

**ADD / ADHD**  
**Classroom Health Care Plan**

Name: \_\_\_\_\_ Effective Date: \_\_\_\_\_  
Parent(s): \_\_\_\_\_ School: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Bus: \_\_\_ yes \_\_\_ no  
Emergency/Cell: \_\_\_\_\_ School Nurse: \_\_\_\_\_ Office# \_\_\_\_\_  
DOB: \_\_\_\_\_ Doctor: \_\_\_\_\_ Office # \_\_\_\_\_  
Allergies: \_\_\_\_\_ Preferred Hospital: \_\_\_\_\_  
Medications: \_\_\_\_\_

**ADD or ADHD (Attention Deficit Disorder with/without Hyperactivity)** is where the student may manifest little impulse control, has a short attention span, is very active, has immature control of small muscles, and rarely finishes anything. If left untreated, the disorder can have long term effects on a child's ability to make friends or do well in school or work. Diagnosis is difficult and based on history and psychological and neurological evaluation. There are no specific medical tests that can diagnose ADD or ADHD. Over time, children with ADHD may develop depression, poor self-esteem, and other emotional problems.

The symptoms may be noted during early childhood but may not present a problem until the student is school age and, required to sit still and concentrate on tasks of learning. Often, symptoms persist during adolescence and occasionally into adulthood. Effective treatment depends on appropriate diagnosis made by a health care professional.

Treatment consists of behavior management, environmental control, and in some cases, medication. Stimulant medication, in most cases, is prescribed to help control activity level and impulsiveness. The goal is to help the student pay attention and focus on the tasks at hand. It may be effective in producing only brief periods of control in which the child can concentrate.

**Problem:** Potential side effect of methylphenidate (**Ritalin, Cylert, Concerta**), dextroamphetamine (**Dexedrine**), and amphetamine (**Adderall**)

**Goal:** Early recognition and reporting of side effects

**Action:** Early recognition and reporting of side effects

1. Side effects for currently prescriber ADD or ADHD medications may include:

- a. Ritalin:

<b>Loss of appetite</b>	<b>Growth retardation</b>
<b>Dizziness</b>	<b>Insomnia</b>
<b>Restlessness</b>	<b>Fast heart rate.</b>
<b>Headache</b>	<b>Abdominal pain</b>
<b>Weight loss</b>	<b>Cardiac Arrhythmia</b>

**Muscle tics** - rapid, repetitive muscle movements such as eye blinking, full body movements, shoulder shrugging, head jerking, facial twitches or other movements

**Vocal tics** - sniffing, throat clearing, verbal outburst, grunting, barking, shrieking, coughing, repeating words or stuttering.

- b. Dexedrine, as prescribed:

<b>Restlessness</b>	<b>Overstimulation</b>
<b>Constipation</b>	<b>Diarrhea</b>
<b>Dizziness</b>	<b>Dry mouth</b>
<b>Feeling of well being</b>	<b>Depression</b>
<b>Headache</b>	<b>Heart palpitations</b>
<b>Loss of appetite</b>	<b>Tremors</b>

- c. Dexedrine, with chronic heavy abuse:

<b>Hyperactivity</b>	<b>Irritability</b>
<b>Personality changes</b>	<b>Schizophrenia-like thoughts and behaviors</b>
<b>Severe insomnia</b>	<b>Severe skin disease</b>

- d. Concerta:

<b>Headache</b>	<b>Upper respiratory tract infections</b>
<b>Stomach ache</b>	<b>Vomiting</b>
<b>Loss of appetite</b>	<b>Sleeplessness</b>
<b>Increased cough</b>	<b>Sore throat</b>
<b>Sinusitis</b>	<b>Dizziness</b>
<b>Anxiety</b>	<b>Agitation</b>
<b>Moodiness</b>	<b>Psychosis</b>

**Muscle tics** - rapid, repetitive muscle movements such as eye blinking, full body movements, shoulder shrugging, head jerking, facial twitches or other movements

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e. Adderall include:

<b>Restlessness</b>	<b>Dizziness</b>
<b>Insomnia</b>	<b>Headache</b>
<b>Dry mouth</b>	<b>Weight loss</b>

2. If above symptoms are noted, notify parent. This may warrant further evaluation. The ADHD medications only control the symptoms instead of addressing the causes of Attention Deficit Disorder ADD or ADHD symptoms. ADHD medications are like glasses, braces or allergy medications. These medications don't cure the disorder. They only temporarily control the symptoms.

3. \_\_\_\_\_

**Problem:** Providing a comprehensive educational program

**Goal:** To have a consistent approach for dealing with (\_\_\_\_\_)

**Action:**

1. Integrate the behavioral therapies, medical treatment, and educational plan into the school day as possible.
2. Give consistent feedback to parents on school progress.
3. Follow academic performance.
4. Evaluate social skills and behavioral performance.
5. Observe for symptoms of anxiety and/or depression.
6. Report any drug abuse or antisocial behavior.
7. \_\_\_\_\_

**Problem:** Providing a comprehensive support program

**Goal:** To have a consistent approach for dealing with (\_\_\_\_\_)

**Action:**

1. Emotional counselling might be helpful
2. A healthy diet.
3. (\_\_\_\_\_) should avoid drinks high in caffeine.
4. \_\_\_\_\_

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
School Nurse Signature

\_\_\_\_\_  
Date