

## How do I get my ADHD Medication Prescription at UVA Student Health?

### If you have received ADHD medication prior to coming to UVA:

1. Contact your doctor who initially prescribed the medication to see if they will continue to provide prescriptions while you're at school. You will likely need to arrange follow up appointments intermittently throughout the year (during Fall Break, Thanksgiving, Winter Break, and Spring Break) for your doctor to continue to prescribe your medication.
2. If your home physician plans to continue providing prescriptions, you will either need to drop off the actual prescriptions at a Charlottesville pharmacy (UVA Student Health pharmacy fills prescriptions from home physicians) or have your parents fill the prescription at home and ship them to you. Many ADHD medication prescriptions cannot be called in by law.
3. If you would like to transfer your ADHD care to a local physician while at UVA, contact CAPS (924-5556) for recommendations for an appointment with a psychiatrist locally. You may be referred to a community psychiatrist who can provide follow up and prescriptions.
4. If you plan to fill your ADHD prescriptions at the Student Health pharmacy, you will need to complete the cardiovascular screening process as described below.
5. Stimulant prescriptions are not provided by General Medicine, LNEC or Gynecology clinicians at UVA Student Health

### If you have not been previously diagnosed or treated for ADHD:

1. Contact LNEC (243-5180) to schedule an appointment for an evaluation.
2. If you are newly diagnosed with ADHD/ ADD and would like to consider medication, LNEC will refer you to a community psychiatrist. CAPS psychiatrists typically do not manage patients for routine ADHD care.
3. Stimulant prescriptions are not provided by General Medicine, LNEC or Gynecology clinicians at UVA Student Health.

### Cardiovascular Screening Process for ADHD Medications:

Background: In May 2008, the American Academy of Pediatrics developed recommendations for cardiac screening of all patients under consideration for or currently being treated with stimulant medications. (*Cardiovascular Monitoring and Stimulant Drugs for Attention-Deficit/Hyperactivity Disorder, AAP, May 2008*) In addition, the FDA recommends "Stimulant products and atomoxetine should generally not be used in patients with serious heart problems, or for whom an increase in blood pressure or heart rate would be problematic. Patients treated with ADHD medications should be periodically monitored for changes in heart rate or blood pressure." (*FDA Drug Safety Communication: Safety Review Update of Medications used to treat Attention-Deficit/Hyperactivity Disorder (ADHD) in adults, December 2011*)



1. Prior to your initial psychiatry appointment for consideration of ADHD medication, you should complete a cardiovascular screening. The completed screening process is **required prior** to receiving a new or continuing prescription for ADHD medication from a CAPS psychiatrist or filling a prescription for ADHD medication at the Student Health pharmacy.
2. The cardiovascular screening may be completed by your home primary care physician or through an appointment in General Medicine. If you would like to schedule an appointment in General Medicine, call 982-3915. An elective appointment will typically be available within 3 days.
3. Prior to your appointment, please complete the top half of the “**Cardiovascular Screening for ADHD Medications**” questionnaire. This questionnaire is available on our website at: <http://www.virginia.edu/studenthealth/documents/Cardiovascular%20screening%20questionnaire%20for%20ADHD%20Rx%20rev%201-12.pdf>. You may need to explore your personal and family medical history with a parent or primary care physician in order to accurately complete the questionnaire.
4. Your appointment will involve review of your questionnaire responses and a thorough cardiac physical examination. Based on this evaluation, further testing or specialty referral may be required before a determination regarding ADHD medication can be made.
5. After all pertinent information has been reviewed; your physician will determine whether or not ADHD medication places you at a greater risk for adverse cardiovascular events. This will be noted on your completed screening questionnaire and copies will be given to you to submit to your prescribing physician and Student Health pharmacy.
6. If you are found to be at increased risk for adverse cardiovascular events, you will be fully informed of this risk and may be advised against the use of ADHD medication. You will need to discuss this determination with your prescribing physician to make a reasonable decision regarding your treatment.
6. Once you have completed the initial screening, subsequent screenings should occur if you develop adverse symptoms on the stimulant medication or have a change in your personal cardiac history or family history. You are obliged to inform your prescribing physician of these changes that would put you at increased risk for adverse cardiovascular events. You should also have your blood pressure and pulse checked periodically while taking ADHD medication to assess for changes.
7. If you've been under the care of a CAPS psychiatrist prior to September 2008, you will need to complete the same initial screening process in order to continue receiving prescription stimulant medication in CAPS. The CAPS psychiatrist may only provide a limited supply of ongoing medication to those continuing treatment while the screening process is being completed.
8. If you plan to fill a prescription at UVA Student Health pharmacy for stimulant medication from a physician outside of UVA Student Health, that physician or your primary care doctor will need to complete a Cardiovascular Screening for Stimulant Medications form and fax it back to UVA Student Health Pharmacy at **434-243-0182**.

