

NFL Requirements for Therapeutic Use Exemption (TUE):

Attention Deficit and Attention Deficit Hyperactivity Disorders (ADHD)

ADHD is a neurobehavioral disorder characterized by a persistent pattern of inattention and/or hyperactivity. To determine the diagnosis of ADHD, the medical evaluation must include:

1. Evaluation for co-morbidities, including laboratory tests, neurocognitive testing and appropriate screening tests (there is no one specific test which is diagnostic for ADHD) to determine the diagnosis and treatment plan; and
2. Complete history, including interviews with player and preferably with family member;
3. Establishment of DSM-V criteria met by player for the diagnosis of ADHD through complete evaluation and use of Adult ADHD Clinician Diagnostic Scale (ACDS) v1.2 and Barkley Functional Impairment Scales (BFIS);

Initial TUE application

As a reminder, all TUE applications must be sent to the Independent Administrator prior to the initiation of treatment.

The following specific requirements must be satisfied in order to grant a TUE for ADHD:

1. Evaluation by a NFL certified psychiatrist.
2. Pertinent and current history, physical examination and testing, which must be reported including:
 - a. Complete history and physical examination, which must include a thorough neurological evaluation, including a thorough and complete concussion history with appropriate brain imaging if indicated and any neuropsychological testing performed to distinguish between post concussive symptoms and ADHD;
 - b. The presence or absence of other mental health disorders should be established via longitudinal clinical psychiatric history
 - c. Any evaluation or testing for medical and mental health co-morbidities (hypothyroidism, depression, etc.), including laboratory tests, imaging studies or neuropsychological testing (does not replace longitudinal psychiatric or concussion history);
 - d. ADHD comprehensive diagnostic scale must be completed and submitted assessing symptoms and impairment used to support the diagnosis of ADHD, including:
 - i. Adult ADHD Clinician Diagnostic Scale (ACDS) v1.2; and
 - ii. Barkley Functional Impairment Scales (BFIS) from player and other individual (parental report is highly recommended if available and if parent not available then other family member) in addition; BFIS are required if needed to document impairments;
 - e. Neurocognitive testing as indicated:
 - i. Intelligence test;
 - ii. Cognitive ability test;
 - iii. Specific tests of executive function and impulse control; and
 - iv. Appropriate testing to assess learning disabilities as indicated in clinical history.

3. All available records from previous evaluations that document diagnosis, including any previous test results, previous treatments that have been attempted (include doses and duration of treatment) and the results of such treatment trials;
4. Specification of the DSM-V criteria that are present to diagnose ADHD; and
5. Management plan, to include:
 - a. Medication prescribed, including dosage and frequency of medication; Treatment with non-prohibited substances should be included; extended release preparations, e.g Adderall XR, Vyvanse, Concerta, Focalin XR, Methylphenidate LA, Ritalin LA must be utilized unless there is a pressing clinical indication for immediate release medication.
 - b. Mechanism to be used to document treatment effectiveness (e.g., you may use rating scales, such as the World Health Organization's Adult ADHD Self Report Scale (ASRS v1.1). Symptom Checklist can be given before beginning treatment and at follow-up visits). **These symptom scales can be used for documentation of treatment but not for diagnosis.**
 - c. Further testing or treatment of co-morbidities; and
 - d. Plans for follow-up visits.
6. Completed 2018 NFL TUE application form.

Annual renewal

All TUEs for ADHD require an annual renewal. The following must be submitted annually prior to July 1, 2018:

1. Documentation of all follow-up visits (minimum of 2 visits **at least 3 months apart** with the most recent follow-up visit taking place within 60 days of the TUE renewal application) documenting:
 - a. Symptoms as related to ADHD and adverse effects which may occur with the treatment;
 - b. Efficacy of treatment;
 - c. Pertinent history from previous year - especially related to head injury, other mental health disorders, i.e. anxiety, depression and treatment of co-morbid conditions;
 - d. Physical exam with emphasis of blood pressure and cardiovascular system, neurological system.
2. Results of any pertinent testing that was completed during the previous year (may include the mechanism used to document treatment effectiveness (e.g., rating scales such as the World Health Organization's Adult ADHD Self Report Scale (ASRS v1.1)); and
3. Documentation of adequate medication adherence (should include player report, pharmacy records (state medication reporting system should be utilized)
4. Treatment plan for the coming year, including medication(s) prescribed, tests ordered and plans for follow-up visits.
5. Completed 2018 NFL TUE application form.