



Post ADHD Diagnosis

We have developed this pack to provide you with post-diagnostic information on ADHD, services available at the practice that may be of interest to you and further resources which you may find helpful outwith the practice. This pack also provides important information on our medication and prescription procedures, we encourage you to read this pack thoroughly if you are being prescribed or are considering taking medication for your ADHD symptoms.

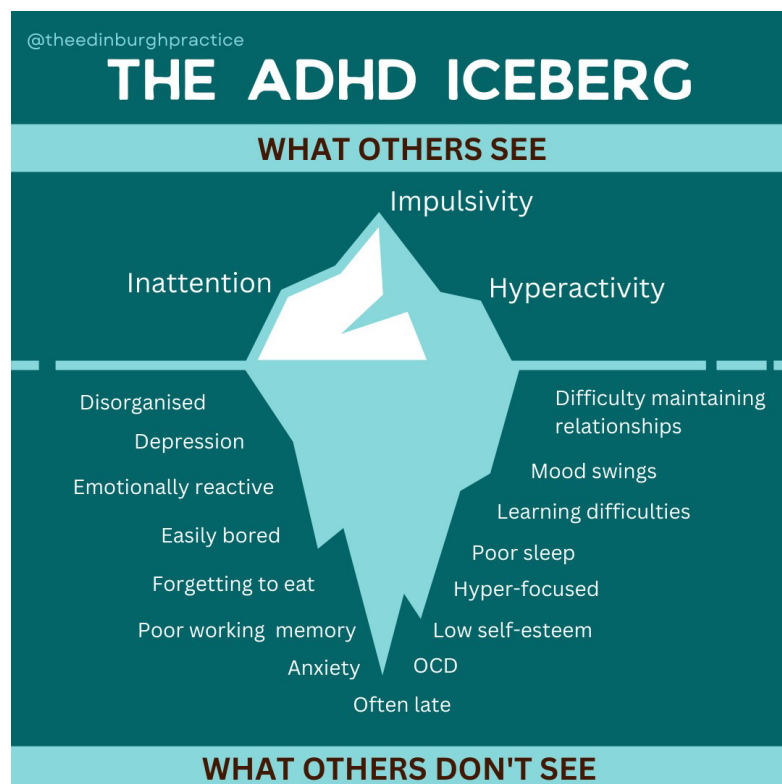
1. What is ADHD?

ADHD is a neurodevelopmental disorder which develops in childhood and continues into adulthood. Symptoms fall into two main categories:

- Inattentiveness
- Hyperactivity and impulsiveness

Sometimes people have symptoms which fall into one category and sometimes symptoms fall into both categories, there are three subtypes of ADHD:

- ADHD inattentive type
- ADHD hyperactive type
- ADHD combined type





Some of the symptoms that people with an ADHD diagnosis experience include:

- Struggling to pay attention to detail
- Starting tasks and not completing them
- Struggling with organisational skills
- Inability to focus or prioritise
- Losing or misplacing things
- Forgetfulness
- Restlessness
- Speaking out of turn or struggling to stay quiet when needed
- Emotional dysregulation, irritability
- Impatience

Treatment for ADHD can involve psychological approaches, lifestyle adaptations and medication, or a combination of all three.

2. Medication for ADHD

After you have received a diagnosis of ADHD, our Consultant Psychiatrist will discuss potential medication options available to you. Following these discussions, if you wish to proceed with medication, we ask that you complete a physical observation form found in our client portal on our website <https://edinburghpractice.com/existing-clients/>

The password for this is: 'personalgrowth&courage'

Once we receive your prescription from your doctor, our Psychiatry Co-ordinator, Emma, will alert you to this and we will also offer you three 30-minute medication review appointments, 3-4 weeks apart. Having your appointments booked in means that you will avoid a delay in receiving your prescription during the titration phase.

There are two main categories of medication for ADHD; stimulant medication and nonstimulant medication.

Titration phase

If you are prescribed medication you will start on a low dose of the medication and this will be gradually increased to establish how you are tolerating the medication, the benefits of the medication and any side effects you may experience will be monitored during this period. You will meet with one of our Consultant Psychiatrists every 3-4 weeks for a medication review during the titration phase to monitor your progress. During the titration phase we ask that

you complete a physical observation form 48 hours prior to each review appointment. Completing this form prior to your appointment allows your Psychiatrist to review the information and means you can get the most from your review appointment. You can come into the practice to use our Observation Room where we have blood pressure monitors and scales that you can utilise. You can also attend a local pharmacy to ask if they are able to offer this service or you can purchase a blood pressure machine for at home use.

The fee for review appointments with our Consultant Psychiatrists are £200 and can last up to 30 minutes. Included in this fee is a GP update letter. Consultations can be offered via Microsoft Teams or in person.

Adverse effects to stimulant medication

Common adverse side effects to stimulant medication can include; palpitations, headaches, increased anxiety, sleep and appetite disturbances.

If your blood pressure goes up to or over 140/90, your pulse rate goes up to or over 90 bpm, your weight drops by over 10%, you develop tics or epilepsy, please immediately contact your GP or NHS-24 and update the practice via email or telephone.

If you are experiencing minor side effects, please do get in touch with the practice via phone and **not email**: 0131 385 0934.

If you experiencing worrying side effects please contact your GP, NHS-24 (111) or A&E (999).

Prescriptions

If you are prescribed stimulant medication (a controlled drug), your prescription will be written on a PPCD pad and there will be a £25 fee per prescription. If you require your prescription to be posted to you there will be a fee for either Registered Post, or for Special Delivery. We highly recommend Special Delivery due to the practice being able to fully track the prescription and it being delivered the next day. Registered post can take up to 5 working days to be delivered, it is not fully trackable and if this is lost, you would be charged for another prescription and delivery.

If you are receiving prescriptions from the practice, you will be charged a fee at the pharmacy for the medication. Costs vary across pharmacies; clients have shared that they have found Asda pharmacy to be the most cost effective.

How to request a repeat prescription

During the titration phase you do not need to request a repeat prescription as you will be meeting with your Psychiatrist every few weeks to review your medication and you will receive your prescription following the review appointment.

Once you are fully titrated and on a stable dose of medication you will be required to have a review appointment once every 6 months. At this stage you can then request a repeat prescription via our online client portal.

We recommend that you request your prescription 14 days before you are due to run out of medication.

Shared Care Agreement

Once you are fully titrated on a stable dose of medication you may wish to consider a Shared Care agreement between your GP and The Edinburgh Practice. This would involve your Psychiatrist writing to your GP to request that they take over prescribing your medication. For this to occur your GP must agree (your GP may not agree to a shared care agreement), you must be fully titrated, and you must agree to having a 6 monthly medication review appointment with your Psychiatrist at The Edinburgh Practice.

We can send you a copy of our practice Shared Care policy if you would find this helpful. You can also discuss the potential of Shared Care with your Psychiatrist at your review appointment.

Please note: We must write to your GP when we are prescribing medication for you.

3. Psychological Therapy

Psychological Therapy (e.g. Cognitive Behavioural Therapy; CBT) can help you to make sense of your ADHD diagnosis and understand how this can impact on different areas of your life. In therapy you can gain self-knowledge and develop tools to manage the symptoms that you experience to allow you to thrive. Therapy can support you to develop skills to develop a secure and coherent sense of self, a greater sense of psychological wellbeing and functioning across a variety of life areas including; education, employment and relationships. Psychological therapy focuses on utilising your resilience, strengths, and protective factors to create a fulfilling life where you can flourish.

Psychological therapy can help to address some of the common difficulties we notice people can experience alongside ADHD:



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- Alcohol and drug use
- Emotional regulation
- Organisation, planning and time management
- Eating too much or too little, or struggling to develop a regular eating pattern
- Sleep
- Social relationships
- Anxiety
- Depression
- Budgeting
- Structure and routine
- Low self-esteem

If you would like to access Psychological Therapy at the practice, please contact Emma to request this or mention this to your Psychiatrist at your next review appointment and they can internally refer you for this service.

We can offer Psychological Therapy via Teams or in person at the practice. Appointments last for one hour and cost £130.

4. List of helpful resources

Knowledge is power! We have shared some different resources that you may find useful to learn more about ADHD and to develop strategies to help you live a fulfilling life.

King's College London free online course:

<https://www.kcl.ac.uk/shortcourses/understanding-adhd-future-learn>

Websites

<http://aadduk.org/>

<https://www.adhdfoundation.org.uk>

<https://adhduk.co.uk>

Books

- 'Taking charge of adult ADHD: Proven strategies to succeed at work, at home, and in relationships' – Russell A. Barkley
- 'The mindfulness prescription for Adult ADHD' – Lidia Zylowska
- 'Your life can be better: Using strategies for Adult ADD/ADHD' – Douglas Puryear
- 'Driven to distraction' – Ed Hallowell and John Ratey



- 'Scattered Minds' - Gabor Maté

Support Groups

There are support groups available through: AADDUK

Aberdeenshire

ADHD Aberdeen & Northeast Scotland: parent/carer support group;
Email: info@adhdaberdeen.org.uk

Argyll

ADHD Support Group in Dunoon: run by NHS Highland & Bute for children with ADHD, contact David Ritchie at 01436 655040.

Ayrshire

[ADHD Alliance Ayrshire Support Group](#): holds monthly meetings for parents /carers who's child/young person has a diagnosis of ADHD. The venues vary across Ayrshire on a rotational basis to support attendance across the different localities. It is run jointly by a parent/carer committee and the Child & Adolescent Mental Health Service Community ADHD nurse. As it is supported by NHS Ayrshire & Arran, there are no costs to attend.
For info contact Carol Cartwright, Community ADHD Nurse on 07917070833.

Dundee

Dundee & Angus ADHD Support Group: parent/carer support group. Contact details: ADHD Support Centre, Unit 15, Manhattan Works, Dundonald Street, Dundee DD3 7PY,
Phone 01382 456873 or 07856 110 910, email ac@adhddasupport.org,
website: <http://www.adhddasupport.org/index.html>

East Lothian

Addressing the Balance: A Scottish charity and social enterprise company limited by guarantee set up to help adults with Attention Deficit Hyperactivity Disorder to self-manage their condition and achieve better wellbeing and resilience in their lives. Addressing the Balance runs the Central Scotland Adult ADHD Support .
Group. info@addbal.co.uk

Glasgow

ADHD Parent Support Glasgow: Contact gmyrnors@hotmail.com, Phone Tel: 07950 483885,
website <http://www.adhdglasgow.org/>



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Isle of Skye

Autism and ADHD Support Group Skye: Parent/Carer Support Group. Email: sarah31@live.co.uk, phone: 01470 542 432

Perth & Kinross

<https://www.facebook.com/PerthKinrossAdhdSupport>

5. One Point of Contact

Our Adult Psychiatry Co-ordinator, Emma Brown, is your main contact at the practice and you can email Emma directly with any questions you may have - emmabrown@edinburghpractice.com

This is a new role at the practice, we have designed this so that Emma is on hand to solely support our Adult Psychiatry clients and we hope that you find this helpful.

Adult Psychiatry Co-ordinator working hours:

Monday – Wednesday: 8.30am - 4.30pm

Thursday: 10am - 6pm

Friday: 8.30am - 4.30pm

Please note, the TEP administration team will not be able to deal with any prescription or review appointment requests outwith these times. Please either phone and speak with Emma within the hours above, or email her direct and she will respond as quickly as possible.