



## **ADHD/ADD/BEHAVIORAL FOLLOW-UP APPOINTMENTS**

At your request, your child has had an initial evaluation for attention, school, and/or behavioral problems. Based on the diagnosis, you may be required to have follow up appointments at regular intervals. The frequency of appointments varies with the diagnosis, age of the patient, and medications (if prescribed).

### **For Follow up Appointments:**

#### **Step One: Scheduling the Appointment**

- You should schedule the follow up appointment as recommended by the provider who saw your child for the initial visit. It is possible with certain diagnoses such as ADHD, or anxiety, that your child may need to be in the office every 2-4 weeks if starting or changing medication type/dose. We try to adhere to the American Academy of Pediatrics Guidelines regarding when to have follow visits.
- While we have allowed telehealth visits since the pandemic, we strongly suggest appointments in person. We are keeping track of vital signs (height, weight and blood pressure) in patients who are medicated. These are much easier to obtain in the office than relying on the parent to obtain these measures. In certain circumstances, when a patient cannot be in the office (away at college or in COVID-19 quarantine), we may make exceptions and offer a telehealth visit.

#### **Step Two: Completing ADHD Vanderbilt Assessments**

- The Vanderbilt Follow-up Parent Assessment can be completed by any parent or guardian who lives with the patient, and in the case of an older adolescent (>16yr), they may complete the survey themselves.
- Blank Vanderbilt Follow-up Teacher and Parent Assessments can be found using the link below. Remember to bring the forms with you to the appt or in most cases it may be available to complete using your mobile phone. A link is usually sent to your mobile prior to your appointment.
- There are also surveys that are to be completed by the patient depending on their age. They will be provided in the office at the time of the visit.
- Parent and patient surveys are required at every visit.
- In general, Vanderbilt Follow-up Teacher Assessments are recommended every 3 months but may be required frequently depending on how the patient is responding to medication or other interventions.



## ADHD/ADD/BEHAVIORAL FOLLOW-UP APPOINTMENTS (cont.)

- Please be aware that Vanderbilt Follow-up Teacher Assessments are not only recommended but required to make the diagnosis of and monitor ADHD/ADD.
- Vanderbilt Teacher Follow-up Assessments (blank forms are found in the link below) can be obtained or sent in a few ways.
  1. Decide what 1-2 teachers you would like to complete the assessment.
  2. For elementary school-aged children, you can send the blank form in your child's daily folder and the teacher can return the form in the folder. At the bottom of the form should be a fax number to return via fax to the office directly, if the teacher would prefer.
  3. Email a copy of the form as an attachment to the teacher you want to complete it. You could also send the form to ESE director of your child's school if your child has a 504 plan with a note asking them to give it to the chosen teacher.
  4. As a last resort, we can send forms directly to the teachers you have chosen to complete the forms but this requires a signed parental consent form that allows us to contact the teacher directly and the teacher to reply about your child's survey.

Please try to be prepared for you follow up appointment with completion of paperwork and confirmation of your appointment. Understand that we are partners in providing the medical care for your child. Compliance with appointments, surveys and treatment plans are key in being able to provide your child with the best care possible.

Sincerely,

The Providers of Palm Beach Pediatrics

**Please note unless you call 24 hours in advance to cancel or reschedule, you could be charged a \$50 no-show fee.**

**I have read the above information and agree to be financially responsible for services rendered by Palm Beach Pediatrics, P.A.**