



"Specialist Care for Every Child"

**CHILD AND ADOLESCENT CLINIC**  
**www.CandAC.com**

**Evaluation of a Child  
With Attention, Learning, or Behavior Problems**

**Instructions to Parents**

Dear Parent:

You have expressed an interest in having your child evaluated for a possible attention, behavior, or learning problem. As your Pediatricians, we will evaluate any medical basis for your child's problem and explore all the emotional, behavioral, and learning aspects. At the end of this evaluation, we may refer your child for additional consultations from a Child Neurologist, Child Psychologist, or Child Psychiatrist. Even though we have included information regarding Attention Deficit Disorder, it is not automatically assumed that this is your child's diagnosis. Neither is it assumed that your child will require medication or counseling. The evaluation process is complex because there are many reasons for behavior and school difficulties.

**Initial Visits**

*There are **two initial visits** spaced a few weeks apart. They must be made with the same doctor. The receptionist will give you the dates and times of both visits when you schedule the initial evaluation.*

**Visit 1:** The first visit is to get a general idea of the problem and to do a complete physical and neurological exam. During this exam, we will look for possible physical conditions of the brain and nerves plus other health problems that may be interfering with your child's progress. Special lab tests are ordered only if needed.

During the evaluation, the doctor will review three forms that should be filled out by you before coming in for this appointment:

1. Patient's Health and Behavioral History
2. Expanded Childhood History
3. Initial Assessment Form – Parent

*At this first visit, you will be given some other forms for you to take to the school:*

1. **Health Care Information Form.** Take this directly to the school office. You sign it. It gives the school permission to send us copies of your child's grades, achievement tests, intelligence tests, IEP, and behavior records.
2. **Initial Assessment Form - School.** Give this form to one or more of your child's teachers. They fill this out. You bring it back to us in time for the second visit.

**Doctor Review:** After your doctor has received all the school reports, report cards, school testing, Teacher Assessment forms, and the Expanded History form that you have completed, he/she will review them between **Visit 1** and **Visit 2** and make the most accurate diagnosis and the most helpful treatment plan for your child. If we do not have all of the information forms from the schools and you, we will have to reschedule **Visit 2**. Be sure these records get to us in time. We cannot make any decision without them. If the visit must be postponed, it will be rescheduled as soon as the information is received and reviewed by your doctor.

**Visit 2:** Based on the findings from our initial exam and the completed forms, we will talk about your child's diagnosis and recommend a treatment plan. The plan may include medication, counseling, or educational change.

Each of these visits is long. If you cannot keep the appointment, please call the day before to cancel it. We will try to reschedule within a month.

It is best if both parents can be at these first two visits. Brothers and sisters, however, should not come to these visits.

### **Medication Review Appointments**

If we prescribe medication to your child, we must see him/her often until the medication dose has changed the behavior and causes only side effects that you can live with. After the medication dose is set, we will see your child every 3 months. These are *Medication Review Appointments*. We will see how the medication is working and look at side effects. These medication review appointments are not for counseling. If your child has problems with behavior or learning between the times of the medication review appointments, please make an appointment to be seen sooner.

At the end of each review visit, you will be given a list of things to do before the next visit. You will be asked to get reports from your child's teacher and counselor, to bring the last report card, and to fill out a behavior rating scale. All these things are very helpful in assessing how well your child is progressing.

You will be given separate prescriptions to be filled each month until your next appointment. If the prescriptions or the medications are lost, you must first make an appointment so we can talk. A note is put in your child's chart on how the medication was lost. The medications used for ADHD are controlled substances. We are required to handle lost prescriptions in this manner because of the concern of stolen or sold prescriptions. We cannot prescribe medications for ADHD without seeing the patient for an appointment.