Stimulant Medication Guidelines and Requirements

Widener University Athletic Department in conjunction with the NCAA Medical Exemption Banned stimulant policy requires strict documentation of the use of stimulant medications. This documentation must demonstrate that the student-athlete has had a clinical assessment, being monitored routinely for use of stimulant medication, and has a current prescription on file in Student Health Services to be approved for a medical exemption to the banned drug policy.

Clinical Evaluation and documentation must include the following:
(please initial each bullet to confirm that the information is included in the report)

* Summary of comprehensive evaluation (referencing DSM-IV Criteria) 
  (attach all supporting documentation)

* ADHD Rating Scale(s) (i.e. Connors, ASRS, CAARS) scores/report summary

* Statement of Diagnosis (including when it was confirmed)

* History of Treatment (previous/ongoing)

* List of all current medication(s) and dosages (prescription and OTC)

* Blood Pressure/Pulse readings, history and physical exam date and results
  (attach supporting documentation)

*Laboratory/testing results

* Date/results of most recent Clinical Evaluation

* Follow-up and ongoing plan of care

* A student-athlete signed note that documents that alternative non-banned medications have been considered.

* Copy of current stimulant prescription

* Stimulant Use Fact Sheet used by provider’s practice.
  (attach copy of this fact sheet)

* Practitioner policy for stimulant misuse; lost or stolen stimulant prescription
  (attach copy of this policy)

* Physician name (printed)

* Office address and contact information

* Specialty/Credentials

* Physician signature and date