Dear Student-Athlete and Parent,

The NCAA enacted a policy effective August 1, 2009 regarding documentation for ADHD treatment with NCAA banned stimulant medications. The most common medications used to treat ADHD are Ritalin and Adderall, which are banned under the NCAA class of stimulants. In order for a medical exception to be granted for use of these stimulant medications, the student-athlete must document that s/he has undergone standard assessment to identify ADHD. The student-athlete should either provide documentation of an earlier assessment, or undergo an assessment prior to using stimulant medications for ADHD. Please be aware that a student-athlete may find that the demands of college present learning challenges. They may be observing other students benefiting from the use of stimulant medications. As such, a student-athlete might ask his or her family doctor to prescribe a stimulant medication to help them. If the student-athlete has not undergone a standard assessment to diagnose ADHD, they have not met the requirements for the NCAA medical exception.

In order to comply with these guidelines, Muhlenberg College Athletics Department and Health Services are requesting your cooperation with submitting the necessary documentation regarding ADHD and stimulant use before your pre-participation physical exam. The reason for this request is as follows. If you are drug tested and test positive, this documentation must be forwarded by the Athletic Director to the NCAA immediately in order for you to continue to participate in your current sport during the medical exception process. Please refer to the “NCAA Drug-Testing Program” for complete information.

In compliance with these guidelines, please complete the “NCAA Medical Documentation Reporting Form to Support the Diagnosis of ADHD and Treatment with Banned Stimulant Medication” including an attached written summary by the treating physician of a comprehensive clinical evaluation for ADHD. The Reporting Form and written report summary must be submitted to the Athletic Training Office prior to your pre-participation exam.

In addition, the student-athlete must submit annually to the Athletic Training Office an updated letter from the prescribing physician with written documentation of date of most recent medical evaluation; diagnosis; student-athlete’s blood pressure, pulse, and comments; written indication of current treatment (including medications and dosage); and follow-up orders.

It is the student-athlete’s responsibility to ensure that this documentation is complete and returned to the Athletic Training Office.

These guidelines are specific for medical reporting for ADHD prescribed stimulants. You do not need to complete this form if you are not diagnosed or being treated for ADHD. If your ADHD treatment changes or if you are newly diagnosed with ADHD and taking prescribed medications at any time during your student-athlete career, it is your responsibility as a student-athlete to update the required medical documentation and submit it to the Athletic Training Office.

Please be aware that if you are taking any other medications, in accordance with NCAA guidelines, you should report these medications to the Athletic Training Staff and Health Services. A list of all NCAA banned substances can be found on the Muhlenberg College’s Athletic Training website.

Please direct any questions to the Muhlenberg College Athletic Training Office (484-664-3391).

Sincerely,

Steve Nemes          Brynnmarie Dorsey
Head Athletic Trainer  Director, Student Health Services
NCAA Medical Exception Documentation Reporting Form to Support the Diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and Treatment with Banned Stimulant Medication

Student Name ________________________________  Date of Birth ___________ Sport ___________

• Complete and maintain (on file in the Athletic Training Office) this form and required documentation supporting the medical need for a student-athlete to be treated for ADHD with stimulant medication.

• Submit this form and required documentation to Drug Free Sport in the event the student-athlete tests positive for the banned stimulant (see Drug Testing Exceptions Procedures at www.ncaa.org/drugtesting).

To be completed by the Institution:
Institution Name:_______________________________________________________________________
Institutional Representative Submitting Form:
Name________________________________________________________________________________
Title_________________________________________________________________________________
Email________________________________________________________________________________
Phone________________________________________________________________________________
Student-Athlete Name_______________________________________________________________
Student-Athlete Date of Birth_________________________________________________________

To be completed by the Student-Athlete’s Physician:
Treating Physician (print name):___________________________________________________________
Specialty:___________________________________________________________________________
Office address________________________________________________________________________
Physician signature:____________________________________________ Date____________________
Physician documentation (letter, medical notes) to include the following information:

• Diagnosis.
• Medication(s) and dosage.
• Blood pressure and pulse readings and comments.
• Note that alternative non-banned medications have been considered, and comments.
• Follow-up orders.
• Date of clinical evaluation: ____________________

• Attach written report summary of comprehensive clinical evaluation:
The evaluation should include individual and family history, address any indication of mood disorders, substance abuse, and previous history of ADHD treatment, and incorporate the DSM criteria to diagnose ADHD. Attach supporting documentation, such as completed ADHD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores.

The evaluation can and should be completed by a clinician capable of meeting the requirements detailed above.

In addition, the student-athlete must submit annually to the Muhlenberg College Athletic Training Office an updated letter from the prescribing physician with written documentation of date of most recent medical evaluation; diagnosis; student-athlete’s blood pressure, pulse, and comments; written indication of current treatment (including medications and dosage); and follow-up orders.