

Primary care recommendations for monitoring of ADHD medications during the COVID-19 pandemic

For medications used to treat ADHD, the **usual monitoring** recommendations are found on the [NICE website](#)).

Stable patients (i.e. those who have had at least six months treatment) would usually measure:

- Children aged 10 years or under
 - Height every six months
 - Weight every three months
- Children aged over 10
 - Height and weight every six months
- Adults
 - Weight every six months
- All patient groups
 - Heart rate and blood pressure before and after each dose change and every six months.

During the COVID-19 pandemic, the following is a set of recommendations to reduce attendances in Primary care.^{1,2}

- Routine appointments can be conducted via virtual consultation. If the appropriate equipment for home measurements are available, clinicians should encourage patients or parents/carers to measure height, weight, heart rate and blood pressure (taken with an age adjusted cuff) at home to reduce clinic attendance.
- The GP should record these measurements in the patient's notes stating measurements are self-reported. Due to the risk that measurements provided may not be accurate, clinicians should assess whether measurements provided make sense.
- A face to face physical examination *may* be deemed necessary depending on the individual risk appraisal.
- Routine blood tests and/or routine ECGs are not required unless there is a clinical indication.

For patients with COVID-19 symptoms, recommendations are:

- If home monitoring equipment is available, monitor heart rate and blood pressure routinely throughout the period of infection.
- If symptoms are mild, continue ADHD medications as normal.
- If symptoms increase in severity (e.g. breathlessness), contact the initiating Specialist/initiating team for advice on possible adjustments to medication.
- The decision to continue medication is made on a benefit/risk assessment

References

1. Royal College of Psychiatrists. COVID-19: Providing medication. RC PSYCH ROYAL COLLEGE OF PSYCHIATRISTS. <https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/responding-to-covid-19-guidance-for-clinicians/community-and-inpatient-services/providing-medication>. Accessed April 14, 2020.
2. National Institute for Health and Care Excellence. Attention deficit hyperactivity disorder: diagnosis and management. <https://www.nice.org.uk/guidance/ng87/chapter/Recommendations>. Published September 13, 2019. Accessed April 14, 2020.

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