

Thurso and Halkirk Medical Practice: Advice to Patients Seeking Private ADHD Assessments.

The practice is aware that there are many providers in the private sector offering ADHD diagnosis and treatment. GPs in Scotland offer shared care agreements for ADHD diagnosed in the NHS and also in the private sector, however there is no legal responsibility for a GP practice to provide shared care if the private provider is not considered comparable to the NHS service.

Before arranging a private ADHD assessment, please book an appointment with one of our team to discuss our policy for private ADHD assessments and shared care, and to obtain a private referral letter. The purpose of a private referral letter is to inform your provider of any pre-existing medical conditions or medications which allows for safe prescribing.

In order to provide Shared Care Agreements to patients with a private diagnosis of ADHD and a recommended treatment plan, we require the following:

- 1) All private assessments must be completed with the full understanding of the assessor of the patient's past medical history and current medications. Please obtain a private referral letter to facilitate this.
- 2) ADHD assessments should be undertaken by a qualified Psychiatrist*
- 3) Any recommendations for treatment, including prescriptions, should be issued by the same Psychiatrist who undertook the assessment
- 4) A report should be issued to the GP Practice, detailing the ADHD assessment, diagnosis and reasons for treatment recommendations

- 5) Any medications must be prescribed, obtained, and titrated to a stable dose in the private sector before prescribing is requested from the GP Practice via Shared Care Agreements
- 6) Details of any physical health screening and/or monitoring required should be provided to the GP Practice
- 7) The Psychiatrist provides ongoing follow up and advice services to the patient and the GP Practice as required, should the patient's condition change or should the dose or treatment plan need to be modified.

The purpose of these guidelines is to ensure that the private ADHD assessment which a patient chooses is in line with the NHS guidelines around assessment and diagnosis of ADHD. This helps to protect patients from inaccurate or low quality assessments and unsafe treatments, and helps the GP Practice to provide safe and collaborative shared care.

We do not recommend any specific providers to our patients, however we have previously had successful shared care agreements with 'The ADHD Centre' in Edinburgh, 'Cameron Psychiatric Services' and 'MyPaceUK'. Most providers have a similar pricing structure, and patients are free to choose their own provider on the understanding that the above conditions are met in order for the GP Practice to agree to Shared Care.

*We require a Psychiatrist to complete private assessments. NHS assessments are sometimes undertaken by trained psychologists, or specialist nurses. In the NHS, these clinicians are provided with appropriate training and access to advice from a Psychiatrist in the event of diagnostic uncertainty. As we cannot guarantee that these conditions would be met in the private sector, we ask that you seek your private diagnosis directly from a Psychiatrist.