

Knowing What to Expect: Ongoing Management of Attention-Deficit/Hyperactivity Disorder (ADHD)



Once your management plan for Attention-Deficit/Hyperactivity Disorder (ADHD) has been established and is showing results, you should work with treatment professionals to identify ongoing tasks required for monitoring or maintaining results. You can monitor goals and evaluate changes that may need to occur each year. Steps suggested may include:

Physical Health:

- Schedule check-ups once a year with your child's doctor or pediatrician. A good time to schedule the yearly check-up may be the month before school begins. If your child's doctor is the prescribing doctor, then you may see them more often.
- Discuss the results of the physical with any other health care professionals involved in your child's treatment.
- Have your child's hearing tested every year if it's not provided within the school system.

Behavioral Health:

- Bring the following information to your child's appointments with their mental health professional:
 - Weekly medication log
 - Any other management plans
 - School and home daily progress reports
- Meet with your child's mental health professional as needed to update their behavioral management plan.
- Update release forms to allow all members of the team (school staff, day care providers, mental health professionals, and health care professionals) to communicate.

School:

- If your child is taking medication, ask your school nurse for a form that allows the school to give out medication required during school hours. Take the form to your child's prescribing doctor to sign and return to the school.
- At the beginning of the year, sign a release of information form your child's school treatment team to allow them to update your child's doctors and mental health professionals.
- Ask your child's teacher to send home a weekly progress report to keep you posted as to how your child is doing. This will help you problem-solve with your child's doctor and mental health professionals if problems appear.
- Hold a school treatment team meeting to allow team members to report their experiences with your child. Update the behavioral management plan as needed. If your child is struggling in school, you may want to request a meeting once a week or once a month. If your child is doing well, you may not need to schedule them as often.
- Work with the school to get an updated learning evaluation of your child every three years or as needed.

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References:

1. American Academy of Pediatrics and the National Initiative for Children's Healthcare Quality. (2002). ADHD toolkit. Retrieved from <http://www.nichq.org/initiatives>
2. NIH Publication No. 96-3572, Reprinted 1996. Retrieved from <http://www.nimh.nih.gov/publicat/adhdmnu.cfm>

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