To all incoming Lasell College Student-athletes:

Attention Deficit/Hyperactivity Disorder (ADHD) – is one of the most common neurobehavioral disorders of childhood and can persist through adolescence and into adulthood. ADHD is generally diagnosed in childhood, but sometimes not until college or later. The most common medications used to treat ADHD are methylphenidate (Ritalin) and amphetamine (Adderall), which are banned under the NCAA class of stimulants. In order for a medical exception to be granted for the use of these stimulant medications, the student-athlete must show that he or she has undergone standard assessment to identify ADHD. Frequently a student-athlete may find that the demands of college present difficult learning challenges.

They may realize that some of their teammates are benefitting from the use of these medications, and figure they should ask their team physician or family doctor to prescribe the same for them. If they do not undergo a standard assessment to diagnose ADHD, they have not met the requirements for an NCAA medical exception. Most colleges provide these types of assessment through their student support services or counseling and testing centers.

The student-athlete should either provide documentation of an earlier assessment, or undergo an assessment prior to using stimulant medication for ADHD. If the diagnosis is ADHD, the student-athlete may then pursue treatment with the team physician or family physician for a prescription for stimulant medication, and provide all documentation to the appropriate athletics administrator to keep in the file in the event the student-athlete is selected for drug testing and tests positive. At that point, the athletics administrator will be instructed to provide the documentation for review by the medical panel, and if all is in order, the student-athlete's medical exception is granted.

The NCAA bans classes of drugs because they can harm student-athletes and can create an unfair advantage in competition. Some legitimate medications contain NCAA banned substances and student-athletes may need to use these medicines to support their academics and their general health.

The NCAA has a procedure to review and approve legitimate use of medications that contain NCAA banned substances through a Medical Exceptions Procedure. The diagnosis of adult ADHD remains clinically based utilizing clinical interviews, symptom-rating scales, and subjective reporting from patients and others. The following guidelines will help institutions ensure adequate medical records are on file for student-athletes diagnosed with ADHD in order to request an exception in the event a student-athlete tests positive during NCAA Drug Testing.
General considerations: Student-athletes diagnosed with ADHD in childhood should provide records of the ADHD assessment and history of treatment. Student-athletes treated since childhood with ADHD stimulant medication but who do not have records of childhood ADHD assessment, or who are initiating treatment as an adult, must undergo a comprehensive evaluation to establish a diagnosis of ADHD. There are currently no formal guidelines or standards of care for the evaluation and management of adult ADHD. The diagnosis is based on a clinical evaluation. ADHD is a neurobiological disorder that should be assessed by an experienced clinician and managed by a physician to improve the functioning and quality of life of an individual.

Student-Athlete Document Responsibility: The student-athlete should submit documentation from the prescribing physician to the Lasell College Sports Medicine staff containing a minimum of the following information to help ensure that ADHD has been diagnosed and is being managed appropriately (see Attachment for physician letter criteria):

a. Description of the evaluation process which identifies the assessment tools and procedures.
b. Statement of the Diagnosis, including when it was confirmed.
c. History of ADHD treatment (previous/ongoing).
d. Statement that a non-banned ADHD alternative has been considered if a stimulant is currently prescribed.
e. Statement regarding follow-up and monitoring visits.

If there any other questions regarding documentation, please discuss promptly with your athletic trainer.

Attention Deficit Hyperactivity Disorder (ADHD) Guideline

Criteria for letter from prescribing Physician to provide documentation to the Athletics Department/Sports Medicine staff regarding assessment of student-athletes taking prescribed stimulants for Attention Deficit Hyperactivity Disorder (ADHD), in support of an NCAA Medical Exception request for the use of a banned substance.

The following must be included in supporting documentation:

- Student-athlete name.
- Student-athlete date of birth.
- Date of clinical evaluation.

Clinical evaluation components including:

- Summary of comprehensive clinical evaluation (referencing DSM-IV criteria) -- attach supporting documentation that includes the following:
  - Blood pressure and pulse readings and comments.

Specific diagnosis:

- Medication(s) and dosage.
- Follow-up orders.
- Additional ADHD evaluation components if available:
  - Report ADHD symptoms by other significant individual(s).
• Psychological testing results.
• Physical exam date and results.
• Laboratory/testing results.
• Summary of previous ADHD diagnosis.
• Other comments.

Documentation from prescribing physician must also include the following:
• Physician name/specialty (Printed)
• Office address and contact information.
• Physician signature and date.

Other supporting documentation to should include:
• ADHD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores and report summary

DISCLAIMER: The National Collegiate Athletic Association & Lasell College shall not be liable or responsible, in any way, for any diagnosis or other evaluation made, or exam performed, in connection herewith, or for any subsequent action taken, in whole or in part, in reliance upon the accuracy or veracity of the information provided hereunder.