

Post ADHD Diagnostic Pack

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 considering taking medication for your ADHD symptoms.

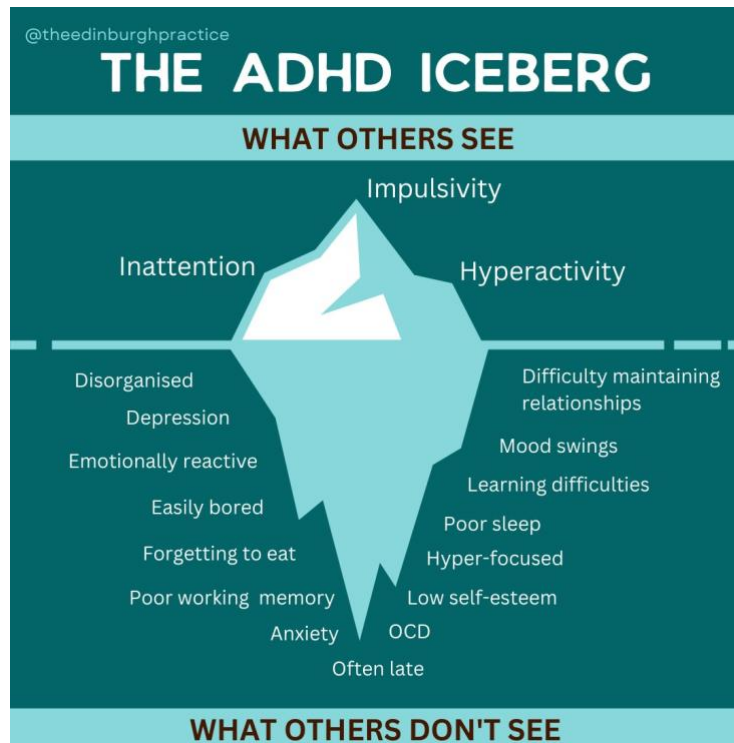
1. What is ADHD?

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. You will not be prescribed medication at your feedback appointment.

If you would like to consider starting medication, we advise that first you review the associated financial costs. Please refer to section '4' of this document for information on costs.

Following reading this information, if you wish to proceed with medication, we ask that you contact our Practice Co-ordinator team, to advise them that you wish to commence titration. Following that, please complete our physical observation form found in our client portal on our website

<https://edinburghpractice.com/existing-clients/>

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

Once we receive your prescription from your doctor, our co-ordinator team 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. Review appointments for ADHD medication are considered best practice and are required to ensure safety, effectiveness and to ensure the medication is right for you. Review appointments allow your clinician to check for side-effects or emerging health concerns that may not always be obvious, and to ensure treatment continues to meet clinical and prescribing requirements.

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, if you are being seen virtually, 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/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. If you are being reviewed in person, your clinician will take your physical observations in the practice.

The fee for review appointments with our Consultant Psychiatrists are £210 and can last up to 30 minutes. Included in this fee is a GP update letter. Consultations can be offered in person or via a virtual appointment.

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 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 you require your prescription to be posted to you there will be a fee for Special Delivery.

If you are receiving private 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 the 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 have 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, along with your physical observations.

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 Psychiatrist 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 a private 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 is able to 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 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 regular reviews with The Edinburgh Practice at the frequency advised by the Psychiatrist (e.g. 3/6 monthly) medication review appointment with your Psychiatrist at The Edinburgh Practice.

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.

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:

- 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 £140.

4. ADHD Treatment Costs

We offer a psychological and medical treatments for ADHD, these are offered separately to our ADHD assessments. The cost of an ADHD assessment does not cover any subsequent treatment that may be recommended.

Medication titration involves 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 one of our Consultant Psychiatrists every 3-4 weeks for a medication review during the titration phase to monitor your progress. 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.

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, 6 to 12 months.

It is difficult to say how long titration will last as this varies from individual to individual. From our experience we can share that often there will be a minimum of 3-4 titration review appointments. However, further reviews may be needed and the number of reviews required is decided upon on an individual basis in relation to a client's medical circumstances and their response to medication.

Psychiatry/medication fees list

Private Prescription: £25

30-minute medication review appointment: £210

Cost of medication payable to pharmacy per month: approximately £100 - £200 (The cost can vary depending on the pharmacy, drug type and frequency of use)

Clinical Psychology – Psychological Therapy: £140

5. 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@adhdasupport.org, website: <http://www.adhdasupport.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@adddbal.co.uk

Glasgow

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

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>

6. One Point of Contact

Our Practice Co-ordinator team are your main contact at the practice and you can email them directly with any questions you may have – coordinators@edinburghpractice.com

Working hours:

Monday – Frida: 8.30am – 5pm