

# SHARED DECISION MAKING

## AID CARDS

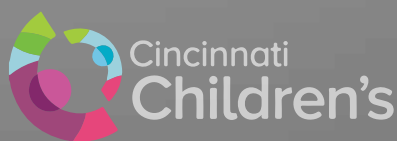
---

### *ADHD*

---

Joint Partnership Between:

---



Makers of this aid have no financial relationships with pharmaceutical or device manufacturers. These cards were made by Alliance Health and Adapted with permission Brinkman WB et al., Cincinnati Children's.

© Cincinnati Children's Hospital Medical Clinic. Updated 2019. All Rights reserved.

# What You Should Know

## Will this medication work for me or my child?

Stimulant medications improved symptoms in 7 out of 10 children who take them. Non-stimulant medications may be a little less helpful for some people.

## What will change?

- It is important that a trusted adult give the medication and watch the individual take it. Many parents find it's easier to give the medication to the child's school staff to give. Ask your doctor about this option.
- Eating breakfast before taking medications may help reduce side effects related to decreased appetite and weight loss.
- If this medicine causes side effects, it is important to let your doctor know.



SHARED DECISION MAKING

*ADHD*

Makers of this aid have no financial relationships with pharmaceutical or device manufacturers. These cards were made by Alliance Health and Adapted with permission Brinkman WB et al., Cincinnati Children's.

© Cincinnati Children's Hospital Medical Clinic. Updated 2019. All Rights reserved.

# Things to Remember

Medication is one of the many tools that can help with behaviors of distraction and hyperactivity. Changing some of your lifestyle habits may improve mental health:

- Regular therapy and/or connection with supportive people
- Going to bed early and waking up at the same time every day
- Scheduling activities: “work before play”
- Being active and participating in activities you enjoy
- Limiting screen time

Other symptoms can look like ADHD such as stress, trauma and sleep deprivation.

You and your doctor may decide not to start with medications and try other things, such as therapy, first. Therapy and medication used together works best.

Many people with ADHD also experience periods of anxiety or sadness and depression. It is important to communicate often with your doctor or therapist about how you are feeling.



SHARED DECISION MAKING





*ADHD*

Makers of this aid have no financial relationships with pharmaceutical or device manufacturers. These cards were made by Alliance Health and Adapted with permission Brinkman WB et al., Cincinnati Children's.

© Cincinnati Children's Hospital Medical Clinic. Updated 2019. All Rights reserved.

# Duration/Daily Routine









methlyphnidates

Short Acting Stimulants	Duration of Action	When to take it?	Method
<b>Ritalin®</b>	<b>4-6</b>	<i>Every 4 hours</i>	
<b>Focalin®</b>	<b>4-6</b>	<i>Every 4 hours</i>	
<b>Methylphenidate HCL</b> <small>CHEWABLE TABLET</small>	<b>4-6</b>	<i>Every 4 hours</i>	
<b>Methylin® Solution</b>	<b>4-6</b>	<i>Every 4 hours</i>	

amphetamines



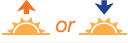

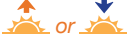




<b>Adderall®</b>	<b>4-6</b>	<i>Every 4 hours</i>	
<b>Evekeo®</b>	<b>4-6</b>	<i>Every 4 hours</i>	
<b>Zenedi®</b>	<b>4-6</b>	<i>Every 4 hours</i>	
<b>ProCentra®</b>	<b>4-6</b>	<i>Every 4 hours</i>	

methlyphnidates

Long Acting Stimulants	Duration of Action	When to take it?	Method
<b>Ritalin® LA</b>	<b>8-9</b>	<i>.45 minutes before activity</i>	
<b>Metadate® CD</b>	<b>8-9</b>	<i>.45 minutes before activity</i>	
<b>Concerta®</b>	<b>10-11</b>	<i>90 minutes before activity</i>	
<b>Focalin XR®</b>	<b>8-9</b>	<i>.45 minutes before activity</i>	
<b>Aptensio XR®</b>	<b>11-12</b>	<i>.45 minutes before activity</i>	
<b>Quillivant XR®</b>	<b>11-12</b>	<i>.45 minutes before activity</i>	
<b>Quillichew ER®</b>	<b>8</b>	<i>.45 minutes before activity</i>	
<b>Daytrana® (PATCH)*</b>	<b>9+1</b>	<i>2hrs. before activity, lasts 3 hrs. after removal</i>	

amphetamines

<b>Dexedrine® Spansule</b>	<b>6-8</b>	<i>60 minutes before activity</i>	
<b>Adderall® XR</b>	<b>8-9</b>	<i>.45 minutes before activity</i>	
<b>Vyvanse®</b>	<b>10-12</b>	<i>60 minutes before activity</i>	
<b>Dyanavel® XR</b>	<b>11-12</b>	<i>60 minutes before activity</i>	
<b>Adzenys® XR-ODT/ER Suspension</b>	<b>11-12</b>	<i>60 minutes before activity</i>	

Long Acting Non-Stimulants <i>Talk With Your Doctor.</i>	Duration of Action	When to take it?	Method
<b>Strattera® (atomoxetine)</b>	<b>24</b>	 <i>or</i>  <i>Based on FDA-approved drug labeling</i> <hr/> <i>After 3 weeks of use, should work 24 hrs. a day</i>	
<b>Intuniv® (guafacine)</b>	<b>24</b>	 <i>or</i> 	
<b>Kapvay (clonidine® ER)</b>	<b>24</b>	 <i>or</i>  <i>Based on FDA-approved drug labeling</i>	

\*This patch takes affect after two (2) hours and lasts up to three (3) hours after removing. Please dispose of safely after removal.

## SHARED DECISION MAKING

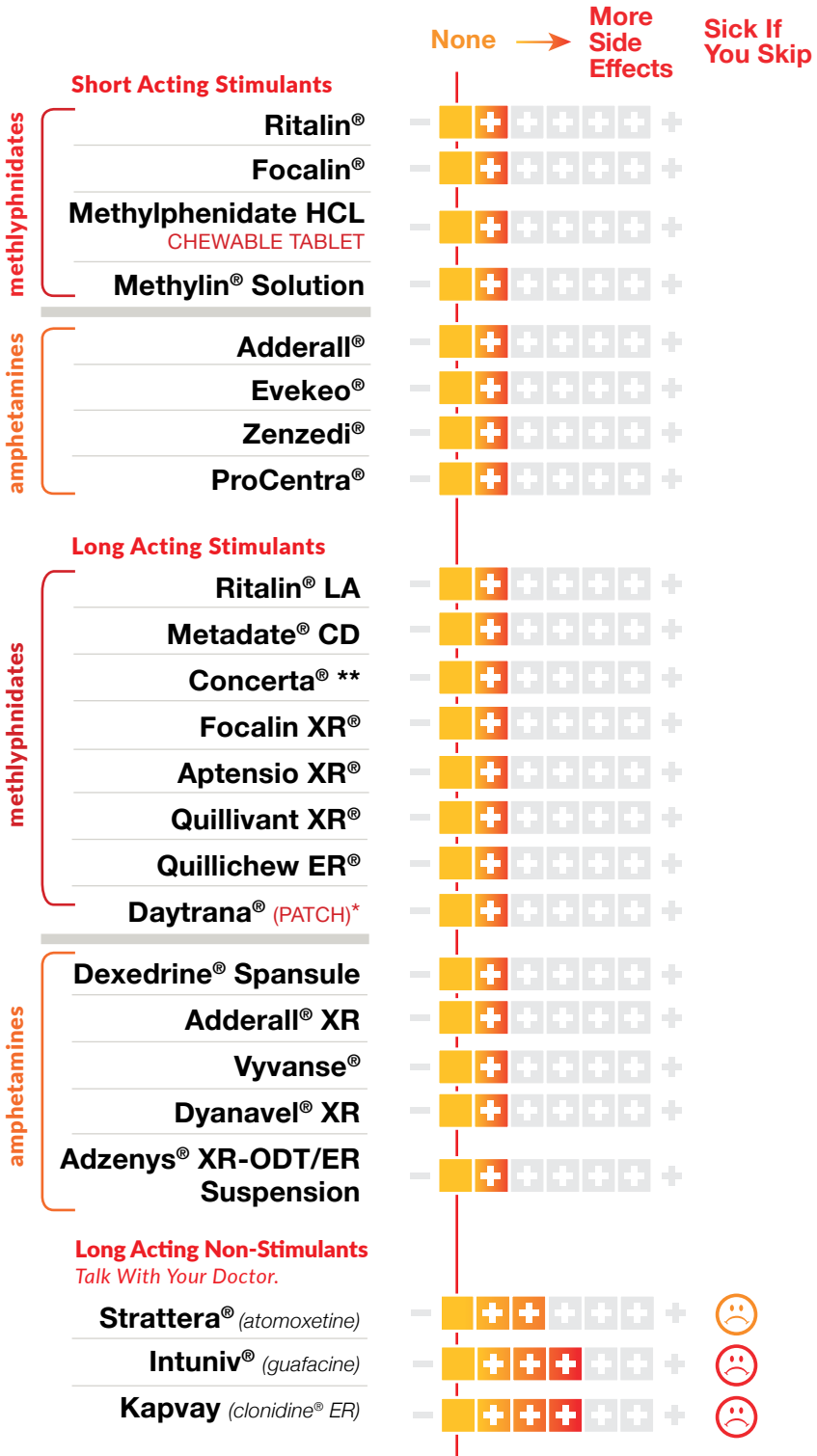
### ADHD

Makers of this aid have no financial relationships with pharmaceutical or device manufacturers. These cards were made by Alliance Health and Adapted with permission Brinkman WB et al., Cincinnati Children's.

© Cincinnati Children's Hospital Medical Clinic. Updated 2019. All Rights reserved.

# Stopping Approach

When thinking about stopping any medication it is always important to talk with your doctor first about the reason why you want to stop.



## SHARED DECISION MAKING

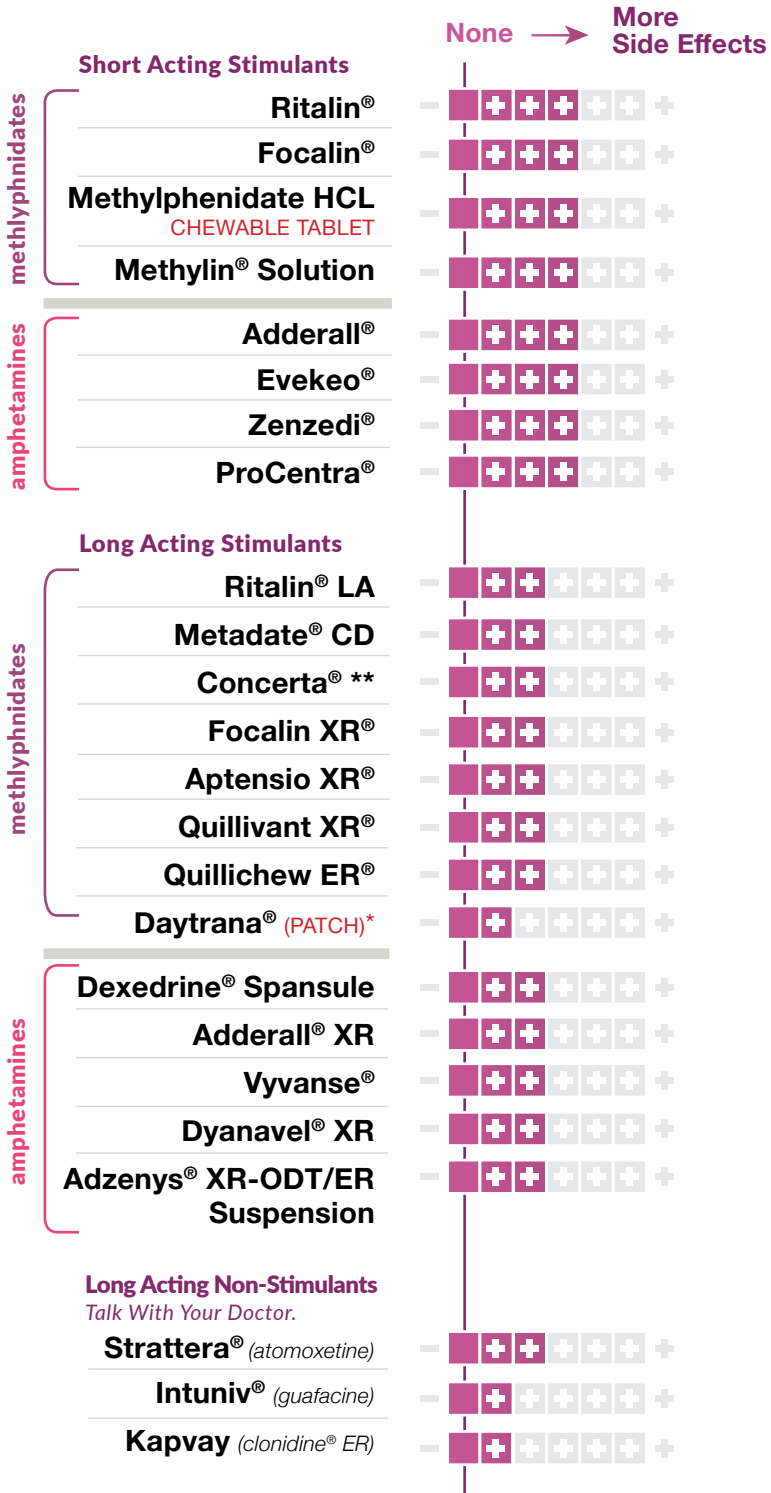
### ADHD

Makers of this aid have no financial relationships with pharmaceutical or device manufacturers. These cards were made by Alliance Health and Adapted with permission Brinkman WB et al., Cincinnati Children's.

© Cincinnati Children's Hospital Medical Clinic. Updated 2019. All Rights reserved.

# Side Effects: Stomach Issues

Stomach Issues can include loss of hunger, weight loss and upset stomach. Eating breakfast before taking medicine may help.



## SHARED DECISION MAKING

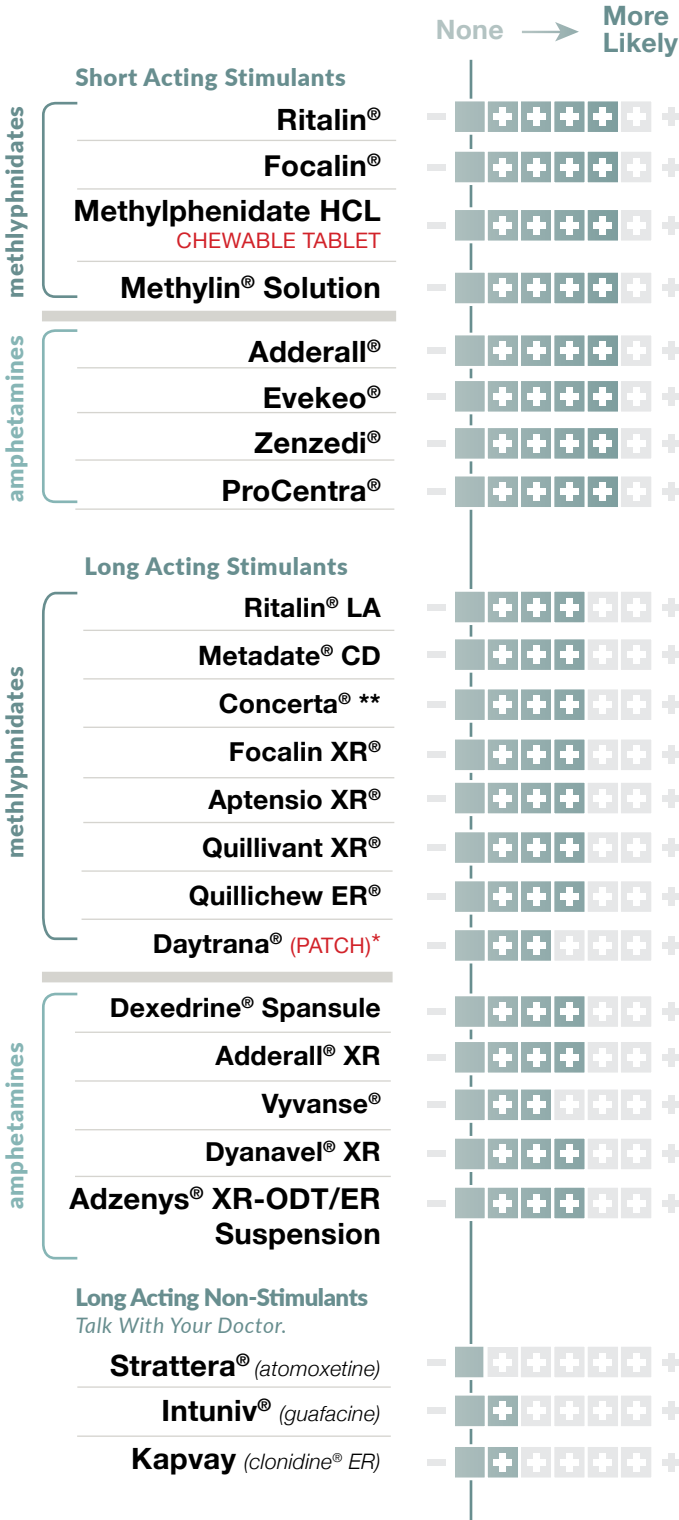
### ADHD

Makers of this aid have no financial relationships with pharmaceutical or device manufacturers. These cards were made by Alliance Health and Adapted with permission Brinkman WB et al., Cincinnati Children's.

© Cincinnati Children's Hospital Medical Clinic. Updated 2019. All Rights reserved.

# Risk of Misuse

ADHD medicine can be misused. Medicine should never be shared and should be secured in a safe place.



## SHARED DECISION MAKING

### ADHD

Makers of this aid have no financial relationships with pharmaceutical or device manufacturers. These cards were made by Alliance Health and Adapted with permission Brinkman WB et al., Cincinnati Children's.

© Cincinnati Children's Hospital Medical Clinic. Updated 2019. All Rights reserved.