

Individualized Healthcare Plan for Student with ADD/ADHD

Name:	Effective Date:
Parent:	School: Grade:
Home Phone:	Address:
Emergency/Cell:	
DOB:	Doctor: Phone:
Allergies:	Preferred Hospital:
Medications:	

Diagnosis: Student with ADD/ADHD

Assessment:

Attention Deficit/Hyperactivity Disorder is a “brain disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.” (National Institute of Mental Health). Some key features of ADHD are impulsivity, inattention and hyperactivity.

Nursing Diagnosis:

1.) Impaired Social Interaction related to: inadequate social skills, inattention and distraction and impulsive behaviors.

Goals: The student will work on social skills with teacher and/or aide. The student will also utilize different tools to assist with inattention and distraction (such as movement chairs, stress balls, etc).

Intervention: Student will have time within the classroom to work in small groups while guided by the teacher at least once per week. Help pair the student with other students that are calm and patient. Student will have tools in the classroom to help maintain focus, and maybe utilize same tools that student uses at home.

Expected Outcome: Student will be able to work in a small group setting well and contribute to problem solving within the group by the end of the

school year. Student will be able to maintain focus and impulsive behaviors through the use of tools provided.

2.) Knowledge Deficit related to inability to maintain focus in the classroom.

Goals: Student will turn in homework and classroom work assignments on time as directed by the teacher.

Intervention: Student will maintain a distraction free environment (clean desk area and organized supplies) Student will have a timer on desk to keep on tasks, teacher to work with student about appropriate time limits for tasks. Student will utilize tools such as a movement chair or standing at desk while completing assignments. Student will sit near front of room or near teachers desk.

Expected Outcome: Student will turn in all assignments on time throughout the school year, and maintain a satisfactory grade in the class.

3.) Health Management related to prescription medication regimen.

Goals: Student will take prescribed ADHD medication daily on times prescribed by physician.

Intervention: Student will take medications within first 30 minutes of school day (if not taking at home) and throughout the day as prescribed. Student will have an alarm set at his/her desk to remind him/her to take medication. Student and teacher will work with school nurse to understand the side effects of the medication that the student is taking. Teacher and caregiver to collaborate and discuss if the medication regimen is no longer working for the student. Caregiver will assure that adequate amounts of medication are provided to the school nurse and clinic.

Expected Outcome: Student will take medication daily on time. Teachers and caregivers will collaborate with school nurse about medication regimen.

Resources:

Attention Deficit/Hyperactivity Disorder. (2016). National Institute of Mental Health. Retrieved from <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>