

# Televero Health

## Adult, Adolescent, and Child ADHD Guidelines

### Adult Attention Deficit Hyperactivity Disorder (ADHD) for Stimulant Prescribing

If you currently have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and are on stimulant medications or if you are seeking stimulants, please review and complete our checklist so you will know what to expect as part of our evaluation, treatment approach, and prescribing guidelines

1. Are you currently on ADHD Medications? Yes  No
2. Were you diagnosed with ADHD prior to the Age of 12? Yes  No
3. Do you have documentation from school, your pediatrician, psychological testing, a psychiatrist, or your primary care physician of ADHD diagnosis? Yes  No
4. Are you willing to take our diagnostic tests and accept our clinical assessment as the information we will use for confirming the diagnosis? Yes  No
5. If there remain questions about your diagnosis, are you willing to get psychological testing to confirm your diagnosis? Yes  No

If you answered **Yes to question 1** we will prescribe stimulants medication for 30 days while we verify your diagnosis, complete any needed work-up, and determine with you the appropriateness of our continuing your prescriptions. We will jointly decide, if we can continue to prescribe by following these steps .

You can expect our treatment approach for all ADHD patients to follow these steps:

1. We will take some time to decide if you need a prescription. In general, we do not prescribe ADHD medications on the first visit unless you are currently taking a stimulant  
The reasons for this are:
  - We want time to get to know you and develop a good working relationship
  - We need time to review your medical records and other documentation
  - As medically indicated, we also may require some medical testing or labs including an EKG, an initial and/or follow up Urine Drug Screen, and as if

needed seek an approval from your primary care physician that it is medically safe to prescribe stimulants.

2. Our clinical approach is to begin by offering behavioral interventions and/or recommending psychotherapy for the treatment of ADHD
3. If you are newly diagnosed with ADHD, and need medications, we will begin by prescribing non-stimulants for ADHD and progress to stimulant, if needed
1. If you have been on a stimulant that works for you, or if we suggest a change to your stimulant, we will also want to take over prescribing **ALL** of your psychiatric medications.
2. A minimum , a monthly appointments is required. This may change over time as needed to an appointment every two months.
3. Occasional urine drug screens may be required to prevent abuse and minimize the risk of addiction

## Child/Adolescent Attention Deficit Hyperactivity Disorder (ADHD) for Stimulant Prescribing

If your child/adolescent currently has a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and/or is currently on stimulant medications or if you are seeking stimulants, please review and complete our checklist so you will know what to expect as part of our evaluation, treatment approach, and prescribing guidelines

1. Is your child/adolescent currently on stimulants? Yes  No
2. Was your child/adolescent diagnosed with ADHD prior to the age of 12? Yes  No
3. Do you have documentation from school, a pediatrician, psychological testing, or a psychiatrist, of the ADHD diagnosis? Yes  No
4. Are you willing to take our diagnostic tests along with our clinical assessment as the information we will use for confirming the diagnosis? Yes  No
5. If we still have questions about your diagnosis, are you willing to get psychological testing to confirm the diagnosis? Yes  No

If you answered **Yes to Question 1** (are currently on stimulant medications) we will be able to prescribe a stimulant medication for your child/adolescent for 30 days while we verify your diagnosis and the appropriateness of our continuing your prescriptions. We will jointly decide, if we can continue to prescribe ongoing stimulant medication by following the steps as listed below.

You can expect our treatment approach for all ADHD patients to follow these steps:

1. We will take some time to decide if your child/adolescent need a prescription. In general, we do not prescribe ADHD medications on the first visit unless your child/adolescent is currently taking a stimulant

The reasons for this are:

- We will want to get to know your child/adolescent and the parent/guardian and develop an understanding of what a good working relationship looks like
- We will need time to review your child/adolescent medical records and other documentation
- As medically indicated, we may require some additional testing or labs which may include an EKG, an initial and/or follow up Urine Drug Screen, and as needed, approval from your pediatrician that our prescribing a stimulant is medically safe.

2. Our clinical approach, if your child/adolescent has a new ADHD diagnosis is to begin by offering behavioral interventions and/or psychotherapy
3. If your child / adolescent is newly diagnosed with ADHD, and needs medication, we will begin by prescribing non-stimulants for ADHD and progress to a stimulant, if needed.
4. If your child/adolescent is on a stimulant that works, we will want to take over prescribing the stimulant and **ALL** other psychiatric medications.
5. At a minimum, a monthly appointment is required for ongoing care. This may change, over time, to an appointment every two months
6. Occasional urine drug screens may be required