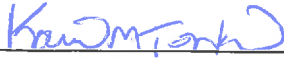


University of South Carolina

Psychiatric Services Department Manual
Originally Formulated By: Student Health Services
Revised by: Counseling & Psychiatry Services

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Counseling & Psychiatry Director



Psychiatry Department

Approved By:



Executive Director

PRACTICE GUIDELINE: TREATMENT OF ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD)

(This guideline is not intended to replace a clinician's judgment or establish a protocol for all patients).

I. PROTOCOL

Student Health Services does **not** provide psychological assessment/evaluation for the diagnosis of Attention Deficit Disorder (ADD) or Attention Deficit Hyperactive Disorder (ADHD). Student Health Services will not manage and/or prescribe stimulant medications for the treatment of ADD or ADHD without formal assessment/evaluation of a diagnosis of ADD or ADHD. Further, Student Health Services will only manage and/or prescribe stimulant medications for the treatment of ADD or ADHD with proper documentation of a history of ADD/ADHD diagnosis and treatment. The following procedures are established for all providers that treat and/or assess patients with ADD/ADHD. These procedures must be adhered to at all times unless extreme circumstances exist that would indicate otherwise. These extreme circumstances must be clearly documented in the patient's record and will be reviewed through SHS's normal Peer Review program.

II. GUIDELINES

Students are encouraged to continue obtaining stimulant medications for the treatment of ADD/ADHD from their current provider. However, Student Health Services may provide ADD/ADHD medication for students in coordination with their current provider.

Students who are seeking ADD or ADHD services must follow the established guidelines;

- A. Students who have no established formal assessment/evaluation for ADD/ADHD
 - a. Students will be referred to an outside neuropsychologist (or other appropriate providers) for formal assessment/evaluation.
 - b. The student must give consent from the provider for the documentation indicating his/her formal diagnosis to be release to the Counseling and Psychiatry (CAP) department. It is the student's responsibility to get a copy of the

- the assessment/evaluation report to CAP prior to their initial appointment if they want to seek on-campus treatment.
- c. When the documentation has been received and approved by the CAP department, the student will be contacted and scheduled for an intake with a provider.
 - d. No guarantee is made that the psychiatrist, nurse practitioner or physician assistant will prescribe the student's current medication or medication at all. The appointment is for an evaluation only.
 - e. If students are prescribed stimulants, a consent form must be signed indicating their understanding of SHS's policy regarding stimulant usage. See section IV of this policy.
- B. Students with Established diagnosis and treatment, currently being prescribed stimulant medication and wishing to transfer his/her care to CAP.
- a. In order to transfer care of ADD/ ADHD (i.e. prescription of stimulant medication) the student must submit information verifying the diagnosis and treatment of ADD/ADHD as well as a transfer of care form from the current prescribing physician. There must be evidence of assessment/evaluation within the last 5 years and the completed documents must be submitted to CAP.
 - b. When the documentation has been received and approved by the CAP department, the student will be contacted and scheduled for an intake with a provider.
 - c. No guarantee is made that the psychiatrist, nurse practitioner or physician assistant will prescribe the student's current medication or medication at all. The appointment is for an evaluation only.
 - d. If students are prescribed stimulants, a consent form must be signed indicating their understanding of SHS's policy regarding stimulant usage. See section IV of this policy.
- C. Students who have been diagnosed in the past with ADD/ADHD but are not currently being prescribed stimulant medication.
- a. In order to begin treatment of ADD/ ADHD (i.e. prescription of stimulant medication) the student will need to submit information verifying the diagnosis and past treatment of ADD/ADHD. The assessment/evaluation must be within 5 years of the current date and the completed documents must be submitted to CAP. If the assessment/evaluation is older than 5 years, the student may be referred out for additional assessment/evaluation.
 - b. When the documentation has been received and approved by the CAP department, the student will be contacted and scheduled for an intake with a provider.
 - c. No guarantee is made that the psychiatrist, nurse practitioner or physician assistant will prescribe the student's previous medication or medication at all. The appointment is for an evaluation.
 - d. If students are prescribed stimulants, a consent form must be signed indicating their understanding of SHS's policy regarding stimulant usage. See section IV of this policy.

III. ADDITIONAL REQUIREMENTS

1. An amphetamine/stimulant medication use contract is to be signed by the student and scanned into their chart noting the specific expectations for continued medication management. This will delineate potential outcomes due to any deviations by the student from the contract.
2. All students receiving amphetamine/stimulant medications through the USC Student Health Service may be required to attend psycho-educational groups run by the campus counseling center in order to learn skills that will help them ameliorate their symptoms. The number of sessions, and their frequency, are to be determined by the prescribing physician.

IV. STIMULANT MEDICATION POLICY

1. Stimulant medications are frequently prescribed to treat ADD/ADHD. For many students they are highly effective. However, they are not without their risks. They are a controlled substance and carry an abuse potential. This abuse potential can lead to diversion which has been seen on college campuses especially around exam times. Other students use these drugs recreationally. In an attempt to balance the important benefits stimulants can have for students with ADD/ADHD and to protect against abuse and diversion, the following policy has been created. Students will be asked to read, adhere to, and sign the policy statement.
 - a. Prescriptions can only be issued at a regularly scheduled appointment.
 - b. Requests for early refills will not be honored.
 - c. Lost prescriptions will not be replaced.
 - d. Stolen prescriptions will not be replaced without a police report documenting the theft.
 - e. Students will be monitored through the state registry to determine proper use of medication and/or his/her prescribing habits. If students are receiving stimulants from other providers, he/she will no longer receive prescriptions from CAP.
 - f. Students may be requested to submit a urine sample for drug of abuse testing at any time while being treated for ADD/ADHD by a Student Health Services provider. If a student refuses the drug testing, stimulant prescriptions may not be administered. The results of the drug testing are confidential between the student and the medical provider. A decision by the provider will be made regarding continuation of stimulants based on the results.
 - g. Any evidence of misuse through prescription forgery, sale, or diversion of psycho-stimulant medications will result in provider immediately informing police and local authorities (DHEC Bureau of Drug Control) of a possible felony. Subsequently, psycho-stimulants will be discontinued and no longer prescribed through SHS.

V. ADDITIONAL INFORMATION

1. All assessment/evaluation reports and medication information will be maintained in the student's electronic medical record by scanning of paper documents.

2. Assessment/evaluation must include standardized psychometric measures of attention, hyperactivity, impulsivity and potential comorbidity as delineated by the Diagnostic Statistical Manual V (DSM V). Since there are numerous psychometric measures the following are listed as examples of the type of content to be covered in the assessment and should not be considered exhaustive or specifically required:
 - a. Symptom rating scales (Conners CAARS, Brown, etc).
 - b. Measures of executive functioning (BRIEF, Kaufman, etc)
 - c. Measures of comorbidity for anxiety, depression, substance use disorders, etc (BSI, BAI, BDI, SASSI, etc)
 - d. Academic achievement measures (WRAT4, Woodcock Johnson, etc).
 - e. Intelligence testing if available (WAIS, KBIT2, etc)
 - f. Symptom validity measures if available.
3. If sufficient documentation is not provided the USC Student Health Service will not prescribe treatment through the use of stimulant/amphetamine medication.
4. Students seeking psychological assessment/evaluation in the community may be provided with a list of local providers who offer this service. The list is offered as a courtesy by Student Health Services and there is no compensation to the university if any of the providers are used.
5. Students may locate their own provider but must ensure that the chosen provider is aware of the required psychometric data that needs to be included, as described above.
6. USC Student Health Service counselors and psychiatrists may recommend other courses of treatment and/or adjunctive treatments including, but not limited to:
 - a. Individualized counseling
 - b. Group counseling
 - c. Biofeedback
 - d. Referrals to other campus partners such as, but not limited to: the Office of Student Disability Services and the Academic Centers for Excellence.
 - e. Referrals to other ancillary services as deemed appropriate by the clinician such as, but not limited to: nutrition/dietary care, General Medicine, Wellness.
 - f. Referrals to off-campus providers/programs.
7. Follow-up psychiatric appointments are an expectation and requirement for continued medication management. It is the student's responsibility to schedule appointments in the appropriate time frame as designated by the prescriber. The following items are general guidelines for continued medication management:
 - a. Initial: Follow-up visits after the initial assessment may occur at least monthly, or as indicated by the provider, until the symptoms and medication dosage have been stabilized.
 - b. Maintenance: Students being treated for ADD/ADHD with stimulant/amphetamine medications must be reevaluated in face-to-face follow-up by the USC Student Health Center psychiatrist/provider at least every three months or as the provider deems necessary.
 - c. Student weights and blood pressures will be monitored for any medication related side effects.
 - d. Students may be required to have drug testing prior to or throughout the course of stimulant usage.