

## Adult Post-ADHD Treatment Costs

This document outlines the post-diagnostic support available to you at The Edinburgh Practice and the associated fees. More detailed information will be provided following assessment, however, we feel it is important to provide you with a brief overview of the options available to you from the practice, as well as the costs involved.

### Medication

If a diagnosis of ADHD is given at your feedback appointment and medication is clinically indicated and you would like to trial medication, then titration will commence.

This 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 one of our Consultant Psychiatrists or Pharmacists 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 £210 and with our Pharmacists are £140 and can last up to 30 minutes. Included in this fee is a GP update letter. Consultations can be offered online or in person. Prescriptions are charged in addition to the appointment at £25.

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.

### 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 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.**

## Fees

- Private prescription: £25
- 30-minute medication review appointment with a Consultant Psychiatrist: £210
- 30-minute medication review appointment with a Pharmacist: £140
- 60-minute psychological therapy appointment: £140
- 60-minute systemic family therapy: £140
- 60-minute dietetic appointment: £130
- 60-minute occupational therapy: £120

Cost of medication payable to pharmacy per month: £100 - £200 (The cost can vary depending on the pharmacy, drug type and frequency of use) we work with an online pharmacy called CloudRx and are always working with them to offer competitive pricing for our clients.

## Titration Package

It can be a difficult decision to start medication following an ADHD diagnosis. The process to start medication can be quite confusing and knowing what options are available to you. We want to make this process as easy as possible and reduce any uncertainty or stress and are here to help you as much as possible through this 'titration' process.

The length of the titration process differs from person to person; therefore, it can be difficult to know how long the process will take and how many appointments will be required. Most clients find they require 4 to 6 appointments to find the correct medication and dosage for them. Your clinician will advise when you have completed the titration process. You will be fully titrated when your body has adjusted to the new medication, and you have found your optimal dose.

The practice offers a titration package to help facilitate the titration process. The package includes up to 6 appointments and 6 prescriptions (including delivery should you require this, to your home or chosen pharmacy). This provides you with reassurance that you will have up to 6 appointments available to you inclusive of prescriptions for a fixed cost.

Once you have completed titration and are on a stable dose, you no longer require medication reviews every 3-4 weeks. Your clinician will advise on how often you require medication reviews post-titration based on your individual clinical care needs, for example this may be every 3 or 6 months.

### How does the package work?

- Pay upfront prior to starting the titration process and secure your appointments
- You will have an initial appointment with an Advanced Practice Clinical Pharmacist (30 minutes for any clients diagnosed at the practice and 60 minutes for any clients with a diagnosis from another provider)
- You can have up to 5 more 30-minute review appointments within the 6 months following your initial appointment

### Why book the titration package?

- ✓ Peace of mind - all appointments within the titration process are included
- ✓ Cost effective - save money as the package costs less than paying for appointments one by one
- ✓ Flexibility - know you have the option to make a review appointment when you need it

**Mental Health & Neurodiversity Centre of Excellence**

### Payment

We require full prepayment when booking the titration package. You can spread the cost of the package if you use Klarna.

**Titration package – practice diagnosis £795 (saving £249)**

**Titration package – other provider diagnosis £895 (saving £289)**

\*savings based on pay as you go review appointments, prescription and delivery charges

### T&Cs

- Full prepayment must be made prior to appointments being booked
- Following your initial appointment your clinician will determine when future appointments are booked in line with your individual needs and health circumstances. This may mean all can be booked in upfront or some must be determined at your next review appointment
- Review appointments are up to 30 minutes and may not last the full 30 minutes
- Your clinician will write to your NHS GP following every review appointment
- Prescriptions are included when issued at your review appointment. If you have a virtual appointment and you cannot collect your prescription we will post this to you, a chosen pharmacy or our online pharmacy CloudRx. The cost for tracked delivery is included in the package cost
- All appointments must take place within the 6 months following your initial appointment
- Not all 6 review appointments may be required in the 6-month period of the titration package. If this is the case, no refunds will be offered for review appointments not taken
- Medication costs are not included in the package
- Only urgent queries can be responded to out with review appointments. For any other requests a review appointment should be booked to discuss issues, concerns or changes
- Appointments are booked in line with clinician availability. Clinicians do not work full-time at the practice

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