

### **ADD/ADHD: What parents should expect from our Practice**

We are here for you. We understand the stresses placed on parents while managing a child and the many forms and communications needed to help manage their care related to ADD/ADHD. Understanding that ALL parents are busy parents, we have created the following guideline to help you help us manage your child's needs.

The following list is created to assist you and help you understand what you can expect from us, the office visit and other communications to make things more predictable and less stressful for you.

1. Before the initial evaluation, we expect to have the parent and teacher ADD/ADHD questionnaires (NICHQ/Vanderbilt Rating Scales) a week prior to the visit. This allows your provider to properly review these forms and anticipate your child's needs. These forms are usually required twice annually (one month after the new school year starts and another set one month before the school year ends).
2. In addition to the above forms, if your child has been evaluated before, it would be helpful to have a copy of the medication list, previous pertinent office visits from prior pediatricians or specialist (neurologist, psychiatrist, etc.), any other school related forms such as an IEP, and a Psycho-educational from a psychologist, if available.
3. Appointments are typically scheduled for 30 minutes. Short and long-term objectives will be discussed at these appointments along with potential medication side effects you should be aware of.
4. If the diagnosis is not clear cut or we suspect or discover problems that may affect or complicate treatment, we may recommend a referral to a cardiologist (heart defects), neurologist (seizures, tremors), ENT (obstructive sleep apnea), child psychiatrist or a behavioral specialist.
5. After new medications are prescribed, we request that parents/caregiver call our office to let us know how things are going. We always require an office visit with a provider for a physical assessment within one month of starting new medication.
6. Once a child is stable and the child is getting OPTIMUM treatment without significant side effects, we recommend a follow-up every three months. In addition to the 3 month follow-up visits, it is also recommended that these children have an annual well-check appointment as recommended by the American Academy of Pediatrics schedule.
7. It is recommended that you schedule follow-up visits upon check-out. This will allow us to better work with your schedule. Please keep in mind the amount of medication your child has on hand, in mind if you no-show or reschedule an appointment as your child may run out of medication. Because of the complexity and side effect associated with ADD/ADHD medications, it may be possible that your appointment delay will result in a delay of medication refills.
8. Please call us 5-7 days prior to your child's medication runs out to request refills. We prefer that your regular provider writes the prescription refill since he/she know your child best. Even though other providers may authorize refills in their absence, it may take additional time for them to review your child's record before making the medication refill.
9. It is highly recommended that a parent/caregiver that is most responsible for the child be available during these visits to have a more complete and thorough visit.
10. ADD/ADHD medications are controlled substances. Because of this, we are not authorized to call in or e-prescribe these medications. Parents/legal guardians must pick up these prescriptions at our office. Please be prepared to show proper photo identification in order to receive the prescription.
11. If you have an appointment scheduled and you have additional concerns, please contact our ADD/ADHD coordinator to discuss your concerns as they may affect the amount of time needed for your child's appointment.