESSION 9.1: Occupational therapy</b>   |                                    |
|                      | <b>Chair: Gina Rencken</b>   |                                    |
| 14:00 - 14:05        | Introduction of speakers   | Gina Rencken                       |
| 14:05 - 14:35        | ADHD in infancy and toddlerhood - navigating early intervention, developmental strenghts and challenges through sensory integraton and family intervention | Emma Wijnberg                      |
| 14:35 - 15:05        | Sensory integration in ADHD  | Riekert Swart                      |
| 15:05 - 15:35        | Praxis, executive functioning, and the school-aged child with ADHD   | Elize Janse van Rensburg           |
| 15:35 - 16:05        | Navigating adult occupations: support and intervention for people with ADHD  | Ray Anne Cook                      |
| 16:05 - 16:25        | Discussion   |                                    |
|                      | <b>SESSION 9.2: Alternative interventions</b>  |                                    |
|                      | <b>Chair: Jannie van der Westhuizen</b>  |                                    |
| 14:00 - 14:05        | Introduction of speakers   | Jannie van der Westhuizen          |
| 14:05 - 14:35        | The "herbal" route: CAMs and ADHD  | Renata Schoeman                    |
| 14:35 - 15:05        | The "fungal" route: psilocybin and ADHD  | Lesley Carew                       |
| 15:05 - 15:35        | Play and the social brain in ADHD  | Adri van der Walt                  |
| 15:35 - 16:05        | Virtual reality therapy  | Anita Marinescu-Constantin (UK)    |
| 16:05 - 16:25        | Discussion   |                                    |
|                      | <b>SESSION 9.3: Exercise and diet</b>  |                                    |
|                      | <b>Chair: Bonginkozi Mafuze</b>  |                                    |
| 14:00 - 14:05        | Introduction of speakers   | Bonginkosi Mafuze                  |
| 14:05 - 14:35        | Children with diabetes type 1 and the problems that arise when ADHD is not identified  | Elizabeth Fernell (Sweden)         |
| 14:35 - 15:05        | Obesity and ADHD   | Andre Venter                       |
| 15:05 - 15:35        | Eating disorders, ADHD and diet  | Tanya Huber                        |
| 15:35 - 16:05        | Exercise in the management of ADHD   | James Burger                       |
| 16:05 - 16:25        | Discussion   |                                    |
|                      | <b>SESSION 9.4: Psychosocial interventions</b>   |                                    |
|                      | <b>Chair: Anton Kruger</b>   |                                    |
| 14:00 - 14:05        | Introduction of speakers   | Anton Kruger                       |
| 14:05 - 14:35        | Coaching for ADHD  | Adela Baker (USA)                  |
| 14:35 - 15:05        | Parental support in ADHD   | Karla Pretorius                    |
| 15:05 - 15:35        | The influence of ADHD on relationships   | Melane van Zyl                     |
| 15:35 - 16:05        | Living with ADHD   | Margaux Joffe (USA)                |
| 16:05 - 16:25        | Discussion   |                                    |
| 16:25 - 17:00        | <b>Comfort Break / News from the sponsors</b>  |                                    |
| <b>17:00 - 19:00</b> | <b>SESSION 10 - ETHICS, PRIZES, ENTERTAINMENT and CLOSING</b>  |                                    |
|                      | <b>Chair: Renata Schoeman</b>  |                                    |
| 17:00 - 17:15        | Goldilocks and The Bear Foundation   | Miché Moodley, Marguerette Osborne |
| 17:15 - 18:00        | The utility and ethics of genetic testing in ADHD  | Chris Verster                      |
| 18:00 - 18:40        | Entertainment - Trans Africa Safaris   | Jennifer Paterson                  |
| 18:40 - 19:00        | Prizes and Closing   | Renata Schoeman                    |