

Attention Deficit/Hyperactivity Disorder Evaluation Service at Inova Kellar Center

The Inova Kellar Center team has developed the attention-deficit/hyperactivity disorder (AD/HD) evaluation service 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 AD/HD?

An individual with 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 trouble 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 tempers, argue with adults, actively defy adult requests or rules, annoy other people, blame others for their own mistakes, and express negative feelings about themselves.

AD/HD is thought to be the result of deficits in neurological functioning, which cause 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 CT 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, making AD/HD diagnosis especially complex.

How is AD/HD diagnosed?

In order to determine if a child's behaviors constitute AD/HD or are related to other emotional or behavioral problems, Inova Kellar Center's licensed clinical psychologists or individuals under their supervision conduct a comprehensive evaluation.

Research indicates that evaluations that use information drawn from many sources are the most helpful in diagnosing and treating AD/HD. This philosophy guides the staff at Inova Kellar Center, and as such, we obtain information from multiple sources including parents, teachers, and the child.

What is the evaluation process?

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

1. Initially, we schedule an appointment with the child/adolescent and the child/adolescent's parents to:
 - Review concerns
 - Complete an in-depth interview of the child
 - Fill out a short symptom-based checklist, which focuses on AD/HD symptoms

These procedures are designed to provide more specific information regarding the nature of the child's or adolescent's difficulties.

2. We schedule a second appointment with only the parent(s) to:
 - Review additional information not discussed in the initial meeting
 - Talk through the evaluation plan
 - Discuss costs associated with the evaluation

This session is billed as a "Family Therapy w/o Patient" appointment (CPT code 90846).

3. If further diagnostic procedures are recommended, we schedule an evaluation appointment (approximately two hours) where we complete direct testing of attention components and a brief screening of intellectual and academic achievement. We typically use the following assessment instruments:
 - Test of Variables of Attention (TOVA)
 - Selected subtests from the Wechsler Intelligence Scale for Children-V (or comparable measures)
 - Kaufman-Brief Intelligence Test (K-BIT-2-Revised)

These procedures and the behavior rating scales are typically billed as **three** hours of psychological testing (CPT Codes 96136/37). Additional hours for scoring and interpreting behavior rating scales, review of records, consultation with other

professionals, clinical decision making and other services are also billed under the CPT codes of 96130/31. This increases the number of hours billed to the insurance company for psychological testing evaluation services beyond the child's appointment length.

Selected subtests from the Woodcock-Johnson-IV Tests of Achievement or comparable tests 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 **one** 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, approximately **five** hours of psychological testing (CPT Code 96130/31, 96136/37) are billed.

Parents are also asked to provide copies of school records and developmental history information. 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.

4. Following these procedures, we hold a summary conference with the parents approximately two weeks after the evaluation appointment. During this appointment, we review the evaluation results and discuss a treatment plan. This session is billed to the insurance company under the CPT code 96131.

What is the cost of the evaluation?

The evaluation's cost is approximately \$2,570. However, the actual cost may be lower or higher depending on the needs of the individual being evaluated.

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
- A summary conference with the parent(s)

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

- **One** initial assessment interview (\$350, CPT code 90791)
- **One** follow-up appointment (\$210, CPT code 90846)
- **One** hour of psychological testing (\$210, CPT code 96130)
- **Five** hours of psychological testing (\$200 per hour, CPT code 96131)

- **One** hour of psychological testing (\$200 per hour, CPT code of 96136)
- **Five** hours of psychological testing (\$200 per hour, CPT code 96137)
- **One** unit of educational testing (**\$200**), which is **not covered through insurance**

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.

***Insurance companies will often not cover all costs associated with the evaluation.**

Payment for noninsurance-covered services is expected at the time of each appointment. Should you need to finance the cost of the noninsurance-covered services, payment may be made over a three-month period or longer through the use of Medi-Credit (call 571.423.5802).

To verify your coverage, check with your insurance company.

What if my child is diagnosed with AD/HD?

Should a diagnosis of an AD/HD 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
- Individual and family therapy

If we recommend medication, we can refer you to an Inova Kellar Center child psychiatrist, if you'd like. You may also elect to consult other healthcare professionals including the child's pediatrician.

Psychotherapy services tend to be brief and oriented toward 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 AD/HD, please contact the Inova Kellar Center staff at 703.218.8500.