

## Checklist 2: Methylphenidate (MPH) checklist for monitoring of ongoing therapy

The following is designed to support you in the monitoring of ongoing therapy of an MPH-containing product in the appropriate patients with attention-deficit/hyperactivity disorder (ADHD).

As outlined in the prescribing information in more detail, growth (only applicable to children and adolescents below 18 years of age), psychiatric and cardiovascular status should be regularly monitored:

- Blood pressure and pulse should be recorded at each adjustment of dose and then at least every 6 months
- Height, weight and appetite should be recorded in children and adolescents below 18 years of age at least 6-monthly with maintenance of a growth chart
- Weight should be recorded in adults regularly
- Development of *de novo* or worsening of pre-existing psychiatric disorders should be monitored at every adjustment of dose and then at least every 6 months and at every visit

It is recommended that this checklist be used in conjunction with the full prescribing information for the individual product that is being prescribed. Please visit [www.medicines.ie](http://www.medicines.ie) to view the prescribing information.

Please download and print this checklist prior to your consultation. It will not be possible for you to store any patient-specific information on the website. The completed checklist can be documented within the patient records.

As you work through the checklist, it may also be useful for you to discuss the patient information leaflet (PIL) of the individual product that is being prescribed with your patient and/or their carer(s)/guardian(s) and for children and adolescents below 18 years of age with their parent(s) or guardian(s).

### Monitoring during ongoing treatment with MPH

Date of assessment:

Reason for assessment:

Patient name:

Date of birth:

Age:

Gender:

**Carefully review the following systems as indicated below at each adjustment of dose and at follow-up visits at least every 6 months:**

		<b>Evaluated</b>
<b>General medical findings</b>		
• Document height, body weight for children and adolescents below 18 years of age (see separate follow-up chart)		<input type="checkbox"/>
Consider discontinuation of MPH if growth is below expectations		
• Regularly record weight in adults		<input type="checkbox"/>
• Document any indication of abuse, misuse or diversion of MPH		<input type="checkbox"/>
• Pregnancy		<input type="checkbox"/>
Evaluate benefit/risk		
<b>New cardiovascular findings</b>	<b>Blood pressure and pulse should be recorded</b>	
• Palpitations		<input type="checkbox"/>
• Exertional chest pain		<input type="checkbox"/>
• Unexplained syncope		<input type="checkbox"/>
• Dyspnoea		<input type="checkbox"/>
• Other symptoms suggestive of cardiac disease		<input type="checkbox"/>
Refer for prompt specialist cardiac evaluation		
<b>New neurological findings</b>		
• Severe headache, numbness, weakness or paralysis, impairment of coordination, vision, speech, language or memory		<input type="checkbox"/>
Any of above conditions may suggest cerebral vasculitis: stop MPH		
• Seizure frequency increase or new-onset seizures		<input type="checkbox"/>
MPH should be discontinued		

	<b>Evaluated</b>
<b>New psychiatric findings or worsening thereof</b>	<b>Development of <i>de novo</i> or worsening of pre-existing psychiatric disorders should be monitored</b>
• Psychotic or manic symptoms	<input type="checkbox"/>
Consider discontinuation of MPH	
• Suicidal ideation or behaviour	<input type="checkbox"/>
Consider treatment of underlying psychiatric condition	
Re-evaluate benefit/risk	
Consider discontinuation of MPH	
• Aggressive and hostile behaviour	<input type="checkbox"/>
Consider the need for adjustment of treatment	
• Anxiety, agitation or tension	<input type="checkbox"/>
• Depressive symptoms	<input type="checkbox"/>
• Motor or verbal tics or worsening thereof	<input type="checkbox"/>
<b>Treatment duration</b>	
• Patient is being treated continuously for >12 months	<input type="checkbox"/>
• Improvement in symptoms after appropriate dosage adjustment over a 1-month period is observed, otherwise drug discontinuation is recommended	<input type="checkbox"/>
Consider trial period off medication at least once yearly to determine if continued treatment is still necessary	

Record any additional information here

Following the evaluation above, please use the chart provided to record the information required for ongoing monitoring ([link to chart](#))

## End of treatment

Careful supervision is required during drug withdrawal, since this may unmask

- **Depression** as well as
- **Chronic overactivity**

Some patients may require long-term follow-up.