

Best Practices Patient Monitoring Parameters for ADHD Medications

All ADHD Medications	Baseline	6 months	Each Visit	Annually	As Clinically Indicated
General Physical Assessment (<i>blood pressure, heart rate at baseline and every six months in adults and every visit in children</i>)	✓	✓	✓* (children)		✓
General Physical Assessment (<i>temperature and respiratory rate</i>)					✓
Height/Weight – (<i>height, weight; *in children, perform height and weight at each visit and monitor for normal growth</i>)	✓	✓	✓* (children)		✓
Lifestyle assessment – (<i>smoking, exercise, dietary habits, alcohol and other drug dependence and oral hygiene; consider review of the controlled substance database and urine drug screen as needed</i>)	✓			✓	✓
Review Past Medical History Including Review of All Medications (<i>assess allergies, current medications including over-the-counter and herbal supplements, medical/psychiatric illnesses, surgeries/ injuries/ hospitalizations</i>)	✓			✓	✓
Cardiac History [<i>assess cardiac symptoms such as palpitations or syncope, sudden death in the family, hypertrophic cardiomyopathy, and long QT syndrome. If cardiac risk factors are present, consider obtaining an electrocardiogram (EKG) before using a medication with cardiac risk factors</i>]					✓
Pregnancy Status	✓				✓
Review target outcomes (<i>if target outcomes are not met, evaluate original diagnosis, adherence to treatment plan, and presence of coexisting conditions.</i>)				✓	✓
Stimulants (methylphenidate and amphetamine formulations)					
Assess side effects, symptom severity, and adherence to treatment plan – (<i>Side effects include decreased appetite, weight loss, headaches, stomachaches, insomnia, blood pressure changes, jitteriness, social withdrawal, motor tics; monitor refill requests for signs of misuse or diversion</i>)				✓	✓

	Baseline	6 months	Each Visit	Annually	As Clinically Indicated
Atomoxetine (Strattera®)					
Liver Function - monitor for pruritis, jaundice, dark urine, upper right-sided abdominal tenderness, unexplained "flu-like" symptoms ²					✓
Assess Suicide and Homicide Risk (ask about past/recent history of suicide attempts, self harming behavior or violence towards others, observe for clinical worsening, suicidal thoughts, intent, plans and behavior, current stressors, family history; treat modifiable risk factors such as anxiety, insomnia, substance abuse, agitation)	✓				✓
Assess side effects, symptom severity, and adherence to treatment plan – (Side effects include initial drowsiness, nausea, decrease in appetite, increase in suicidal thoughts)				✓	✓
Selective α2- Adrenergic Agonists (guanfacine, clonidine)					
Assess side effects, symptom severity, and adherence to treatment plan – (Side effects include sedation, dry mouth, bradycardia, decreased blood pressure, and rebound hypertension upon abrupt discontinuation)				✓	✓

*This document is meant to educate practitioners on best practices for ADHD medication monitoring. For minimum recommended monitoring recommendations, please refer to Provider Manual 3.15: http://www.magellanofaz.com/media/156576/3-15_psychotropic_medications.pdf

References:

1. American Academy of Pediatrics, Committee on Quality Improvement and Management and Subcommittee on Attention-Deficit/Hyperactivity Disorder. ADHD: Clinical Practice Guideline for the Diagnosis, Evaluation, and Treatment of Attention-Deficit/ Hyperactivity Disorder in Children and Adolescents. *Pediatrics* 2011;128:000. Published online October 16, 2011: <http://pediatrics.aappublications.org/content/early/2011/10/14/peds.2011-2654>
2. Pliszka SR, Crismon ML, Hughes CW, et al. The Texas Children’s Medication Algorithm Project: revision of the algorithm for pharmacotherapy of attention-deficit/hyperactivity disorder. *J Am Acad Child Adolesc Psychiatry*. 2006;45:642-657.
3. Magellan Health Services Clinical Practice Guidelines for Patients with Attention Deficit/Hyperactivity Disorder. 3/12. https://www.magellanprovider.com/MHS/MGL/providing_care/clinical_guidelines/clin_prac_guidelines/ADHD.pdf accessed 10/2/2012
4. American Heart Association News Release. American Academy of Pediatrics/American Heart Association clarification of statement on cardiovascular evaluation and monitoring of children and adolescents with heart disease receiving medications for ADHD. <http://americanheart.mediaroom.com/index.php?s=43&item=398&printable> Published May 16, 2008.
5. Clinical Pharmacology Online. Web address: <http://www.clinicalpharmacology-ip.com> Accessed October 2, 2012.