

Children & Young People ADHD Medication Clinic – Client Information

For Client's Diagnosed with ADHD at The Edinburgh Practice

This document explains the ADHD medication titration process for children and young people diagnosed with ADHD at The Edinburgh Practice (TEP) and outlines the services, processes, and fees associated with ADHD medication management.

HOW TO REQUEST A REFERRAL

At your ADHD assessment feedback appointment, your clinician will discuss the outcome of the assessment and any recommendations for ongoing support.

If your child has been diagnosed with ADHD at TEP and you would like to explore medication, you can request an internal referral to our ADHD Medication Clinic. Please email our Co-ordinator Team to request an internal referral, or ask the doctor, who you had your feedback appointment with, to internally refer you for this service:

Email: Coordinators@edinburghpractice.com

We encourage clients to consider their treatment options and, if they wish to proceed with medication, to request a referral for titration within 6 weeks of receiving their assessment report. Following this 6-week period, you will be discharged from our ADHD pathway. However, you are welcome to contact us at any time in the future should you wish to re-refer for medication treatment or any other therapeutic services.

Once received, your referral will be reviewed by our Clinical Lead, who will triage your child to the most appropriate clinician and service based on their medical and mental health history. If you have a personal preference regarding the clinician or service, please let us know when you make your referral request. We will do our best to accommodate your preferences; however, your clinical needs will always be the deciding factor in how your referral is allocated.

Please note that there may occasionally be a waiting list for medication appointments depending on demand and clinician availability.

ADDITIONAL POST-DIAGNOSTIC SUPPORT

Following diagnosis, many individuals and families benefit from additional post-diagnostic support.

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The Edinburgh Practice offers access to Educational Psychologists, Clinical Psychologists, Speech and Language Therapists, Occupational Therapists, Dietitians, Family Therapists, Art Therapists, Play Therapists and Psychiatrists. Please find more information about these services on our website and our post-diagnostic support packs on the portal.

FURTHER INFORMATION ABOUT ADHD MEDICATION

Useful resources include NICE ADHD Guideline (NG87), NHS ADHD Information, Medicines for Children and Young Minds.

WHAT IS ADHD MEDICATION TITRATION?

Your Child's Initial Appointment

Before the appointment, the prescribing clinician will review your child's ADHD assessment report. During the appointment they will discuss medication options, explain benefits and side effects, take baseline observations and answer questions.

Baseline observations include blood pressure, pulse, height and weight.

The Titration Process

Titration is the process of starting medication at a low dose and gradually increasing it to find the dose that provides the greatest benefit with the fewest side effects.

Review appointments are typically 30 minutes long and scheduled every 3–4 weeks.

Most clients require approximately 3–6 appointments to identify the most effective medication and dosage.

We recommend booking review appointments in advance wherever possible to help avoid delays in medication reviews and prescriptions during the titration process.

After Titration

Once your child is on a stable dose, review appointments will become less frequent. The exact schedule will depend on your individual needs, but you will have a review at least every 6 months.

Once you have reached a stable dose of medication, regular medication reviews remain an essential part of your care. All clients prescribed ADHD medication through TEP are required to attend a medication review at least every 6 months. This allows us to monitor the ongoing safety and effectiveness of treatment, review physical observations, assess for any side effects, and ensure that prescribing remains clinically appropriate.

Please note that 6-monthly reviews are a mandatory requirement and are not optional. If you/your child does not attend the required review appointments, we may be unable to continue prescribing medication until an appropriate review has taken place. Non-attendance at review appointments or a lack of engagement with the required 6-monthly reviews may result in discharge from the practice. If you would find it helpful, we can arrange appointment reminders to support you in attending your scheduled reviews. Please let our Co-ordinator Team know if you would like this service.

APPOINTMENT OPTIONS

Appointments can be offered in person or online.

For online appointments, observations may be obtained via our Observation Room, a local pharmacy, home monitor and submitted via the Psychiatry Observation Form available through the client portal. Please note that if you are requesting online appointments, children and young people must attend these reviews, in addition to parents (if appropriate).

TAKING YOUR CHILD'S PHYSICAL OBSERVATIONS

During titration, measurements of weight, blood pressure and pulse are required. If using a home blood pressure monitor, ensure the cuff is suitable for your child's arm size.

AFTER TITRATION

Once your child is stable on medication, review appointments are usually every 3–6 months and at least every 6 months.

OUR ADHD MEDICATION CLINIC SERVICES

1. Non-Medical Prescriber (NMP) Service – Pharmacist and Nurse Prescribers
2. Psychiatry-Led Prescriber Service

NMP TITRATION PACKAGE

Includes up to 6 appointments and 6 prescriptions.

Fee: £795

Medication costs: approximately £100–£200 per month payable to the pharmacy.

Why Choose the Titration Package?

Peace of mind

Cost effective

Flexibility

NMP PAY-AS-YOU-GO

Initial Titration Appointment (up to 1 hour): £280

Medication Review Appointment (up to 30 minutes): £140

Private Prescription within review: £25

Medication: £100–£200 per month – payable to the pharmacy

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PSYCHIATRY-LED PRESCRIBER SERVICE

Initial Titration Appointment (up to 60 minutes): £370

Medication Review Appointment (up to 30 minutes): £210

Private Prescription within review: £25

Medication: £100–£200 per month

All medication review fees include routine correspondence with your child's GP.

PRESCRIPTIONS

Prescriptions can be collected from the practice, sent by Special Delivery, processed through CloudRx or Avante Pharmacy.

CloudRx

CloudRx is a regulated online pharmacy providing electronic prescribing and UK-wide medication delivery.

Avante Pharmacy Edinburgh

Provides daily collection, prompt processing and free local delivery within Edinburgh.

How To Request A Repeat Prescription

During titration, your clinician will issue prescriptions following review appointments.

Once fully titrated, repeat prescriptions can be requested through the client portal. Please allow at least 14 days before medication runs out. There is a fee of £35 for prescriptions outwith review appointments.

SIDE EFFECTS OF ADHD MEDICATION

Common side effects may include palpitations, headaches, increased anxiety, sleep difficulties and appetite changes.

Seek urgent medical advice if your child experiences blood pressure of 140/90 or above, pulse of 90 bpm or above, weight loss greater than 10%, new or worsening tics, or a seizure.

WHAT IS SHARED CARE?

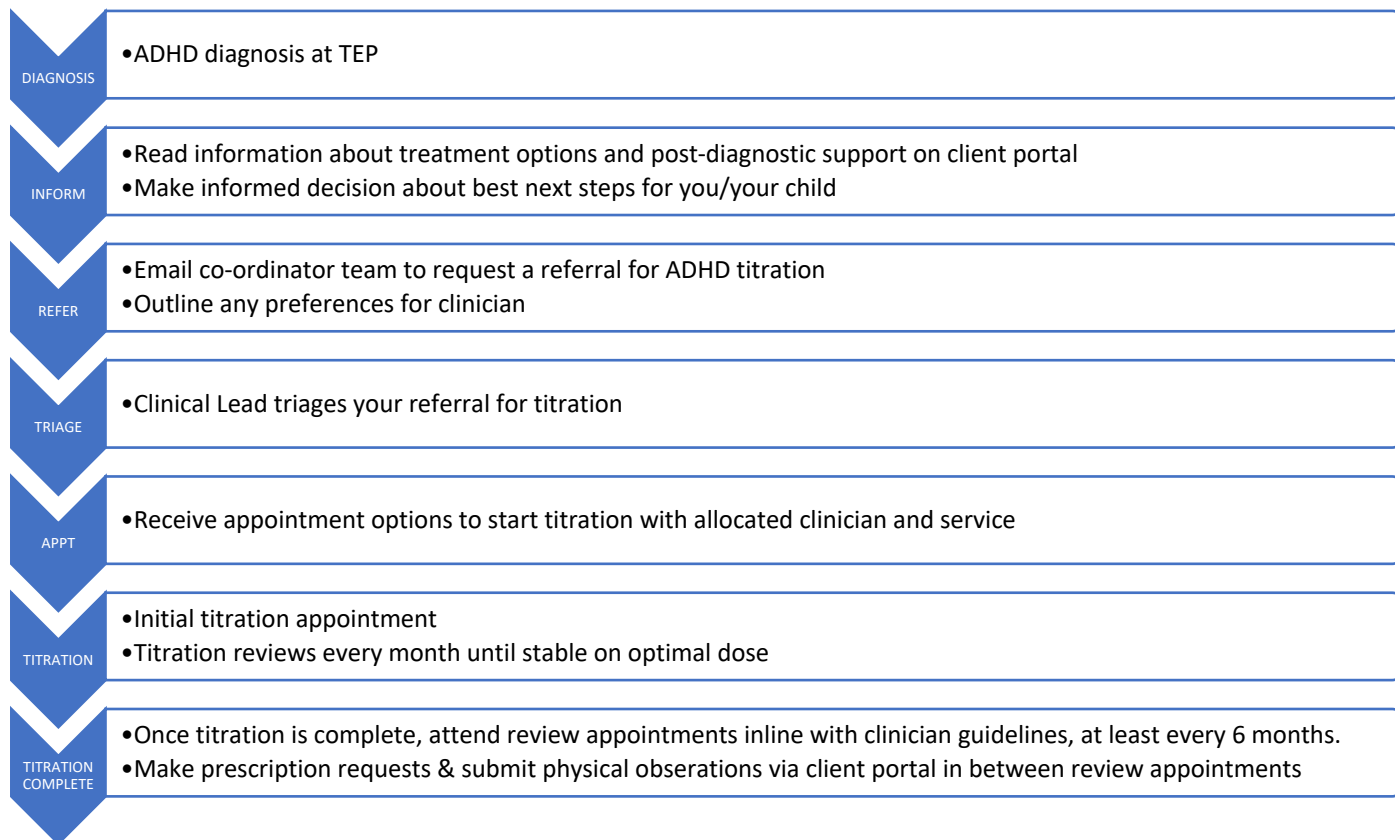
Shared care is an arrangement where your NHS GP agrees to take over prescribing while The Edinburgh Practice continues clinical monitoring and reviews you every 6 months.

Your GP must agree, you must be fully titrated, and you must continue attending monitoring reviews. We unfortunately have no influence over whether your GP practice will accept shared care, if you would like to pursue shared care, we strongly suggest you discuss this with your GP prior to starting titration with TEP. Please note that we will routinely communicate with your GP regardless of whether you have a shared care agreement.

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SNAPSHOT OF DIAGNOSIS > TITRATION AT TEP



CONTACT US

Email: Coordinators@edinburghpractice.com

Phone: 0131 385 0934

Hours: Monday to Friday, 9am–5pm

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