

Care Plan 10

01/05/2014

Problem / Assessment: ADHD

12 year old with longstanding history of ADHD

Progress to Date: Patient on ADHD meds at least since age 9 years for hyperactivity, impulsiveness. Patient has undergone medication changes and dose changes. She has seen Families, Inc. Psych reports noncompliance as a problem. Patients family recently moved back to Smalltown after living in TX. Patient is currently on Adderall XR 2-20mg q AM.

Treatment / Self Management:

Continue Adderall XR 20 Take 2 q AM

Patient will be compliant with meds and with keeping follow up appointment 1 month

Problem / Assessment 2: Sleep Disorder

12 year old with longstanding problem with sleep disorder

Progress to Date: Patient requires sleep medication in order to sleep well. Her recent dose is Clonidine 0.2 mg at hs. She underwent a recent medication increase.

Treatment / Self Management:

Clonidine 0.2mg at hs. Sleep Hygiene. Patient to be compliant with medication. Patient to keep appointment in 1 month. Patient to increase responsibility and independence for own health. Avoid smoke exposure. Patient will maintain health, safety, well being. Patient will stay current on vaccines including influenza vaccine. Patient will have regular dental check ups. Follow up appointment in 1 month.