**Attention Deficit Hyperactivity Disorder (ADHD) in Adult (Over 16 year old)**

## Introduction

Over the last twenty years, we have seen a steady increase in ADHD diagnoses. The rise seems to be due to an increased awareness of the symptoms of ADHD among clinicians, educators, parents and patients. Historically, ADHD was mostly diagnosed in children who were hyperactive; however, now we often see patients who are over 16 years when they first get diagnosed with ADHD. Often, their problems date back to childhood.

ADHD is a diagnosis made by ADHD Specialists, who are psychiatrists with specialist training. ADHD is not able to be diagnosed by GPs at this Practice. Specialists are likely to choose to offer non-medical intervention such as Cognitive behavioural therapy (CBT) first. Occasionally medications are needed to help manage the symptoms. These medications are stimulants such as methylphenidate or drugs related to amphetamines. They are controlled drugs which are potentially dangerous, and therefore require careful monitoring. **The specialist is responsible for prescribing the medications, making any dose adjustments, and arranging a yearly review which includes a physical assessment.**

**The practice is only able to prescribe ADHD medications under a shared care agreement, authorised first by Specialist’s, with certain NHS providers who have clear internal pathways for diagnosing and managing and supporting patients with other mental health problems in addition to any ADHD.**

## How can I get ADHD diagnosed and treated

## Local ADHD clinic (NHS CPFT)

In Cambridge we have access to the NHS psychiatry team (part of Cambridge and Peterborough NHS Foundation Trust) which runs an adult ADHD clinic. It is a highly subscribed service and there can be long waits to be assessed and a longer wait for initiation of medication if needed. **Once a dose of the appropriate medication has been established, the practice may take on responsibility for on-going prescribing and monitoring under a shared care agreement with the NHS service specialist. You will need to continue to have annual reviews with your specialist.**

1. Private ADHD clinics

Various private ADHD specialists advertise their services that they can carry out ADHD assessments. You can choose to be seen by a private provider, but should you choose to follow this route and a diagnosis is made, the practice **is not** able to prescribe ADHD medication or arrange monitoring. **The practice is not able to take on Shared care agreements with the private providers. The prescribing and the monitoring of the ADHD medication must be done through the private provider and you will need to discuss the costs of ongoing treatment including prescribing and yearly reviews with that private provider.**

If you are diagnosed by a private service and wish to receive your ADHD treatment on the NHS, please make contact with us, and we can refer you to an NHS mental health specialist for an assessment. This referral will still need to go through the NHS waiting list and you will need to continue to obtain you medications from the private provider until your prescribing is taken over by the NHS ADHD service.

1. Right to Choose

Under existing legislation patients can exercise their right to choose and ask to be referred on the NHS to a private provider which has an existing contract to provide NHS services. These providers may be able to provide assessment virtually but some require face to face appointments. Since there are increasing demands on these service, the waiting time for some of the Right to Choose service providers can be almost as long as local service. For more details on the Right to Choose pathway, please visit this link <https://adhduk.co.uk/right-to-choose/>

**The practice is not able to take on shared care arrangements with Right to choose providers and this will be made clear in any referral done on a RTC pathway.**

**What if I am a new patient at the practice but currently on treatment for ADHD already?**

**If you are a new patient at the practice and you are on treatment for ADHD there are a few options. Even if a previous NHS GP provided you with ADHD medication, it is not guaranteed that the practice will continue this. It is important you speak to us.**

1. **Patients who have been diagnosed by an NHS clinic (UK wide) and get their treatment from an NHS GP.**

You will be referred to the local adult ADHD clinic for transfer of care. The practice is probably able to continue prescribing for you.

1. **For patients diagnosed by a private provider.**

If you have been diagnosed by a private service (self-funded or RTC) and wish to receive your ADHD treatment on the NHS, please make contact with us. We can refer you to the local NHS mental health specialist for an assessment. This referral will still need to go through the NHS waiting list and you will need to continue to obtain you medications from a private provider until your prescribing is taken over by the NHS ADHD service.

1. **Patients from abroad**

If you are diagnosed abroad and were treated by your doctor in your home country, and wish to receive your ADHD treatment on the NHS, please make contact with us and provide all your documentation relating to ADHD. We can refer you to an NHS mental health specialist for an assessment. This referral will still need to go through the NHS waiting list and you will need to continue to obtain you medications from your doctor in your home country or a UK private provider until your prescribing is taken over by the local NHS ADHD service.