

Understanding ADHD and ADD

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterized by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with functioning or development. Symptoms often present in childhood and can continue into adulthood, affecting academic performance, social interactions, and daily functioning.

Required Diagnostic Documentation

To receive ADD/ADHD-related services at LSU, students must provide comprehensive and current documentation that meets the following standards to ensure appropriate treatment and patient safety.

- ✦ **Initial Evaluation:** Students must submit documentation of psychological testing from a licensed outside provider (e.g., psychologist, mental health professional, neurologist) showing a formal diagnosis of ADHD or ADD. This should include both the diagnosis and a treatment history that supports continued care.
 - ✦ **Established Treatment Record:** A longstanding treatment history, such as documentation of ADHD care prior to age 12, may fulfill the initial assessment requirement. If the provided documentation is deemed sufficient, the provider may prescribe ongoing ADHD medication without the need for further formal testing.
 - ✦ **Scannable Documentation:** All documentation must be scannable into the LSU Student Health Center (SHC) medical record and must be submitted before any medication is prescribed.
 - ✦ **Evaluation May Be Required:** At any time, the SHC provider may require a comprehensive mental health evaluation or psychological testing before starting or continuing stimulant medication. Referrals to outside psychological services may be made as needed.
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Treatment Information *Treatment for ADHD at LSU may include:*

- ✦ **Initial Appointment:** After receiving records for a new or pre-existing ADHD diagnosis, students should schedule an initial appointment in the Primary Care Clinic at the Student Health Center. The provider will review the records, check vital signs (blood pressure and weight), and discuss the diagnosis. If the documentation is adequate, a prescription may be issued. For a new diagnosis, a trial prescription will likely be provided, with follow-up to assess effectiveness and side effects. For a pre-existing diagnosis, if the current medication is working well, a prescription for up to 3-months may be given. All decisions are made at the discretion of the provider based on clinical judgment.
- ✦ **Consistent Provider Follow-Up:** Students are required to see the **same SHC provider** for each medication refill. It is the student's responsibility to **schedule appointments** (no walk-in appointments will be allowed) far enough in advance to avoid lapses in treatment. Other SHC providers are not obligated to refill prescriptions, and running out of medication is **not considered an emergency**.

- * **Medication Management:** Even if prior records support an ADHD diagnosis or current testing confirms ADHD, a prescription may still not be provided. Contraindications such as substance use issues, anxiety or mood disorders, or other co-existing conditions or medications may prevent a prescription from being issued. Ultimately, the decision to prescribe ADHD medication rests with the LSU Student Health Center provider's discretion.
- * **Therapy and Coaching:** Students may also receive referrals for mental health services, wellness and academic coaching, and organizational support to help manage ADHD symptoms and improve overall well-being.
- * **Lifestyle Strategies:** Strategies such as sleep hygiene, time management, and stress reduction are encouraged, with referrals available as needed.

Please note that the initiation of stimulant medications requires careful evaluation and may involve additional assessments.

Drug Screening Policy

Due to the potential for misuse, stimulant medications are classified as controlled substances. As part of the treatment protocol, a **urine drug screen may be requested** before initiating or continuing stimulant prescriptions. This is a standard safety measure to ensure responsible use and to rule out substance misuse.

Stimulant Medication Agreement

Before prescribing stimulant medications, students must review and sign the **Stimulant Medication Agreement**, which outlines:

- * Safe handling and storage of medication.
- * Prohibition of sharing, selling, or misuse of medication.
- * Compliance with scheduled follow-ups.
- * Consent for periodic drug screening.
- * Understanding of consequences for violating the agreement.

This agreement is designed to promote safe and effective use of stimulant medications.

Important Reminders

- * **No Initial Diagnoses:** The Student Health Center does not provide initial ADHD diagnoses. Students requiring an evaluation will be referred to appropriate providers.
- * **Treatment Discretion:** All treatment decisions are made at the discretion of the medical provider and in alignment with best practices and university policy.
- * **Active Enrollment:** Students must be actively enrolled at LSU to receive care.

For questions about ADHD treatment policies or to submit documentation, please see below: