



Dear Health Care Provider,

Your patient, a student-athlete at Princeton University plans to or already participates in intercollegiate athletics at our institution. The NCAA (National Collegiate Athletic Association) requires that all athletes on stimulant medication for the treatment of ADD/ADHD provide adequate documentation of diagnosis and treatment to allow for a medical exemption. Stimulant medications are typically banned for use by NCAA athletes unless medical necessity is clearly documented by the host university. Princeton University Athletic Medicine is requesting the following information in order for your student- athlete to continue or begin their NCAA participation. **This is critical for their participation in sports.**

Please complete the enclosed form that **will be required annually** if your patient participates in NCAA athletics and continues to require stimulant medications for their treatment. In completing this paper work, you acknowledge that you have reviewed the patient's health history and have informed them at some time of the safety information regarding stimulant use as well as misuse guidelines. Please attach any consult letters or notes that may clarify their diagnosis and the need to use stimulant medications for treatment.

Thank you for taking the time to do this. We greatly appreciate your assistance as we all try to comply with NCAA requirements!

Sincerely,

Sasha Steinlight, M.D.

By Postal Service to:
Attn: Athletic Medicine
University Health Services
McCosh Health Center
Washington Road
Princeton NJ 08544-1004

OR

Upload copies to:
www.princeton.edu/myuhs



Medical Exception ADHD / ADD



Date ____ / ____ / ____

Name _____ Date of Birth ____ / ____ / ____

Provider: Your patient is a student athlete (SA) participating in intercollegiate athletics. The NCAA bans the use of some stimulant medications and requires that the following documentation be submitted to support a request for a medical exception in the case of a positive drug test for such use. For additional information, please visit the NCAA Health & Safety website

<http://www.ncaa.org/wps/ncaa?ContentID=481>

Date of Clinical Evaluation: ____ / ____ / ____

Required ADHD evaluation components

Comments:

- Comprehensive clinical evaluation (using DSM-IV criteria) _____
- Adult ADHD Rating Scale (e.g., Adult ADHD self report scale (ASRS), CONNER's Adult ADHD reporting scale (CAARS) Score: _____
- Monitored blood pressure and pulse _____
- Alternative non-banned medications have been considered _____

****please submit copies of test results for the SA's medical record & NCAA purposes****

Additional ADHD evaluation components

Reporting of ADHD symptoms by other significant individual(s); _____

Other Psychological testing; _____

Physical exam date: ____ / ____ / ____ Results: _____

Laboratory/testing; _____

Previous documentation of ADHD diagnosis: _____

Other/Comments: _____

Diagnosis: _____

Medication(s) and Dosage: _____

The student-athlete will follow-up with me in (circle one) 3 months, 6 months, 12 months, other _____

Physician Name (Printed): _____ Date: ____ / ____ / ____

Physician Signature: _____ Specialty: _____ (M.D. or D.O.)

Office Address: _____ Contact #: _____

*Please feel free to attach any clinical SOAP notes that may help clarify your patient/ our athlete's diagnosis of ADHD/ADD and the need for stimulant medications. **THANK YOU FOR YOUR TIME!***

Student Athletes: Please complete the following;

I, _____, give _____ permission to release all information regarding my treatment for ADHD to the Princeton University Athletic Medicine & Athletic Department, and the National Collegiate Athletic Association. This authorization will be valid for one calendar year beginning on the date I sign this authorization. I may revoke this authorization at any time by submitting a letter in writing to the Director of Athletic Medicine or another member of the University Health Services, understanding that all information released prior to my revocation is excluded.

My signature below indicates that I have read and understand the above statement.

Signature: _____ Date: _____

Parent/Guardian signature: _____ Date: _____ (if under 18 years)