

## ADD/ADHD Management Plan

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Evidence suggests children with ADHD who are closely managed have better long-term outcomes. This relies on communication among all involved in your child's day.

### Treatment

Medication: \_\_\_\_\_

Schedule: \_\_\_\_\_

- Please call our office if your child is experiencing side effects such as: persistent decrease in appetite, headache, nausea, mood or personality changes.
- Ensure your child eats a good breakfast before taking medication (the medication may decrease your child's appetite later in the day)
- Maintain healthy diet and choices (DHA, Omega-3 in olive oil & salmon/tuna, fruits/vegetables, calcium, etc.)
- Maintain good sleeping habits (sleep hygiene discussion)
- Maintain regular exercise (at least one hour of activity daily)
- Limit and monitor Recreational Screen time

**Behavior Therapy Recommendations:** Families tend to function better when they make an effort to work as a team to manage common challenging behaviors associated with ADD Behavioral Therapy guides parents and caregivers on behavior management techniques to assist your child at home, school and in social settings. Enclosed are instructions for parent directed BT at home and phone numbers for local professionals to assist you as needed

Daily Home Report Card (DHRC): Reward System for Home and School (SCHOOL)

Task Analysis: Checklists/Visual /Clear Concise Directions Supports

Organizational Life Skills SCHOOL

School Counselor (inquire!) SCHOOL

Behavior Therapist: see referral list of local therapists

Licensed Professional Counselor: see referral list of local LPC specialists

Regular High Intensity Exercise

Self-Calming Skills

[www.chadd.org](http://www.chadd.org) Children and Adults with ADHD

<https://www.livesinthebalance.org/> Lives in the Balance -collaborative and proactive solutions

[www.understood.org](http://www.understood.org) Understood .org

**School**

- Consent on file to communicate and share relevant documents with medical team
- Referral for Special Education Services Evaluation ( Psychologist/IEP/504)
- Vanderbilt questionnaires from both parents and teachers are a vital part of the ADD/ADHD management (Forms are available on-line and at the nurse's office. We ask for feedback quarterly in school aged children on medication)

Thank you for helping us by having teachers complete these forms!

**Return Visits**

- Initial medication follow up in one month (Bring notebook/binder and Vanderbilt forms)
- Return every 3 months to review treatment plan, weight, height, blood pressure, and medication refills (Bring notebook/binder and Vanderbilt forms)
- Reassess/monitor for development of comorbid conditions

Please contact the office sooner if you are having problems.

**Permission to Share Documents and Verbally Communicate**

**School:** \_\_\_\_\_

**Primary Care Practice:** \_\_\_\_\_

**Parent:** \_\_\_\_\_

**Additional Instructions:** \_\_\_\_\_

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