

## Cornell College Sports Medicine Department

### NCAA Attention Deficit Hyperactivity Disorder (ADHD) Guidelines

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.
  - ADHD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores and report summary – attach supporting documentation.
  - Blood pressure and pulse readings and comments.
  - Note that alternative non-banned medications have been considered, and comments.
  - 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 (Printed).
- Office address and contact information.
- Specialty.
- Physician signature and date.

Please send this information to:

Loren Nydegger  
Head Athletic Trainer  
Cornell College  
600 1<sup>st</sup> St. SW  
Mount Vernon, IA 52314-1098  
FAX: 319-895-4544

All medical information will be kept in the athletes file and will be kept confidential. Without these forms you will not be allowed to participate in athletics. A link to the NCAA site for more information is:

<http://www.ncaa.org/sites/default/files/1%20%20NCAA%20Guidelines%20to%20Document%20ADHD%20Treatment%20with%20Banned%20Stimulant%20Medications%2001302009.pdf>