

Importance of Regular Follow-up with Members with ADHD and Improving Communication with Other Providers

Compliance with follow-up and long-term management of members receiving treatment with ADHD medications has been low based on analysis of recent claims data. Some common reasons members may not continue medications are:

- Concern about side effects and a lack of a plan of action if side effects become an issue.
- Not seeing improvement in symptoms and thinking that the treatment plan is not effective.
- Seeing an improvement and thinking they can stop their medications.
- Stopping medications when they are no longer in school during the summer months.

ADHD is a condition that is very commonly managed by primary care practitioners in addition to behavioral health practitioners. Members often do not follow-up with their primary care provider or behavioral health provider before they stop their medications. Timely access to appointments can be a major barrier. As a practitioner, you can help your member stay in compliance. At the time of the initial visit:

- Establish a follow-up appointment schedule, so member does not face difficulties in getting an appointment at a later date
- Make sure your member understands how long it may take for them to see improvement in symptoms
- Discuss how long the member may need to be on the medication
- Highlight the risks of discontinuing the medication
- Discuss the possible side effects and highlight the need to discuss problems with medications rather than stopping medications unilaterally
- Discuss what actions the member should take if he/she experiences side effects
- Lastly, discuss the importance of continuing medication, even if the member is feeling better

The lack of ongoing follow up and education can increase the likelihood of non-compliance. Remember, spending 10 – 15 additional minutes addressing the above points with the member can go a long way in ensuring that your members are taking the medications that you have prescribed.

Improving Coordination with other behavioral health providers and medical practitioners: Members may be seeing other behavioral health providers and medical practitioners for their follow up visit. It is very important to share the member's treatment plan with other providers who may be managing the member's follow up care so that they can also stress the importance of continuing their medications. By knowing the medications the member may be taking the medical and behavioral health practitioners can better evaluate the member for potential side effects as well as address any potential questions the member may have about their progress.