

ADHD, Anxiety, and Depression Medication Refill Contract



Commonwealth Pediatrics
Boston Children's
Primary Care Alliance

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At Commonwealth Pediatrics, we work in collaboration with our Behavioral Health Specialist to care for children and adolescents with ADD/ADHD, anxiety, and depression. In keeping with guidelines from the American Academy of Pediatrics, and with guidance from our colleagues at Boston Children's Hospital, we do treat patients for these conditions.

Selective serotonin reuptake inhibitors (SSRIs) are a safe and effective way of treating many of our patients with anxiety and/or depression in addition to therapy and lifestyle changes. However, the FDA recommends close monitoring of adolescents on these medications due to the risk of clinical worsening, suicidality, and unusual changes in behavior, especially during the initial few months of therapy or when doses are changed.

Stimulant medications are a safe and effective way of treating many of our patients with Attention Deficit Hyperactivity Disorder (ADHD). However, these medications can sometimes be abused. That's why they are considered Schedule II controlled substances by the United States Drug Enforcement Agency (DEA). This means that there are very strict federal laws that state how we must prescribe these medicines.

In order to take the best possible care of our patients, Commonwealth Pediatrics has the following policies:

Medication recheck appointments are very important, as it is our opportunity to discuss the possible risks and side effects of the medication. It is important to talk about how your child does with friends, in activities, and in school, to make certain that your child's medication is helping as much as possible. We also want to make certain that patients continue to eat well, grow normally, and sleep appropriately while taking the medication.

For these reasons, and to ensure your child continues to receive medication refills in a timely manner, follow-up visits need to take place as follows:

Anxiety

- no later than 7 days of first starting the medication AND
- no later than 30 days of first starting the medication
- no later than 30 days after any dose is changed
- every 3 months for patients who haven't changed doses

ADHD

- no later than 30 days of first starting the medication
- no later than 30 days after any dose is changed
- every 4 months for patients who haven't changed doses

Always book your next appointment when you check out of every visit.

We make every effort to provide refills in a timely manner. However, in order to provide the best care for our patients, we need time to review each patient's individual medical record before prescribing medication refills. That's why refill prescriptions will only be written by your child's primary doctor, who knows them best, unless that doctor is away from the office for more than one week. Refills for these medications will not be provided on weekends or holidays for the same reason. For these reasons, we ask that you call when you start the last week of your child's medicine as refills can take up to 2 business days to be completed. Business days do not include weekends or holidays, even though we are open.

Thank you for your understanding. It's our hope that these policies allow our patients to receive the best possible care, helping each of them do their best at home, at school, and in their activities. Please sign below, indicating that you have reviewed the policy, have had the opportunity to discuss it with your pediatrician, and agree to follow the policy as written.

Authorization

Patient name: _____

Date of birth: _____

Patient signature (over 12): _____

Parent/guardian name: _____

Parent/guardian signature: _____

Date: _____