

## **New NCAA Drug Testing Guidelines**

### **Medical Reporting for Student-Athletes with Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) Taking Prescribed Stimulants**

Effective August 1, 2009, the NCAA is changing the method in which student-athletes report the taking of prescribed medications which contain NCAA banned substances. Most common is the use of stimulants, ritalin and adderall, for the treatment of ADD and ADHD.

Previously, student-athletes were only required to provide a note from their treating physician/ health care practitioner stating they were prescribed a banned medication for the treatment of ADD/ADHD. If the student-athlete incurred a positive drug test through the NCAA Drug Testing Program, the University contacted the NCAA, reported the reason why the student-athlete was taking the banned substance and the positive drug test was voided. The student-athlete was not subject to the NCAA Drug Testing appeals process.

Effective August 1, 2009, if a student-athlete tests positive for taking a prescribed stimulant, they must file an appeal with the NCAA to restore their eligibility and void the positive result. The student-athlete is deemed ineligible until the positive result is overturned upon a successful appeal. The NCAA appeal requires more documentation than a note from the treating physician/health care practitioner. This new documentation is outlined below and in the included attachment.

### **Student-Athlete Document Responsibility**

The student-athlete's documentation from the prescribing physician to the athletics departments/ sports medicine staff is required to contain the following information to help ensure that ADHD has been diagnosed and is being managed appropriately (see below for physician letter criteria):

- a. Description of the evaluation process which identifies the assessment tools and procedures.
- b. Statement of the Diagnosis, including when it was confirmed.
- c. History of ADHD treatment (previous/ongoing).
- d. Statement that a non-banned ADHD alternative has been **considered** if a stimulant is currently prescribed.
- e. Statement regarding follow-up and monitoring visits.

## **Institutional Document Responsibility**

The institution should note ADHD treatment in the student-athlete's medical record on file in the athletics department. In order to request a medical exception for ADHD stimulant medication use, it is important for the institution to have on file documentation that an evaluation has been conducted, the student-athlete is undergoing medical care for the condition, and the student-athlete is being treated appropriately. The institution should keep the following on confidential file:

- a. Record of the student-athlete's evaluation.
- b. Statement of the Diagnosis, including when it was confirmed.
- c. History of ADHD treatment (previous/ongoing).
- d. Copy of the most recent prescription (as documented by the prescribing physician).

## **Requesting an NCAA Medical Exception**

- a. The student-athlete should report the banned medication to the institution upon matriculation or when treatment commences in order for the student-athlete to be eligible for a medical exception in the event of a positive drug test.
- b. A student-athlete's medical records or physician's letter should **not** be sent to the NCAA, unless requested by the NCAA.
- c. The use of the prescribed stimulant medication **does not** need to be reported at the time of NCAA drug testing.
- d. Documentation should be submitted by the institution in the event a student-athlete tests positive for the banned stimulant.

It is the student-athlete's responsibility to provide the appropriate documentation to the Athletic Health Care Office. If this policy affects you, schedule an appointment with your treating physician/health care practitioner to obtain the necessary documentation for compliance. Feel free to contact a member of the Athletic Health Care staff if you have any questions or need assistance with regard to this policy.

## **Attention Deficit Hyperactivity Disorder (ADHD) Physician Letter Guideline**

**Criteria for letter from prescribing Physician to provide documentation to the Athletics Department/Sports Medicine staff regarding assessment of student-athletes taking prescribed stimulants for Attention Deficit Hyperactivity 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:
  - o Summary of comprehensive clinical evaluation (referencing DSM-IV criteria) – attach supporting documentation.
  - o ADHD Rating Scale(s) (e.g., Connors, ASRS, CAARS) scores and report summary – attach supporting documentation.
  - o Blood pressure and pulse readings and comments.
  - o Note that alternative non-banned medications have been considered, and comments.
  - o Diagnosis.
  - o Medication(s) and dosage.
  - o 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 address and contact information.
- Specialty.
- Physician signature and date.

**DISCLAIMER:** The National Collegiate Athletic Association shall not be liable or responsible, in any way, for any diagnosis or other evaluation made, or exam performed,

in connection herewith, or for any subsequent action taken, in whole or in part, in reliance upon the accuracy or veracity of the information