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Dear Parent,

Thank you for entrusting the care of your child with the pediatricians at Pediatric Associates. In order to provide optimal care for your child's medical and emotional needs, we follow a comprehensive process for evaluation and management of Attention Deficit-Hyperactivity Disorder (ADHD).

### **Initial visit for evaluation**

The initial visit for evaluation for ADHD requires extensive review of symptoms in multiple environments including both, school and home as well as discussion regarding impact of these symptoms on academic and social performance. This comprehensive evaluation can take up to an hour. To make an accurate diagnosis, the physician will need to review Vanderbilt Assessment scales from a parent and a teacher. These forms can be downloaded from our website at [kidzdoc.com](http://kidzdoc.com) under the For Parents tab in the section labeled ADHD or obtained from our office. Please bring a completed form from both a parent and a teacher to your child's evaluation.

Frequently the diagnosis of ADHD can be made at this initial visit and options for management can be discussed. If you and your child's physician decide that medication is the right treatment for your child, the physician can start prescribing medication on the day of the visit. For more complex situations when the diagnosis of ADHD is not confirmed or there are complicating factors such as a suspected mood disorder or learning disability, further evaluation with a psychologist may be recommended prior to initiation of treatment.

### **Follow-up visits for monitoring**

If your child's physician decides it is appropriate to treat your child with medication, your child will need to be seen in the office once a month until the medication and dosing regimen is optimized. It often takes more than one try to find the best medication and best dose of medication for each individual child as one size does not fit all for management of ADHD. During this period of time the medication prescription will be sent to your child's pharmacy each month after he/she is seen for follow-up in the office.

Once you and your child's physician feel the dose of medication is optimal and no further changes are made, the physician will send medication prescription to the pharmacy to last for 3 months. Federal law prevents putting refills on prescriptions for ADHD medications and limits prescriptions to no more than 3 months at a time. Your child's physician will determine the appropriate timing for follow-up visits at this point in the process.

### **Annual checkups and ADHD**

National guidelines recommend more frequent monitoring of medications for ADHD than once a year for an annual checkup. When your child is due for his/her annual checkup, your physician may decide to combine the checkup visit with an ADHD follow-up visit if your child is due for follow-up. These are two different services that are billed to your insurance as separate visit types. If you normally have a copay with ADHD follow-up visits, your insurance will require you to pay a copay for the ADHD portion of this combined visit as well.

For additional information regarding ADHD, please visit the For Parents section of our website at [kidzdoc.com](http://kidzdoc.com).

Sincerely,

The Physicians of Pediatric Associates

[www.kidzdoc.com](http://www.kidzdoc.com)

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