



# Oakdale

## ADHD Medication Service

### for NHS clients

For more information on what may make someone unsuitable for medication, please read our FAQ [here](#).

#### Step 1: Referral

**Ask your GP to refer using our [online form](#).**

# 1

To prepare for your GP appointment, it is a good idea to think about the impact ADHD is having on your / child's life and why you are requesting ADHD medication. You might want to think about access to work or education, relationships, social life and home life.

#### Report Review

A copy of your ADHD diagnostic report is only needed if your assessment was not carried out by Oakdale.

If the assessment was not carried out at Oakdale, **your GP will need to send a copy of your report for us to review.**

**Then we will contact you to let you know whether we can progress.**

- The diagnostic report must be attached to the online referral form or sent to us by email or post.
- Oakdale cannot accept responsibility for any original documents provided so please check that a copy version is sent.
- It is expected that any non-medication recommendations from the diagnostic report are being followed. These are sometimes called environmental recommendations.

#### Step 2 : Working with your Integrated Care Board (ICB)

# 2

**We will contact the ICB for your area.**

- ICB's are NHS organisations responsible for planning health services for their local population.
- They do not need to approve the referral but we still need important information from them for us to prescribe medication and cannot progress without this.

#### Step 3 : Waiting List

**We will always be transparent about how long we would expect you to wait and keep you informed if anything changes.**

# 3

- Whilst you are waiting it is important that we gather up to date contact information. We will email you an initial contact form and you have **4 weeks to complete** it from the date it is sent to you. When forms are not completed, referrals are at risk of being discharged because we cannot progress without the information.
- We will also send you information about consent and decision making.

## Step 4 : Information Gathering

# 4

**We will send you some questionnaires about how your/ your child's ADHD presents and relevant medical background.**

**We contact your GP with your consent too.**

This information is required before appointments can be offered.

## Step 5 : Physical Health Check and Proof of Identity

**Visit our Healthcare Assistant in the clinic for your physical health checks and to provide in-person proof of identity.**

- You will be invited to our Halifax clinic for a simple physical health check.
- This check must take place before your first appointment can be offered.
- You will need to bring proof of your identity for our healthcare assistant to verify on the day. Please note that for children's appointments, proof of identity is required for both the child and adult bringing them to the appointment.
- You / your child may also require an Electro Cardiogram (ECG).

# 5

## Step 6 : First Appointment

**A face to face or online appointment to review whether your / your child's physical and mental health would allow safe prescribing of ADHD medications.**

# 6

- If medication is appropriate, the prescriber will share your / your child's personalised prescription pathway planning with you and provide information about medications recommended. You will be able to consent for medication at this stage.
- If further information is needed to progress, you may be referred for more specialist advice. We would always discuss this with you.
- If medication would not be recommended, the reasons for this would be communicated and alternative recommendations would be made at this time.

## Step 7: Titration Phase

**The purpose of titration is to establish and stabilise you / your child on medication. This is usually a period of between 2-6 months.**

- During the initial titration appointment we will discuss your / your child's personalised prescription pathway and provide the first prescription.
- Everyone reacts differently to ADHD medications so this is why it is so important to monitor and review for a period of time.
- Our team are here to support and guide you. Throughout titration we monitor your / your child's progress whilst taking the medication so that the usefulness of the medication and its side-effects are reviewed and adjusted until the right personalised plan is agreed.
- Because everyone reacts differently, the length of the titration phase and number of appointments can vary from person to person.
- You will need to check your / your child's blood pressure regularly during the titration phase. You will be given advice how to do this and advised on blood pressure machines during your appointments.

# 7

## Step 8 : Monitoring

**Once you / your child are taking the correct dose and symptoms have stabilised, there will be a period of monitoring.**

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- Oakdale will work with you to continue to monitor the effectiveness of your / your child's medication and dosage.
- During this time, Oakdale will continue to provide prescriptions whilst looking to enter into a Shared Care agreement with your / your child's GP. Shared Care is a formal agreement where the GP provides repeat prescriptions and Oakdale remains the specialist to provide advice to the GP and carry out scheduled reviews.

## Step 9: Ongoing Prescribing / Shared Care

**Ongoing care and prescription arrangements depend on whether your GP agrees to a Shared Care arrangement.**

**If you usually pay the standard NHS fee of £9.90 for your prescriptions, you will pay this directly to the pharmacy. Pharmacy costs are not included by Oakdale and are not within our control.**

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- At the end of the titration phase, Oakdale writes to your / your child's GP to see whether they will agree to a Shared Care arrangement.
- Shared care is where your GP takes responsibility for providing you / your child with repeat prescriptions and monitors progress. This means you would get your repeat prescriptions from your GP whilst Oakdale remain the ADHD specialist available to provide advice to the GP and to complete an annual review of the effectiveness of the prescribed medicines.
- GP's do not have to enter into Shared Care agreements; it is their decision. Oakdale will need to provide all aspects of care linked to medication if the GP chooses not to accept Shared Care. This would be paid for by your ICB.
- Whether your GP enters a Shared Care agreement with Oakdale or not, you will still be responsible for the NHS standard fee of £9.90 per prescription (if you usually pay for your prescriptions).