



# ADHD Titration Checklists for Clinicians

*From diagnosis to long-term care*

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# ADHD Titration Checklists for Clinicians

*A quick-reference guide for managing ADHD treatment from diagnosis to long-term care*

There are several steps involved in each stage of developing a patient-plan for ADHD treatment, and a workflow can help ensure that steps aren't missed. This checklist is designed as a helpful guide, outlining the main stages of a patient's journey from initial appointment to long-term treatment management and draws on NICE and AAP guidance.<sup>1</sup>

## Stage 1 - Initial Assessment and Diagnosis

- Gather comprehensive medical, developmental and psychosocial history
- Rule out differential diagnoses and possible comorbid conditions and confirm ADHD diagnosis
- Record baseline data on ADHD symptoms using a standardized objective test and rating scales, alongside other subjective tools, following the DSM-5 criteria/ICD-11 criteria.
- Per your clinical workflow, take other baseline measurements and health data (height, weight, blood pressure, pulse, cardiac history etc.)<sup>2</sup>
- Offer psychoeducation materials to better understand ADHD and neurodiversity

## Stage 2 - Starting Treatment

- Review and discuss available treatment options, highlighting key benefits and potential side effects
- Set measurable treatment outcomes and goals, and discuss with patient and/or caregivers
- Prescribe first-line treatment and discuss details (dose, frequency, timeline, safe storage of medication, etc.)
- Discuss realistic timelines on treatment plans and symptom alleviation
- Start patient on a low dose of treatment if deemed appropriate, per guidance
- Prescribe a short initial supply
- Set an appointment date for first review of medication effect and set out a timeline for future follow-ups (e.g. weekly or fortnightly). Timelines should be shortened for patients with comorbidities.
- Provide lifestyle and behavioral recommendations alongside medication

### Stage 3 – Titration and Review

- Review symptom change (have ADHD symptoms improved or worsened?) – Repeat objective test and compare results
- If comorbidities are present, have any of these conditions improved or worsened?
- Has the patient experienced any negative side effects?
- Repeat measurements taken at baseline and check for change (e.g. height, weight, etc.)
- Reassess medication effectiveness and side effects, and adjust medication type and/or dosage if required
- Arrange future follow-up appointments



**Repeat this step of titration adjustments and follow-up appointments until the right dose is achieved. Goal is to find the lowest effective dose to achieve symptom relief with minimal or tolerable side effects.**

### Stage 4 – Long-term Treatment Management

- Stabilize treatment and prepare patient and caregivers for long-term care
- Reinforce psychoeducation and behavioral strategies
- Maintain a multi-source feedback process (home, school/work, self-reports, etc.)
- Confirm whether patient may return to primary care arrangements (if being seen under referral)
- Make long-term care plan with milestones for reassessing treatment effectiveness and repeat monitoring against baseline data
- Continue monitoring for signs of side effects, medication misuse, change or deterioration in symptoms



Disclaimer: This checklist is intended as a general guide for clinicians and is not a substitute for clinical judgment or individualized patient care. It is based on best practice recommendations from NICE and the American Academy of Pediatrics at the time of publication. Clinician discretion is advised. Qbtech does not provide medical advice and is not liable for any outcomes resulting from the use of this tool.

#### Notes:

1. Recommended in [AAP Process of Care Algorithm](#) and [NICE, NG87, 1.7.4.](#)