

ADHD Risk Reduction Checklist

Diagnosis:

- Confirm symptoms and impairment meet DSM-5 criteria for ADHD diagnosis
- Confirm symptoms are not explained by other conditions
- Treat any co-existing mental health conditions first
- Confirm patient understands their condition and their role in ADHD management

Treatment considerations:

- Consider non-pharmacological management
- Address risk related to driving and other lifestyle risks
- Determine the importance of pharmacological and non-pharmacological treatment options and patient's readiness to participate in their care
- Confirm patient has no contraindications to suggested treatment
- Confirm patient has no suicidal ideations before initiation medication treatment
- If suicidality detected, address it first
- Do not prescribe short acting stimulants to patients with active substance use, including alcohol and cannabis

Treatment with stimulants:

- Confirm patient understands risks associated with stimulant treatment (treatment effects, side effects, legal considerations)
- Measure baseline symptom severity, weight, blood pressure, heart rate and sleeping patterns before initiating stimulant medications
- Confirm patient has no history of seizures and tics
- Remember that stimulants are addictive and that they are controlled substance
- Prescribe stimulants according with the requirements for a Schedule II controlled substance
- Consider dose titration using the smallest available dose increment over intervals to maximum effective tolerated dose
- Continually monitor for treatment effects, side effects and outcomes
- Conduct regular vital signs monitoring (blood pressure, weight, heart rate)
- Monitor for stimulant misuse including treatment non-adherence and signs of abuse
- Assess regularly for signs of use of other substances
- Assess symptom severity and treatment effects at least annually