

Dear Physician,

Duquesne University Health Service (DUHS) is pleased to provide psychopharmacology continuation services for enrolled students previously diagnosed with Attention-Deficit Hyperactivity Disorders (F90-\*). This service is provided by a multidisciplinary medical team including clinical pharmacist and counselors under direction of the health service primary physician and in accordance with policies and procedures governing controlled substance prescriptions for ADHD. Please review the following requirements regarding student patient participation and forward all required documentation to DUHS.

#### **Policy Requirements**

- All patients will sign a controlled substance agreement
- Urine toxicology screening is required prior to the first prescription and thereafter at the discretion of the DUHS medical team
- PA PDMP search and pill count reconciliation will occur prior to each prescription
- Prescriptions will be provided for 30 days without refills
- NO controlled substance prescriptions for ADHD may be provided by any other prescribing clinician including PCP, psychiatrist at any time without direct communication with DUHS.

#### **Required Documentation**

- Letter from current medical provider (PCP or Psychiatrist) describing ADHD diagnostic history and comprehensive medication treatment history
- Copies of last two medical appointment documentations with relevant and detailed prescriptions provided
- Copies of all rating scales used in diagnosis

Sincerely,

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Duquesne University Health Services (DUHS) recognizes increasing numbers of students presenting with symptoms of or with a previous diagnosis of ADHD. DUHS also recognizes the challenge of obtaining recommended pharmacotherapy while enrolled at DU. As a result, DUHS has implemented new policies and procedures for all patients with a diagnosis of ADHD requesting continuation of pharmacotherapy while enrolled full time at DU.

*What is ADHD?*

- Symptoms of inattention and /or hyperactive-impulsive behavior that cause significant impairment in two or more major life activities, including interpersonal relations, educational and occupational goals, and cognitive or adaptive functioning.

*What is the DUHS policy regarding confirmation of an ADHD diagnosis and documentation requirements?*

- Previously diagnosed with ADHD
  - We need to review detailed records from previous providers including a letter from your current medical provider describing your ADHD diagnosis history and comprehensive medication treatment history. A copy of your last two medical appointments with relevant prescriptions and copies of all rating scales used in diagnosis should be faxed to DUHS prior to your first appointment (412-396-5655).
- Never diagnosed with ADHD
  - You may seek diagnostic evaluation at a local primary care provider, psychiatrist or at the following resources:
    - WPIC ADHD Across the Lifespan Clinic (412-246-5218)
    - Allegheny Health Network – Neuropsychological testing – Outpatient Services (412-330-4409)
    - Laura Crothers D.Ed, NCSP, Duquesne University (412.396.1409 crothersl@duq.edu)
  - DUHS does not currently support diagnostic evaluation for ADHD.
- You will be asked to sign an authorization for release of records and communications with other relevant physicians, psychologists, and pharmacies involved in your care.

*What is the DUHS policy regarding treatment of ADHD?*

- ADHD treatment always includes a multidisciplinary, comprehensive approach to treatment which may include counseling and education on behavior modification at home, school, and work. Treatment may also include referral to DU Center for Disability Services (412-396-6658) for academic accommodations in learning and testing (preferential class seating, testing rooms, extended time on tests, etc.)
- If treatment includes controlled substances you will be required to sign a controlled substances agreement and your name will be entered into the PA Prescription Drug Monitoring Program prior to all prescriptions.
- You will be required to complete a urine toxicology screening panel prior to obtaining your first prescription and at any time thereafter at the discretion of the prescriber. If you decline, controlled substances will not be prescribed.

- Controlled substance prescriptions are provided only during scheduled office hours and for 30 days or less without refills. These prescriptions must be filled at the Center for Pharmacy Care.
- You will need to bring the original pill bottle and any unused pills to each appointment; a Pharmacist from the Center for Pharmacy Care will perform a pill count at that time.

*What are the side effects of medications for ADHD?*

- ADHD stimulant medications can cause decreased appetite, stomachaches, sleep disturbances, nervousness, and headaches. Sometimes there can be behavioral rebound that can be worse than initial symptoms, but this is less common.
- More serious side effects include increased heart rate and blood pressure, hallucinations, dizziness, growth suppression, tics/twitches (involuntary movements), weight loss.

*If not ADHD, then what could it be?*

- A large number of patients with ADHD also suffer from other comorbid conditions including behavioral disorders, depression, anxiety, and others. Students are encouraged to request evaluation at Health Services (412-396-1650) or Counseling and Wellbeing Center (412-396-6204) regarding additional behavioral health concerns.



## **Tips for Duquesne University Students with ADHD:**

- ***Educate yourself on ADHD***
  - Ask your primary care provider any questions you have about ADHD
  - Discuss ADHD with family and friends to learn if they have noticed strategies that work better for you and get feedback about what they think may help you
  
- ***Organizational skills***
  - Map out how you will use your time in college
  - Break down assignments into smaller, more manageable parts
  - Use highlighters when reading textbooks
  - Use audio version of books
  - Use reminder notes on your phone
  - Using “to-do” lists, reminder systems, schedulers, calendars to keep track of tasks and events
  - Organizing your home logically and consistently by always keeping certain items in the same place, specific area for work, keys, wallet, etc.
  - Create filing systems to keep paperwork and clutter under control
  
- ***Impulsive Behaviors***
  - Implement strategies to reduce spontaneous decision making
  - Avoid impulsive spending by limiting number of credit cards and using online banking
  - Perform relaxation techniques like music or meditation
  
- ***Hyperactive Behaviors***
  - Find an activity or outlet to help release excess energy; exercise 3X/week.
  - Create strategies for when sitting still is a necessity
  
- ***Daily Living***
  - Consider college as your job, and work at least 40 hours/week on classes and classwork.
  - Remind yourself of your strengths and things you do well – be proud of yourself!
  - Avoid things that could have a negative impact on your disease such as alcohol, drugs, caffeine, and procrastination which all could add increased pressure to your daily life
  - Try to minimize distractions in your study environment including minimizing electronic devices, TV, etc.
  - Accept that some tasks will be more difficult, anticipate problems, and allow for ample time to regroup and complete.
  - Ask for help!
    - Friends, family, providers, support group, coworkers
    - Consider tutors for structured study time
    - Consider use of writing center for editing papers
    - Consider study groups