

## ADHD Medication Titration & Treatment Information

This document outlines a brief overview of the support available to you at The Edinburgh Practice and the associated fees.

### Medication & Titration Process

If you/your child has an existing diagnosis of ADHD and you would like to trial medication, then you can discuss this with our clinicians.

You will be offered an appointment with either an Advanced Practice Clinical Pharmacist or Consultant Psychiatrist (depending on your clinical needs and medical history). This will be a 1-hour consultation where your clinician will ask about your history, your diagnosis, and outline medication options.

The titration process will involve starting on a low dose of 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 your clinician every 3-4 weeks for a medication review during the titration phase to monitor your progress, these review appointments can last up to 30 minutes. Please see section below for associated fees. Consultations can be offered online or in person.

Once titration is completed, the frequency of 30-minute review appointments will depend on individual care needs. The frequency of appointments post-titration can vary from 3 to 6 months.

If you want to proceed with medication, we ask that you complete a physical observation form found in our client portal on our website <https://edinburghpractice.com/existingclients/>

The password for the portal is: *'personalgrowth&courage'*

You can come into the practice to use our Observation Room where we have blood pressure/pulse 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.

Once we receive your prescription from your appointed clinician, our Prescription Coordinator, Rachel, will alert you to this and 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.

### Adverse effects to stimulant medication

There are two main categories of medication for ADHD; stimulant medication and nonstimulant 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 experience a seizure, please immediately contact your GP or NHS24 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 experience worrying side effects please contact your GP, NHS-24 (111) or A&E (999).

### Prescriptions

If you are prescribed medication, there will be a £25 fee per prescription if written within a review appointment when you are in titration, and then £35 if written out with a review appointment once stabilised. If you require your prescription to be posted to you, there will be a fee for Special 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. We are also working with an online pharmacy called CloudRx. You can find further information on CloudRx here; <https://edinburghpractice.com/portal/prescription-form/>

### 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 clinician 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 attend a review appointment at less regular intervals than during titration e.g. once every 3/6 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.

### What is shared care?

Shared care is when your NHS GP agrees to enter into a collaborative care agreement with a clinician at The Edinburgh Practice following completion of titration. The GP takes over the responsibility of providing prescriptions, whilst you receive monitoring from The Edinburgh Practice at agreed intervals (e.g. 3 months, 6 months).

**We are aware that as of June 2024 many GP practices across Scotland are no longer accepting shared care requests from private healthcare providers. We are aware that many GP practices in Scotland are no longer providing shared care to any clients with an ADHD diagnosis due to lack of funding and expertise in the field of ADHD care.**

**If you would like to have the option of shared care, we strongly advise that you liaise with your GP prior to commencing medication to find out whether your GP practice will be able to provide shared care for you. We are not able to influence whether GP practices accept clients for shared care or take responsibility for GP practices not offering shared care.**

If your GP practice can offer shared care 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 clinician 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 regular reviews with The Edinburgh Practice at the frequency advised by your clinician (e.g. 3/6 monthly).

***Please note: We must write to your GP when we are prescribing medication for you regardless of whether your GP agrees to shared care, this is for safety reasons, so that all involved in your care are aware of the diagnoses you have and the medication you are prescribed.***

### Psychiatry/medication fees list

- Initial Consultation with Advanced Practice Clinical Pharmacist (up to 1 hour & includes GP update letter): £280
- Initial Consultation with Consultant Psychiatrist (up to 1 hour & includes GP update letter): £370
- Medication review appointment with Advanced Practice Clinical Pharmacist (up to 30 minutes): £140
- Medication review appointment with Consultant Psychiatrist (up to 30 minutes): £210
- Private Prescription: within appointment £25, out with appointment (once titrated) £35
- Cost of medication payable to pharmacy per month: £100 - £200 (The cost can vary depending on the pharmacy, drug type and frequency of use)

### One Point of Contact

Our Psychiatry Coordinators will be your main contact at the practice:

Children & Young People – [Isabellehume@edinburghpractice.com](mailto:Isabellehume@edinburghpractice.com)

Adults – [Emmabrown@edinburghpractice.com](mailto:Emmabrown@edinburghpractice.com)

Prescriptions – [Rachelgates@edinburghpractice.com](mailto:Rachelgates@edinburghpractice.com)

### Working hours:

Monday – Friday: 9am – 5pm