

February 23, 2009

Dear Student Athlete,

The NCAA has recently enacted a policy which goes into effect 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 exemption to be granted for use of these stimulant medications, the student athlete must show 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 exemption.**

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 (PPE). 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 exemption process. Please refer to the enclosed "NCAA Banned Drugs and Medical Exemption Policy Guidelines Regarding Medical Reporting for Student Athletes with Attention Deficit Hyperactivity Disorder Taking Prescribed Stimulants" for complete information.

In compliance with these guidelines please submit the enclosed health care documentation form to Health Services. This form must be completed by the prescribing medical professional that has the information about the assessment used to diagnose the student athlete's ADHD and is currently medically managing the ADHD. It is the student athlete's responsibility to ensure that this documentation is complete and returned to Health Services. This must include copy of most recent ADHD prescription.

These guidelines are specific for medical reporting for ADHD prescribed stimulants. You do not need to complete the enclosed 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 Health Services.

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.

Sincerely,

Steve Nemes
Head Athletic Trainer

Brynnmarie Dorsey
Director, Student Health Services

**Muhlenberg College Health Services
ADHD Medical Reporting Evaluation Form for the Student Athlete**

Student Athlete Name: _____ Date of Birth _____

Section One: Clinical information regarding initial diagnosis

- Name and specialty of health care provider performing initial evaluation and assessment for diagnosis: _____

- Diagnosis: _____ Date of initial ADHD diagnosis: _____

- Summary of comprehensive clinical evaluation for diagnosis. Please include symptoms and indicators of diagnosis (referencing DSM – IV criteria). Include information about any psychological/ neuropsychological testing. Please attach separate sheet if necessary.

- Please check ADHD Rating Scale used to assist with diagnosis.
 Conners Adult ADHD Rating Scale (CAARS) Conners
 Adult ADHD Self-Report Scale (ASRS) Other (Please identify) _____

Section Two: Clinical information regarding ongoing medical management of ADHD

- Date of most recent clinical evaluation _____ BP _____ Pulse _____

- History of ADHD Treatment (previous and on-going). Please include medications and dosage.

- If a stimulant is currently prescribed, was a non-banned ADHD alternative first considered?
_____ If “No”, please explain.

Please be aware that the NCAA recognizes that the medical community has generally accepted that with this age group the non-stimulant medications are not as effective to treat ADHD. The NCAA committee will approve the use of stimulant medications for ADHD without a prior trial with non-stimulants. However, it is recommended that at minimum a non-banned ADHD alternative be considered.

- Follow-up Orders (include the recommended interval for follow-up): _____

Physician Name (Printed) _____ Specialty: _____

Office Address: _____

Physician Telephone: _____ Fax: _____

Physician Signature: _____ Date: _____