



Carolinan HealthCare System

University Pediatrics – ADHD Policy

ADHD is both a neurological and a psychological disease requiring therapies, school interventions, resources for parent and patients, and often medications. University Pediatrics is dedicated to provide the best care for your child in their evaluation and possible treatment of ADHD.

- 1) New patients with concerns of ADHD must have had a Well Child Visit in the past year and will need to complete the Vanderbilt forms for both parents and teachers. The Vanderbilt forms are to be turned in to the physician for review. The clinical assistant will call with the results of the analysis and schedule a Problem Visit appointment if indicated.
- 2) At the Problem Visit appointment, the Vanderbilt forms will be reviewed, educational packets will be given and the option of medication as a 1-month trial may be offered. If medication is given, the Vanderbilt follow-up forms will be given to complete 3 weeks into the medication trial. Follow-up forms must be turned back in at the Problem Visit scheduled the month after the medication trial period.
- 3) Information regarding a patient's insurance coverage of medication is not typically available to the physician and will likely be something the parent will have to determine before filling the medication. 30 days, 90 days, mail-in, generic or name brand are all good questions to ask the insurance company. It is recommended that parents research different medication options available to determine the options covered by insurance.
- 4) After the 1-month medication trial period, a follow-up Problem Visit will be scheduled. During this visit, the Vanderbilt follow-up forms will be reviewed, and the physician may adjust medications accordingly.
- 5) Report cards, teacher's comments, psychological reports (if available) should be brought to each Problem Visit when applicable.
- 6) After your child's ADHD is stable, visits may stretch to every 6 months. These ADHD check-ins' may occur during Well Child Visits but may accrue additional insurance charges during billing.
- 7) Any change in dose or type of medication will likely require additional Vanderbilt forms and visits.
- 8) Refills will not be filled if there has not been a visit discussing ADHD in 6 months or more.

Thank you for helping our team at University Pediatrics provide the best care for your child. Together we can manage their ADHD!