

Checklist 2: Methylphenidate (MPH) checklist for monitoring of ongoing therapy

The following is designed to support you in the monitoring of ongoing therapy of an MPH-containing product in the appropriate patients with attention-deficit/hyperactivity disorder (ADHD).

As outlined in the prescribing information in more detail, growth (only applicable to children and adolescents below 18 years of age), psychiatric and cardiovascular status should be regularly monitored:

- Blood pressure and pulse should be recorded at each adjustment of dose and then at least every 6 months
- Height, weight and appetite should be recorded at least 6-monthly with maintenance of a growth chart (only applicable to children and adolescents below 18 years of age)
- Development of *de novo* or worsening of pre-existing psychiatric disorders should be monitored at every adjustment of dose and then at least every 6 months and at every visit

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

Please download and print this checklist prior to your consultation. It will not be possible for you to store any patient-specific information on the website. The completed checklist can be documented within the patient records.

As you work through the checklist, it may also be useful for you to discuss the patient information leaflet (PIL) of the individual product that is being prescribed with your patient or guardian(s) and for children and adolescents below 18 years of age with their parent(s) or guardian(s).

Date of assessment:	_____
Reason for assessment:	_____
Patient name:	_____
Date of birth:	_____
Age:	_____
Gender:	_____

Monitoring during ongoing treatment with MPH

Carefully review the following systems as indicated below at each adjustment of dose and at follow-up visits at least every 6 months:

	Evaluated
General medical findings, for children and adolescents below 18 years of age	
• Document height, body weight and appetite (see separate follow-up chart) - only applicable to children and adolescents below 18 years of age	<input type="checkbox"/>
Consider discontinuation of MPH if growth is below expectations - only applicable to children and adolescents below 18 years of age	
General medical findings, all patients	
• Document any indication of abuse, misuse or diversion of MPH	<input type="checkbox"/>
• Pregnancy	<input type="checkbox"/>
Evaluate benefit/risk	
New cardiovascular findings, all patients	Blood pressure and pulse should be recorded
• Palpitations	<input type="checkbox"/>
• Exertional chest pain	<input type="checkbox"/>
• Unexplained syncope	<input type="checkbox"/>
• Dyspnoea	<input type="checkbox"/>
• Other symptoms suggestive of cardiac disease	<input type="checkbox"/>
Refer for prompt specialist cardiac evaluation	
New neurological findings, all patients	
• Severe headache, numbness, weakness or paralysis, impairment of coordination, vision, speech, language or memory	<input type="checkbox"/>
Any of above conditions may suggest cerebral vasculitis: stop MPH	
• Seizure frequency increase or new-onset seizures	<input type="checkbox"/>
MPH should be discontinued	

	Evaluated
New psychiatric findings or worsening thereof, all patients	Development of <i>de novo</i> or worsening of pre-existing psychiatric disorders should be monitored
• Psychotic or manic symptoms	<input type="checkbox"/>
Consider discontinuation of MPH	
• Suicidal ideation or behaviour	<input type="checkbox"/>
Consider treatment of underlying psychiatric condition	
Re-evaluate benefit/risk	
Consider discontinuation of MPH	
• Aggressive and hostile behaviour	<input type="checkbox"/>
Consider the need for adjustment of treatment	
• Anxiety, agitation or tension	<input type="checkbox"/>
• Depressive symptoms	<input type="checkbox"/>
• Motor or verbal tics or worsening thereof	<input type="checkbox"/>
Treatment duration, all patients	
• Patient is being treated continuously for >12 months	<input type="checkbox"/>
• Improvement in symptoms after appropriate dosage adjustment over a 1-month period is observed, otherwise drug discontinuation is recommended	<input type="checkbox"/>
Consider trial period off medication at least once yearly to determine if continued treatment is still necessary	

Record any additional information here

Following the evaluation above, please use the chart provided to record the information required for ongoing monitoring ([link to chart](#))

End of treatment

Careful supervision is required during drug withdrawal, since this may unmask

- **Depression** as well as
- **Chronic overactivity**

Some patients may require long-term follow-up.