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## **ADHD Medication Protocols in the College Setting: A Standardized Student Provider Agreement**

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**ADHD MEDICATION  
PROTOCOLS IN THE COLLEGE  
SETTING: A STANDARDIZED  
STUDENT PROVIDER  
AGREEMENT**

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## ACKNOWLEDGEMENTS

- I declare that there are no relationships, conditions, or circumstances that present a conflict of interest relevant to the content of this presentation.

## INTRODUCTION — PROBLEM

- Diversion of stimulant medication is a problem amongst college-age adolescents.
- Nurse Practitioners (NPs) at a northeastern liberal arts college find current protocol for stimulant use lacking.

## AVAILABLE KNOWLEDGE

- 58.9% of students with a prescription for stimulants report having diverted their medication at least once in their life (Schultz et al, 2017).
- Over 50% of students who admitted to ever using stimulants without a prescription identified college as the first time they used (Bavarian et al, 2013).

## RATIONALE

- Diversion and misuse of stimulant medication is a problem on college campuses.
- The NPs at Student Health Center perceive the need for a better protocol and agreement process so expectations surrounding the use of stimulants are clear between the NP and the student.

## PURPOSE & AIMS

- Increase knowledge and comfort of NPs in regards to proper monitoring of students with current stimulant prescriptions.
- Create revised Student Provider Agreement regarding stimulant monitoring based on existing models from other colleges and universities.

## METHODS — CONTEXT

- NPs are dissatisfied with current student provider agreement and protocol.
- NPs also identify the need for provider education and student education surrounding ADHD.



# INTERVENTIONS

- Continuing education session for NPs
- Created a revised Student Provider Agreement
- Created student education resources that reflects current guidelines.

## STUDY OF THE INTERVENTIONS

- Pretest and posttest surveys
- Iterative process of revised version of ADHD Student Provider Agreement

## MEASURES + ANALYSIS

- Analysis of pretest and posttest survey results
- Ongoing analysis of content through discussion and feedback
- ADHD Student Provider Agreement formally accepted by Student Health Center

## ETHICAL CONSIDERATIONS

- Project deemed “Not Research” by UVM IRB.
- Survey results were kept confidential and not shared with NP supervisors.
- NPs were incorporated as key participants in the evidence-based practice change.

## RESULTS – NP PARTICIPANTS

- 100% participation in continuing education session
- 19% increase in opinion that diversion is an issue
- 38% increase in confidence in Student Provider Agreement

## RESULTS

- Iterative process of protocol development and revision incorporating NP feedback.
- Revised Student Provider Agreement approved by Director
- Student Provider Agreement implementation – Fall 2018

## DISCUSSION

- Increased knowledge and comfort for NPs in stimulant therapy management
- Creation of educational resources for students.
- Formalized protocol that has been developed with Student Health Center NPs.

# INTERPRETATION

- ADHD Student Provider Agreement document established expectations
- Fostered relationship between college and the University of Vermont College of Nursing & Health Sciences



## LIMITATIONS

- Limited evidence available exploring relationship between student provider agreements and ADHD medication
- Unable to measure student outcomes post-implementation of ADHD Student Provider Agreement.

# CONCLUSIONS

- **Usefulness**
- **Sustainability**
- **Potential for spread to other contexts**
- **Implications for practice & further study**

## NEXT STEPS

- Implementation of ADHD Student Provider Agreement
- Analysis of efficacy of ADHD Student Provider Agreement on predetermined outcomes
- Refinement of content of ADHD Student Provider Agreement

## REFERENCES

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