

ATTENTION-DEFICIT/HYPERACTIVITY DISORDERS EVALUATION SERVICES At INOVA KELLAR CENTER

The Attention-Deficit/Hyperactivity Disorders Evaluation Service at Inova Kellar Center has been developed to meet the needs of children and adolescents primarily between the ages of 4 and 18 who may have attention and behavioral problems that interfere with academic and social functioning.

What is Attention-Deficit/Hyperactivity Disorder (AD/HD)?

Individuals with Attention Deficit/Hyperactivity Disorder (AD/HD) may display any or all of the following behaviors:

- Often fidgets or has difficulties remaining seated when required to do so
- Is easily distracted
- Has difficulties awaiting turn
- Often blurts out answers to questions
- Has difficulties in following through on instructions from others
- Has difficulty sustaining attention in tasks or play activities
- Often shifts from one play activity to another
- Often interrupts others
- Often loses things necessary for tasks or activities at school or home
- Often has difficulty organizing goal-directed activities
- Is often forgetful in daily activities

In addition, children with AD/HD may often lose their temper, argue with adults, actively defy adult requests or rules, annoy other people, blame others for their own mistakes, and expresses negative feelings about themselves.

Attention-Deficit/Hyperactivity Disorders are thought to be the result of deficits in neurological functioning which causes delays in the acquisition of self-regulatory skills. Research currently suggests that in many cases this disorder is inherited. However, there is presently *no specific test* such as a CAT scan, EEG, MRI, X-ray, or blood test that can identify these neurological deficits. Therefore, the presence of an attention disorder has to be inferred and cannot be determined by routine medical procedures. Additionally, most children display any or all of the above behaviors at one time or another.

How is AD/HD diagnosed?

In order to determine if the above behaviors constitute an attention disorder or are related to other emotional or behavioral problems, a comprehensive evaluation is conducted by an Inova Kellar

Center licensed clinical psychologist or individuals under their supervision. Research indicates that evaluations that use information from many sources are the most helpful in diagnosing and treating attention disorders. This philosophy guides the staff at Inova Kellar Center and as such, information is obtained from multiple sources including parents, teachers, and the child him or herself.

What is the evaluation process?

In order to make the most accurate diagnosis, the Inova Kellar Center staff use a multi-step procedure:

1. Initially, an appointment is scheduled with the child/adolescent and his/her parents in order to review concerns, to complete an in depth interview of the child, and to complete a short symptom-based checklist, which focuses on attention disorder symptoms. These procedures are designed to provide more specific information regarding the nature of the child/adolescent's difficulties. Should information collected during this appointment indicate the possibility of an attention disorder, behavioral checklists are distributed to be completed by the parents, the child's teacher, and if an adolescent, he or she him/herself. *
2. If further diagnostic procedures are recommended, a 2-hour evaluation appointment is scheduled where direct testing of attention components and a brief screening of intellectual and academic achievement are completed. The following assessment instruments are typically used: Test of Variables of Attention (TOVA), selected subtests from the Woodcock-Johnson-IV Tests of Cognitive Abilities (or comparable measures), and the Kaufman-Brief Intelligence Test (K-BIT-2). These procedures and the behavior rating scales are billed as **5** hours of psychological testing (CPT Code 96101). Selected subtests from the Woodcock-Johnson-IV Tests of Achievement covering the areas of word reading or reading comprehension, spelling or written expression, and mathematics calculation (or comparable measures) are also completed and are billed as **1** hour of educational testing. All fees include the time it takes to administer, score, interpret, and complete a written report. If only behavior rating scales are completed, **3** hours of psychological testing (CPT Code 96101) is billed. Parents are also asked to provide copies of school records, to provide developmental history information, and to complete a computer-based symptom interview. If the child's pediatrician has not recently conducted a health assessment, this should be completed as soon as possible to ensure that the presenting problems are not related to a medical condition.
3. Following these procedures, a summary conference is held with the parents approximately 2 weeks after the evaluation appointment. During this appointment, the evaluation results are reviewed and a treatment plan is discussed.

*When diagnostic questions are complex, an additional one hour appointment may be required with parents only, which will be billed as a Family Therapy w/o Patient (CPT code 90846).

What is the cost of the evaluation?

Approximately \$1300.00

The cost of the evaluation covers clinical interviews, a review of the developmental history and

school records**, administration of the diagnostic measures, scoring of the measures, interpretation of the test findings, report write-up, and a summary conference with the parent(s).

A portion of the diagnostic procedures may be covered by your insurance company but specific benefits and coverage should be determined prior to the evaluation using the following diagnostic codes where applicable:

- **1** initial assessment interview (\$250.00, CPT code 90791).
- **5** hours of psychological testing (\$750.00, CPT code 96101). Patients are required to pay psychological testing hours not approved by their insurance company due to a denial of a preauthorization request, as a result of testing not being a covered benefit or due to annual limitations.
- **1** hour of educational testing (**\$150.00**), which is **not** covered through insurance.
- **1** review summary (**\$150.00**), which is **not** covered through insurance.
- **Payment for non-insurance covered services is expected at the time of each appointment. Should you need to finance the cost of the non-insurance covered services, payment may be made over a three-month period or longer through the use of Medi-Credit (571-423-5802).**

Figures in **bold** indicate minimum out-of-pocket expenses.

** If a review of records exceeds one (1) hour, an addition charge will be added at a rate of **\$150.00** per hour in quarter-hour increments, which is **not** covered through insurance.

In order to verify your coverage, check with your insurance company. **A non-refundable deposit of \$150.00 is required when the testing appointment is scheduled in order to reserve the testing appointment slot. This fee will be applied to the review appointment or forfeited if the testing appointment, for whatever reason, is not completed on the scheduled date.**

What if my child is diagnosed with AD/HD?

Should a diagnosis of an attention-deficit/hyperactivity disorder be made, Inova Kellar Center offers a wide range of short-term treatment services. These services include medication management, parent education groups, child and adolescent therapy groups, and individual and family therapy. When a recommendation for medication is made, a referral can be made to an Inova Kellar Center child psychiatrist or the parents may elect to consult other health care professionals including the child's pediatrician. Psychotherapy services tend to be brief and oriented towards helping the parents help the child to do better at school and at home. With adolescents, an emphasis is placed on self-management skills and family conflict resolution. Consultation with your child's teacher can also be arranged to assist the teacher with making classroom modifications to meet your child's needs within a regular classroom environment. Finally, a list of community and support services, such as CHADD (Children and Adults with Attention Deficit Disorder), is available which may assist you and your child in coping with this disorder.

If you suspect that your child may have an attention-deficit disorder, please contact the Inova Kellar Center staff at 218-8500.