

# ADHD Risk Reduction Checklist

## Diagnosis:

- ✓ Symptoms and impairment meet DSM-5 criteria for ADHD diagnosis
- ✓ Symptoms are not explained by other conditions
- ✓ Treat any co-existing mental health conditions first
- ✓ Patients understand 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:

- ✓ 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