



Your Partners in Pediatric & Adolescent Care!

**PEDIATRIC PARTNERS**

An Affiliate of Children's Mercy

# ADHD Management

ADHD management is best done with behavioral management for preschoolers and behavioral management with medication for those school aged and beyond. Not treating symptoms effectively increases lifetime risks. Work with your school to see if an IEP or 504 Plan is possible. Please give us a copy each time these plans change. Information about these support plans are found under the Resources section below.

## What to expect with ADHD management visits

- Guidelines recommend visits for ADHD management initially at least once a month, then every 3 months when stable on stimulant medications. This quarterly visit is recommended even when things are going well or you still have medication left. It is important that we see patients regularly to monitor for side effects and effectiveness of medications. When we do not see people regularly, it is easy for optimal control of symptoms to be lost.
- We recommend that you schedule your next ADHD management visit before you leave your appointment. If you are unable to schedule at that time, please call ASAP - spots fill quickly! If you decide to wait to schedule and there are no appointment slots available, medication will not be prescribed until you are seen. This may cause a gap in your child's treatment.
- Well visits cannot count as medication checks. They may seem similar, but have very different workflows and requirements. Insurance does not cover both when done at the same time and doubling up does not allow sufficient time to discuss anything in detail.
- It is helpful to have parents and teachers complete Vanderbilt surveys for each follow up visit, especially when there is a new medication or changes are being made.
  - The parent Vanderbilt will be done during the visit check in through Phreesia. (Teens can fill this in if the parent is not sure of the answers.)
  - Teachers can fill out a similar form (see QR code) and return the form by email ([office@pediatricpartnerskc.com](mailto:office@pediatricpartnerskc.com)) or fax (913-888-1277).
- Once stable on a medication and weight gain is appropriate, telehealth visits may be considered for some visits if approved by the treating pediatrician. These can only be done if the patient is in Kansas due to telehealth laws.
- Out of state college students may benefit from seeing a prescriber on or close to campus.



## Resources

See our website for much more about our office management of ADHD and links to other helpful resources:

<https://pediatricpartnerskc.com/Education/Behavior,-Parenting-and-Discipline/INFORMATION-ON-ADHD-START-HERE!>



## What to know about prescriptions

- We will give enough prescriptions to cover until your next visit unless otherwise specifically discussed at your visit. No additional refills will be given until your next visit.
- If a medication is not available at a pharmacy, call to ask us to send a new prescription to another location. We can void the prescription previously sent and send an electronic prescription to another pharmacy after you verify that it is available at that location.
- If medications will be needed at school, a medication note will be required.
- Know your insurance formulary. If a new medication may be needed, bring your formulary to the appointment. If a prior authorization is required, there may be a charge.
- **Stimulant medications** (methylphenidate, dexamethylphenidate, mixed amphetamine salts, lisdexamfetamine) are controlled substances because they can be used inappropriately without a prescription. Prescription use can be done safely with routine follow up visits.
  - We cannot put refills on these but we can send up to 3 prescriptions to fill about once a month.
  - When you call the pharmacy to request the next refill, do NOT ask for a refill. There are no refills allowed on controlled substances and pharmacists tend to just say there are no refills. Ask to fill the next prescription.
  - There is a minimum interval between times you can fill. Ask your pharmacist when the earliest date you can fill next is and put it on your calendar to call that day to ask for your next fill - sometimes they are out of stock and it will take time to order it in. Do NOT wait until your bottle is out. PUT A REMINDER IN YOUR CALENDAR!
  - If you miss appointments, it may not be possible for your physician to send in a prescription for a stimulant. The pharmacist cannot fill a prescription for a stimulant that is over 6 months old, so do not plan to fill an older prescription instead of following up at a recommended appointment.
- **Non-stimulant medications** are not controlled substances. They allow for 90 day prescriptions or refills. Once a type and strength of medication is found to be working well, a medication management visit will be done every 3-6 months. At this visit we will discuss how the medication is working, identify any side effects, and make adjustments as needed.
- **We do not refill medications when requested by the pharmacy.** Their systems automatically request prescriptions based on the last fill date, not necessarily when people request them. If you need medication and have a plan with your physician to send a prescription outside of an office visit, please message through the portal or call the office.
- We do not send in a refill because an appointment was missed or has not been scheduled. It is your responsibility to schedule (and re-schedule) appropriately.