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Focusing together on ADHD

Medication Log

If your teenager takes medication for ADHD, it can be useful to keep a day-to-day record of the impact of the medication. This information can be extremely useful to your teen's health care provider - especially if teen child has just started taking medication, or if there has been a change in his or her current medication regimen. A medication log can help your teen's health care provider see whether or not the medication is having its intended impact.

WHO SHOULD USE THIS TOOL?

Your teen should be responsible for updating the medication log each day and keeping it in a safe place.

HOW SHOULD IT BE USED?

Have your teen update the medication log each day of the week.

The bottom half of the tool is to be completed at the end of each week. It asks your teen to evaluate his or her level of different ADHD symptoms experienced through the course of the entire week.

Present the completed medication logs to your health care provider. The prescribing clinician will be able to get a better idea of how effective a medication has been for your teen.

Medication Log							
Medication & Dosage:		Week of: _____					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
At what time(s) did you take your medication?							
Did you eat before or after you took your medication?	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No	Yes, before Yes, after No
When did you notice the effects of the medication?	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never	Immediately It took a while Never
How long did the effects of the medication last?							

How did you feel this week?								
I was able to focus and pay attention	Less	Same	More	I didn't lose or misplace things	Less	Same	More	
I completed my assignments and chores	Less	Same	More	It was hard for me to work/play quietly	Less	Same	More	
I was able to stay neat and organized	Less	Same	More	I felt like my mind was "sped up"	Less	Same	More	
I was able to sit still when I had to	Less	Same	More	I moved/fidgeted my hands or feet a lot	Less	Same	More	
I waited for my turn without interrupting	Less	Same	More	I felt nervous	Less	Same	More	