

# Attention Deficit Hyperactivity Disorder (ADHD) Provider Tip Sheet

## Ensuring coordination of care for members diagnosed with ADHD

The National Committee for Quality Assurance's (NCQA) Healthcare Effectiveness Data and Information Set (HEDIS<sup>®</sup>) surveys include a measure to assess adherence to **best practice protocols regarding follow-up care for children prescribed ADHD medication**. The measure includes:

- **Initiation Phase:** Members age 6 to 12 who were dispensed an ADHD medication, and who had a follow-up visit with a practitioner with prescribing authority during the 30-day Initiation Phase and had a negative medication history for a period of 120 days.
- **Continuation and Maintenance Phase:** Members age 6 to 12 who were dispensed an ADHD medication and who remained on the medication for at least 210 days and who, in addition to the visit in the Initiation Phase, had at least two follow-up visits with a practitioner within 270 days (9 months) after the Initiation Phase ended.

## How you can help

- Follow up with the patient to be sure dosage is correct, the patient is not experiencing side effects, and to monitor the patient for risks and benefits.
- Monitor dosage after 30 days to determine if any adjustment is needed.
- Explain to parents the medication options and side effects of each medication, and come to a joint agreement on the treatment plan. Provide patient educational materials.
- Instruct parents to call you if the patient experiences any serious side effects.
- Emphasize the importance of consistency and adherence to the medication regimen.
- "Drug holidays" from ADHD medication may be a useful tool in assessment, management, prevention and negotiation. In addition to assessing coping without the medication, drug holidays may assist in convincing adolescents or parents of the need to continue taking medication.<sup>1</sup>
- Consider a thorough psychosocial assessment and obtain assistance from Magellan if needed.
- Refer the patient to a behavioral health provider for psychosocial support and skill building.

For assistance in identifying a behavioral health practitioner to whom you can refer your patients, please call the number listed on the back of the patient's benefits ID card. For additional resources on this topic, visit [www.MagellanPCPtoolkit.com](http://www.MagellanPCPtoolkit.com).

<sup>1</sup> Ibrahim K and Donyai P. Drug holidays from ADHD medication: international experience over the past four decades. *J Atten Disord* 2015; 19(7): 551-568.