

SAINT LOUIS

SPORTS MEDICINE

Dear Parents/Guardians of Saint Louis University student-athletes,

It is within NCAA policy to randomly drug test student-athletes of NCAA member institutions for banned substances. For more information and a current list of NCAA banned substances please visit their website at <http://www.ncaa.org/drugtesting>. Specifically under this NCAA policy, medications used in the treatment of ADHD are banned. Under NCAA policy, it is a one year ban from athletics when a student-athlete tests positive for a banned stimulant. In order to remain compliant to the NCAA rules, this letter will serve as an outline to help us through this process.

1. If your son/daughter has not been diagnosed with ADHD, then no further action is needed.
2. If your son/daughter has been diagnosed with ADHD but is not taking medication, then no further action is needed. However, if medication for treatment becomes an option, then notify the Sports Medicine Department immediately. You will need to follow the instructions listed in the ADHD-ADD notification document.
3. If your son/daughter becomes diagnosed with ADHD then notify the Sports Medicine Department immediately. Consult the instructions listed in the ADHD-ADD notification document.
4. If your son/daughter has been diagnosed and on medication, then please follow the instructions listed in the ADHD-ADD notification document.
5. If your son/daughter is a returning student-athlete and currently under treatment (medication) for ADHD and all of the steps below previously (documentation is on file in Sports Medicine) is completed then you will need to have the treating physician complete the returning student-athlete ADHD medical form.

For those that fall into the category seeking a medical exception for the use of banned medications, the student-athlete must have all of the required information on file in the Sports Medicine Department before September 1.

I am attaching extremely important information, so please read through it very carefully. It will be the responsibility of the student-athletes to gather all of the requested information and forward that to me. Please feel free to call (314-977-3295) or e-mail Jburch7@slu.edu with any questions or concerns.

On behalf of the entire SLU Sports Medicine team, we look forward to the upcoming athletic year. We would like to welcome the incoming freshmen/transfer student-athlete. We hope for a healthy year for all of our student-athletes. Thank you for your time and attention in this matter.

Sincerely,

Jonathan Burch, ATC
Director of Sports Medicine
Saint Louis University
Chaifetz Arena – Sports Medicine
3330 Laclede Avenue
St. Louis, MO 63103
Phone – (314) 977-3295
Fax – (314) 977-3183





NCAA GUIDELINES TO DOCUMENT ADHD / ADD TREATMENT WITH BANNED STIMULANT MEDICATIONS

In August 2009, the National Collegiate Athletic Association (NCAA) implemented a stricter application of the NCAA Medical Exception policy, specifically for the use of the banned stimulant medications to treat Attention Deficit Hyperactivity Disorder (ADHD). In order to apply for a medical exception for the use of ADHD medications, student-athletes are required to submit additional information regarding their medication use and assessments.

The student-athlete's documentation from the prescribing physician to the Saint Louis University Sports Medicine staff should contain a minimum of the following information to help ensure that ADHD has been diagnosed and is being managed appropriately (see attachment for physician's letter criteria):

- A. Description of the evaluation process which identifies the assessment tools and procedures.**
- B. Statement of the diagnosis including confirmation date.**
- C. History of ADHD treatment (previous/ongoing).**
- D. Statement that a non-banned ADHD alternative medication has been considered if a stimulant is currently prescribed.**
- E. Statement regarding physician follow-up and monitoring visits.**

ADHD – Attention Deficit/Hyperactivity Disorder is one of the most common neurobehavioral disorders of childhood and can persist through adolescence and into adulthood. ADHD is generally diagnosed in childhood, but sometimes not until college or later. The most common medications used to treat ADHD are methylphenidate (Ritalin) and amphetamine (Adderall), which are banned under NCAA class of stimulants.

NCAA MEDICAL EXCEPTIONS – The NCAA list of banned drug classes is composed of substances that are generally reported to be performance enhancing. The NCAA bans performance enhancing drugs to protect student-athlete health and safety. The NCAA recognizes that some of these substances may be legitimately used as medications to treat student-athletes with learning disabilities and other medical conditions.

Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. The benefit of a medical exception procedure is that in most cases the student-athlete's eligibility remains intact during the process.

In order for a medical exception to be granted for the use of these stimulant medications, the student-athlete must show that he or she had undergone standard assessment to identify ADHD. Frequently a student-athlete may find that the demands of college present difficult learning challenges. They may realize that some of their class/teammates benefit from the use of these medications and consult a physician to prescribe the same for them. **If they do not undergo a standard assessment to diagnose ADHD, they have not met the requirements for an NCAA medical exception.**

Most universities provide these types of assessment through their student support services or counseling/testing centers. The student-athlete should either provide documentation of an earlier assessment or undergo an assessment prior to using the stimulant medication for ADHD.

In order for a student-athlete to be granted a medical exception for the use of a medication that contains a banned substance, the student-athlete must have:

- Declared the use of the substance to his or her Certified Athletic Trainer or athletics administrator (Head Athletic Trainer) responsible for keeping medical records.
- Present documentation of the diagnosis of the condition.
- Provide documentation from the prescribing physician explaining the course of treatment and current prescription.
- Annual completion of a medical form by the treating physician for returning student-athletes on file.

Requests for medical exceptions will be reviewed by physicians who are members of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports. Medical exceptions will be granted if the student-athlete has presented adequate documentation as noted.



STUDENT-ATHLETE DOCUMENT RESPONSIBILITY

Criteria for letter from prescribing Physician to provide documentation to the Saint Louis University Sports Medicine Department regarding assessment of student-athletes taking prescribed stimulants for Attention Deficit 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-V criteria) – attach supporting documentation.
- ADHD Rating Scale(s) (i.e. 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 addresses and contact information.
- Specialty.
- Physician signature and date.

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SPORTS MEDICINE

Dear Healthcare Provider,

Your patient, a student-athlete at Saint Louis University, plans to, or already participates in intercollegiate athletics at our institution. The National Collegiate Athletic Association (NCAA) requires that all athletes on stimulant medication for the treatment of ADD/ADHD provide adequate documentation of diagnosis and treatment to allow for a medical exemption. Stimulant medications are banned for use by NCAA student-athletes unless medical necessity is clearly documented by the host university. The Saint Louis University Sports Medicine Department / Department of Athletics are requesting the following information in order for the student-athlete to continue or begin their NCAA participation. This is required for their participation in sports.

Please complete the enclosed form that will be required annually if your patient participates in NCAA athletics and continues to require stimulant medications for their treatment. In completing this documentation, you acknowledge that you have reviewed the patient's health history and have informed them of the safety information regarding stimulant use as well as misuse guidelines. Please attach any consult letters or SOAP notes that may clarify their diagnosis and the need to use stimulant medications for treatment.

Thank you for taking the time to do this. We greatly appreciate your assistance as we all try to comply with NCAA requirements.

Sincerely,

Jonathan Burch, ATC
Director of Sports Medicine
Saint Louis University Sports Medicine Department

Please send documentation to:

Saint Louis University – Athletics
Chaifetz Arena
Attn: Director of Sports Medicine
3330 Laclede Avenue
St. Louis, MO 63103
Phone – (314) 977-3295
Fax – (314) 977-3183





MEDICAL EXCEPTION ADHD/ADD

Student-Athlete Name _____ Date of Birth _____ Banner ID # _____

Physician (Name) _____ Specialty _____

Physician Address _____ Telephone Number _____

_____ is under my care for treatment of ADHD/ADD since _____
Patient's Name Date of initial treatment

☐ YES ☐ NO Alternative non-stimulant medication use has been considered, or tried, with unsatisfactory clinical results: LIST those tried, if applicable: _____
The current medication and dosage is: _____
Reason for this medication: _____

☐ YES ☐ NO The student-athlete has undergone formal psychological/neuropsychological testing confirming the diagnosis of ADHD or ADD. List "None" if no formal testing done.
Name and title of the provider who conducted the formal psychological evaluation: _____

☐ YES ☐ NO An accepted ADHD rating scale was used to make the diagnosis.
If NO how was the course of treatment determined? (Attach any clinical SOAP notes)
☐ YES ☐ NO CONNER'S Adult ADHD reporting scales (CAARS)
☐ YES ☐ NO ASRS (Adult ADHD self report scale)
Other: _____

Physician Signature _____ Date _____

****Please submit copies of test results for the athlete's college medical record/NCAA****

The student-athlete is to follow up with me in (circle one):

3 months 6 months 12 months _____ (months) no planned follow up

Please feel free to attach any clinical SOAP notes that may help clarify your patient/ our athlete's diagnosis of ADHD/ADD and the need for stimulant medications. **THANK YOU FOR YOUR TIME.**

I, _____, give Saint Louis University permission to release all information regarding my treatment for ADHD to the National Collegiate Athletic Association Medical Exception Committee (for banned substances). This authorization will be valid for one calendar year beginning on the date I sign this authorization. I may revoke this authorization at any time by submitting a letter in writing to the Director of Sports Medicine, with the understanding that all information released prior to my revocation is excluded. My signature below indicates that I have read and understand the above statement.

Signature _____ Date _____

Parent/Guardian signature _____ Date _____



ADHD STUDENT-ATHLETE ANNUAL MEDICAL FORM

Please complete this medical form for Saint Louis University Student-athletes who have completed initial documentation needed for a NCAA medical exemption for use of a NCAA banned medication. This form serves as the annual update. All previous medical documentation needed is currently on file with the SLU Sports Medicine Department.

Student-Athlete Name _____ Date of Birth _____ Banner ID # _____

Physician (Name) _____ Specialty _____

Physician Address _____ Telephone Number _____

_____ is under my care for treatment of ADHD/ADD since _____
Patient's Name Date of initial treatment

Physician Signature _____ Date _____

****Please submit copies of test results for the athlete's college medical record/NCAA****

The student-athlete is to follow up with me in (circle one):

3 months 6 months 12 months _____ (months) no planned follow up

Please feel free to attach any clinical SOAP notes that may help clarify your patient/ our athlete's diagnosis of ADHD/ADD and the need for stimulant medications. THANK YOU FOR YOUR TIME!

I, _____, give Saint Louis University permission to release all information regarding my treatment for ADHD to the National Collegiate Athletic Association Medical Exception Committee (for banned substances). This authorization will be valid for one calendar year beginning on the date I sign this authorization. I may revoke this authorization at any time by submitting a letter in writing to the Director of Sports Medicine, with the understanding that all information released prior to my revocation is excluded. My signature below indicates that I have read and understand the above statement.

Signature _____ Date _____

Parent/Guardian signature _____ Date _____