



Burlington Pediatrics

Webb, West, Mebane Locations

ADHD Care Plan for _____
(fill in patient name)

DOB ___/___/___

Today's Date ___/___/___

What is ADHD?

A disorder related to attention that typically results in trouble getting organized and staying focused.

Please fill out this area by checking any of the boxes AND/OR by filling in blanks

1. Choose TWO goals to help address ADHD concerns?
(You may fill in personal goals or check suggested goals)

Suggested goals:

- Improve relationships with parents, siblings, teachers, and friends
- Better schoolwork
- More independence in self-care or homework
- Stay consistent with medications
- Fewer disruptive behaviors
- Safer behavior in the community
- Keep follow up appointments with Burlington Pediatrics and/or counselors/mental health
- _____
- _____
- _____

2. Choose at least ONE barrier to meeting your goals:
(You may fill in personal barriers or check boxes for possible barriers)

Possible barriers:

- I don't know how to improve ADHD behavior, but I am interested in strategies or resources.
- I am not comfortable with the treatment plan (medications have side effects/not working).
- I don't have a good relationship with the school or teacher(s).
- I don't have additional time to spend on behavior or schoolwork.
- I don't have insurance or transportation to get the services or medications that I need.
- I don't have any barriers.
- _____
- _____
- _____

STOP HERE-GIVE TO NURSE OR PROVIDER

PROVIDER/STAFF TO FILL OUT

Care team members:

- Primary Care Provider
- Care team members (Referral Coordinator, ECMH coordinator, Lead Care Coordinator)
- Counselor, Psychologist, Psychiatrist (if referral is warranted)

What are OUR goals?

- ✓ Track health status of the patient while on medication including weight, height and B/P.
- ✓ Ensure consistent management by sending follow up reminders for future appointments.
- Enhance academic performance through medical therapy.
- Initiate a referral for a possible comorbid condition.
- Provide behavioral therapy resources.
- Evaluate medication compliance and progress at each follow up.
- Enhance teacher-patient communication.
- _____
- _____
- _____

Strategies and resources to address barriers:

- Tips Sheet-ADHD-handout given**
- United Way handout for services**
- ✓ **Review website: Understanding ADHD: Information for Parents**
<https://www.healthychildren.org/English/health-issues/conditions/adhd/Pages/Understanding-ADHD.aspx>
- Review website: Common ADHD Medications & Treatments for Children**
<https://www.healthychildren.org/English/health-issues/conditions/adhd/pages/Determining-ADHD-Medication-Treatments.aspx>
- Review website: Behavior Therapy for Children with ADHD**
<https://www.healthychildren.org/English/health-issues/conditions/adhd/Pages/Behavior-Therapy-Parent-Training.aspx>
- Review website: How Schools Can Help Children with ADHD**
<https://www.healthychildren.org/English/health-issues/conditions/adhd/pages/Your-Child-At-School.aspx>
- Review website: Treatment & Target Outcomes for Children with ADHD**
<https://www.healthychildren.org/English/health-issues/conditions/adhd/Pages/Treatment-of-ADHD-and-Related-Disorders.aspx>
- _____
- _____
- _____

Self management plan to monitor self-care:

- ✓ Check in with teachers frequently to discuss progress in behavior and learning.
- ✓ Promote a healthy diet by providing healthy meals and snacks.
- Follow resources or strategies and contact office if any concerns.
- Set reminders for medication administration and/or follow up appointments.
- _____
- _____

Next appointment due _____

Provider initials _____

Clinical Staff initials _____