

Attention Deficit Hyperactivity Disorder (ADHD) FAQs

If I want to transfer my treatment for ADHD to Student Health, what do I do?

If you have been previously diagnosed with ADHD/ADD, you can have your home provider (family physician, pediatrician, psychiatrist, nurse practitioner or physician assistant) complete a Transfer of Care form and send records to Student Health. Follow the checklist on our website to make sure all the needed items are included. Our fax number is: 319-335-7247.

Records should include:

- Transfer of Care form
- Psychological testing records
- Treatment records

Testing is usually done by someone other than the treating physician, so you may need to request those records separately.

If you were tested for ADHD, but never treated, then just have the records of testing sent. If you have your own copy of your testing you can also just send us a copy of that. If you have never been tested for ADHD, but have been in treatment, then send us your treatment records. Testing will likely need to be done as a part of ongoing treatment at Student Health.

Two to three weeks after requesting records, call us at 319-335-8394 to inquire about scheduling an appointment. If you are a student at the University of Iowa and have paid the health fee for that semester, there is no charge for the visit.

I think I have ADHD, but I have never been diagnosed before. Do you evaluate ADHD?

If you have not been previously diagnosed with ADD/ADHD then you should first arrange to have an evaluation with a psychologist with experience in diagnosing and testing for attention deficit disorder. We do not do testing for ADHD/ADD at Student Health.

What is the approach to treatment of ADHD at Student Health?

ADHD is a disorder with a wide range of severity among patients. A diagnosis of the condition does not mean someone needs to be treated with medication. There can be multiple factors contributing to the problem. As a part of treatment of ADHD, it is important to look at these factors and find solutions for them. Treatment can consist of multiple interventions including psychotherapy, study skills training, exercise, proper sleep hygiene and nutrition. Prior to starting treatment, we need to review the previous information and complete our initial evaluation. The diagnosis of ADHD is ultimately a clinical diagnosis based on the current symptoms and the history of those symptoms. Psychologic testing can help in the diagnosis of ADHD. Testing can also uncover learning disabilities, which are separate from ADHD, but can cause impairment. As a part of treatment of ADHD at Student Health, students must complete psychologic testing. For purposes of treatment, it is generally acceptable if the testing was done as a child. This does have the advantage of both providing testing as well as documentation of symptoms in

childhood. If testing is needed for academic accommodations then they need to be within the last 3 years.

Academic difficulty is the most common problem associated with ADHD. As a part of the evaluation, we will assess the nature of academic difficulties. We do look at factors such as class attendance, study skills, time spent on study, and test taking strategies. If a student is deficient in any of these factors we recommend they first work on this prior to considering medications. We do expect students to go to class and to spend time studying! We agree with the general guideline of spending 1-2 hours studying outside of class, for every hour of credit a student is enrolled for.

Are there any other resources for University of Iowa students with ADHD?

The office of Student Disability Services can provide help to students. If the level of symptoms leads to difficulties with academic success, then the student may be eligible for accommodations. Here is the link to their website: <https://sds.studentlife.uiowa.edu>

The University Counseling Service can help a student who might benefit from short term counseling. Very often the stress of school can lead to academic difficulty, making the underlying problems with attention even worse. Information about the University Counseling Service can be found here: <https://counseling.uiowa.edu/>

If I am already getting treatment for ADHD, can I fill my prescriptions at school?

Your physician, or other provider who is currently prescribing your meds, can send a set of signed, hard copy prescriptions to the local pharmacy of your choice, with a specific fill date on each one. Each month, or whenever a refill is authorized, you can request a refill.

Call us at Student Health with any questions regarding testing options for ADHD, transfer of care, prescriptions, or other concerns, at: 319-353-5766.

**You can also email any questions you have:
student-health@uiowa.edu**