



ADD/ADHD Follow-Up Rules

Attention Deficit Disorder (with or without Hyperactivity) is present in about 10 % of school age children. In many it is mild enough that with educational and psychological support there is no need for taking medicine. However, for those students requiring this to help manage their symptoms there are guidelines to use as basis for treatment options. The American Academy of Pediatrics (AAP) has made theirs available at <http://aappolicy.aappublications.org/cgi/content/full/pediatrics;108/4/1033>

The American Academy of Child and Adolescent Psychiatry (AACAP) has a slightly older guideline available at http://www.aacap.org/cs/root/member_information/practice_information/practice_parameters/practice_parameters.

Both guidelines provide suggestions on frequency of visits. The AAP recommends visits every 3 to 6 months. In addition to regularly scheduled medication visits it remains important to have a yearly physical exam, which is separate from a medication visit.

Our Doctors use the guidelines in their practice style and use the following general rules for diagnosis and management of ADD/ADHD patients.

1. The diagnosis of ADD/ADHD is made in a comprehensive manner that may need more than one office visit and include the gathering of information from parents, teachers, and the older patient as appropriate. Additional testing for educational and psychological problems may be needed to complete the evaluation.
2. The decision to use medication must include a discussion of benefits and risks and needs the agreement of all parties. Use of medication may require cooperation with psychologists and/or the educational people involved.
3. Follow-up visits must be made and kept or further medication will not be given. The frequency of these visits will depend on the individual patient. The least you should expect is 1-2 medicine checks and 1 well care visit yearly.
4. Refill requests for medication should be called to the office at least one week before they are needed. Our doctors suggest putting one week's worth of pills into a separate bottle. When the main bottle is empty it is time to call.
5. While telephone management can be helpful for simple problems, if the concern is likely to require more than ten minutes, an office visit should be scheduled.
6. Always bring the child's report card and any additional parent or teacher evaluation forms to the follow-up visit.
7. As this is a chronic disease with many pitfalls, it is best treated and supported with the guidance of one doctor. We ask that you plan all care for ADD/ADHD in this manner.