

## **Attention Deficit Hyperactivity Disorder FAQ's**

### **If I am already in treatment for ADHD, can I fill my prescriptions at school?**

Your physician, or other provider who is currently prescribing your meds, can send a set of signed, hard copy prescriptions to our pharmacy, with a specific fill date on each one. The pharmacy will store them for you. Each month (or whenever a refill is authorized), you can request a refill and come to our pharmacy for convenient pick up. Any insurance copays can be charged to your Ubill by the pharmacy. Your physician may send the set of prescriptions to: Westlawn Pharmacy, 4189 Westlawn, Iowa City, IA 52242. These prescriptions cannot be called in or faxed to us- they must be signed and sent in the mail or delivered in person. Call our pharmacy at 319-335-9200 with any questions.

### **If I am already in treatment for ADHD, how do I transfer my treatment to the doctors at the Student Health Service?**

The first thing you need to do is have the records of both testing and treatment sent to us. To get records sent, you will need to contact the clinicians who treated and/or tested you. They will usually require you to fill out a release of information. Your provider will usually have these forms. If not, you can use ours, available at this link:

[http://studenthealth.uiowa.edu/sites/default/files/uploads/FormsandReports/All%20Students/CONSENT\\_TO\\_OBTAIN\\_INFORMATION.pdf](http://studenthealth.uiowa.edu/sites/default/files/uploads/FormsandReports/All%20Students/CONSENT_TO_OBTAIN_INFORMATION.pdf)

If you are being treated with medications, we must have records from your provider. This could be your family physician, a pediatrician, psychiatrist, nurse practitioner or a physician assistant.

Psychoeducational testing is performed by a clinical psychologist, so you will need a separate release of information form sent to them. If you were tested for ADHD, but never treated, then just have the records of testing sent. If you have your own copy of your testing you can provide that to us without going through your provider.

After allowing sufficient time for records to arrive in our clinic, call us at (319) 335-8394 to schedule an appointment. Treatment recommendations will be made after the first appointment.

### **I think I have ADD, but I have never been diagnosed before. Do you evaluate for ADD?**

You should first arrange to have an evaluation with a licensed clinical psychologist with experience in diagnosing and testing for attention deficit disorder and learning

disabilities. We do not do testing for ADHD/ADD at the Student Health Service. Resources available to students include:

- University Counseling Service (UCS):  
<http://www.uiowa.edu/ucs/psychoeval.shtml>
- University of Iowa Children's Hospital:  
<http://www.uichildrens.org/mentalhealth/>

The testing done for ADHD must comply with the guidelines set by the Student Disability Services. The guidelines can be found at the Student Disability Services website: <http://www.uiowa.edu/~sds/>

### **What is the approach to treatment of ADHD at the Student Health Service?**

ADHD is a disorder with a wide range of severity among patients. A diagnosis of the condition does not mean someone needs to be treated with medication. Multiple factors contribute to the problem. As a part of treatment of ADHD it is important to address these factors. Treatment can consist of multiple interventions including psychotherapy, study skills training, exercise, sleep hygiene, and nutrition. Prior to starting treatment, the previous records must be reviewed as part of the initial evaluation. The diagnosis of ADHD is a clinical diagnosis based on the current symptoms and the history of those symptoms. Psychologic testing assists in the diagnosis of ADHD. Testing can uncover learning disabilities, which are separate from ADHD, but can cause significant impairment. As a part of an evaluation of ADHD at the Student Health Service students must complete psychologic testing prior to starting treatment here. For purposes of treatment, testing completed in childhood may be adequate since it offers documentation of symptoms in childhood. If testing is needed for academic accommodations, testing needs to be completed within the last 3 years.

Academic difficulty is the most common problem associated with ADHD. As a part of the psychiatric evaluation, academic difficulties will be assessed. Factors such as class attendance, study skills, time spent on study, and test taking strategies will be considered. We agree with the general recommendation of spending 1-2 hours studying (outside of class time) per week, for every hour of credit a student is enrolled for.

### **Are there any policies about how stimulant medications are prescribed?**

Stimulant medications such as Adderall and Ritalin are considered controlled drugs by the US Drug Enforcement Agency (DEA). They are in a category of controlled drugs that cannot be called into a pharmacy. Each time a patient goes to the pharmacy, they must have a new signed prescription.

At the Student Health Service, we have some additional policies regarding prescriptions for stimulant medications:

- If you lose either the paper prescription, or the bottle of medication, we will not replace the lost medication. The next prescription will be provided when it is due (generally no earlier than one month after the last prescription was written).
- We may ask a patient to bring in their bottle of medication to determine a pill count. If the patient is unwilling to honor the request, we will not be able to provide further prescriptions for stimulant medications.

### **Do you have any links for information on ADHD/ADD?**

Here is a link to information about ADHD (the mental health section of our Health Answers page):

<http://studenthealth.uiowa.edu/category/health-answers/mental-health>

Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)

<http://www.chadd.org>

Here is a link to a screening tool for ADHD:

<http://www.hcp.med.harvard.edu/ncs/ftpdir/adhd/18%20Question%20ADHD-ASRS-v1-1.pdf>

### **Are there any other resources for University of Iowa students with ADHD?**

The office of Student Disability Services can provide help to students. If the level of symptoms leads to difficulties in academic success then the student may be eligible for accommodations. The office of Student Disability Services does require that testing be within the last 3 years. Here is the link to their website:

<http://www.uiowa.edu/~sds/>

The University Counseling Service can help a student who might benefit from short term counseling. Very often the stress of school can lead to academic difficulty, making the underlying problems with attention even worse. Information about the University Counseling Service can be found here:

<http://www.uiowa.edu/ucs/>