

## Attention-deficit/hyperactivity disorder (ADHD) physician's guide to prescribing

### Introduction

ADHD is a common neuropsychiatric disorder in children and adolescents and can also continue into adulthood. A multimodal treatment approach to ADHD is recommended in which methylphenidate (MPH) is frequently prescribed. As with any medical treatment, careful benefit:risk assessment has to be undertaken prior to initiation of therapy.

Due to the stimulant properties of methylphenidate (MPH) and the frequent presence of comorbidities associated with ADHD, it is important that MPH products be used consistently and only for the appropriate patients.

The accompanying materials were developed by the manufacturers of MPH products to facilitate awareness and adoption of recommendations for use of MPH.

It is recommended that these materials be used in conjunction with the full prescribing information for the individual product that is being prescribed.

In addition to each individual product prescribing information, the following tools are available:

- A checklist to be reviewed/completed prior to initiation of MPH treatment:  
*checklist 1 – Methylphenidate (MPH) checklist before prescribing* ([view checklist](#))
- A checklist to be reviewed/completed during ongoing treatment:  
*checklist 2 – Methylphenidate (MPH) checklist for monitoring of ongoing therapy* ([view checklist](#))
- A chart for ongoing monitoring during treatment with MPH ([view chart](#))

The purpose of the checklists is to provide you with a readily accessible listing of what to check for in your patient prior to prescribing MPH and during ongoing treatment.

In all instances, for detailed information, please refer to the full prescribing information and patient information leaflet for the individual product that is being prescribed.

### Methylphenidate (MPH) as part of a comprehensive treatment programme

In the treatment of ADHD, appropriate educational placement is essential and psychosocial intervention is generally necessary. Where remedial measures alone prove insufficient, the decision to prescribe MPH must be based on rigorous assessment of the severity of the patient's symptoms.

Pharmacotherapy with MPH is indicated as part of a comprehensive treatment programme for ADHD.

To ensure the use of MPH is always based on the above, please consider the following:

- Diagnosis made on thorough assessment of severity and chronicity of the patient's symptoms in relation to the patient's age
- Diagnosis made according to the latest *Diagnostic and Statistical Manual of Mental Disorders* (DSM) criteria or the guidelines in *International Classification of Diseases* (ICD), and based on a complete history and evaluation of the patient
- Ensure that medical and specialized psychological, educational and social resources are applied

Please refer to full prescribing information for the individual product that is being prescribed for further information.