

## **ADULT ADHD GP Pathway South East Edinburgh**

Based on guidance from the Scottish Government and the LMC this is to provide clarity for GPs and their patients about the current referral pathways and provision of medication for patients with ADHD currently in NHS Lothian. Mental Health Nurses can also refer to CMHT.

**This Guidance is subject to change and last updated December 2024**

1. **POSSIBLE ADHD DIAGNOSIS:**

Patients who wish referral to the Community Mental Health Team (CMHT) to explore a diagnosis of ADHD can be referred by their GP if appropriate and would join the waiting list if the referral is accepted.

2. **PRIVATE DIAGNOSIS MADE IN UK AND NOT ON MEDICATION:**

Patients who have had a diagnosis after a Private Assessment (in the UK) and are **NOT** on medication but wish an NHS follow up or consideration of medication can be referred to CMHT and would join the waiting list as above if accepted. The documents from the Private Provider must be sent with the referral. This includes diagnoses made by Clinical or Educational Psychologists.

3. **PRIVATE DIAGNOSIS MADE IN UK AND STABLE ON MEDICATION:**

Patients who have a diagnosis after a Private Assessment (in the UK) and are stable **ON** medication which has been started privately but wish ongoing NHS treatment and follow up can be referred to CMHT as above. The documents from the Private Provider must be sent with the referral. This includes diagnoses made by Clinical or Educational Psychologists.

No medication can be issued until CMHT have assessed the patient.

4. **OVERSEAS DIAGNOSIS AND STABLE ON MEDICATION:**

Patients coming from overseas with a diagnosis made overseas (including Republic of Ireland) and stable on medication who wish NHS follow up can be referred to CMHT as above. The documents from the Private Provider must be sent with the referral. This includes diagnoses made by Clinical or Educational Psychologists. No medication can be issued until CMHT have accepted the patient.

5. **NHS DIAGNOSIS (INCLUDING AFFILIATED SERVICES):**

Patients coming from elsewhere in the UK with a diagnosis of ADHD (made by the NHS or affiliated services such as 'Right to Choose') and who are stable on medication should be provided with NHS medication by the GP and referred to CMHT as above. Occasionally the GP may want to send the documents for approval before prescribing. GP to monitor every 6 months as per Shared Care Agreement- weight, blood pressure and pulse. There is no expectation to do a medication review.

## **CHILD ADHD Lothian Pathway South East Edinburgh**

Based on guidance from the Scottish Government and the LMC this is to provide clarity for GPs and their patients about the current referral pathways and provision of medication for patients with ADHD currently in NHS Lothian. Mental Health Nurses can also refer to CAMHS

**This Guidance is subject to change and last updated December 2024**

1. **POSSIBLE ADHD DIAGNOSIS:**

Patients who wish referral to the Child & Adolescent Mental Health Services (CAMHS) to explore a diagnosis of ADHD can be referred by their GP if appropriate and would join the waiting list if the referral is accepted.

2. **PRIVATE DIAGNOSIS MADE IN UK AND NOT ON MEDICATION:**

Patients who have had a diagnosis after a Private Assessment (in the UK) and are **NOT** on medication but wish an NHS follow up or consideration of medication can be referred to CAHMS and would join the waiting list as above if accepted. The documents from the Private Provider must be sent with the referral. This includes diagnoses made by Clinical or Educational Psychologists.

3. **PRIVATE DIAGNOSIS MADE IN UK AND STABLE ON MEDICATION:**

Patients who have a diagnosis after a Private Assessment (in the UK) and are stable **ON** medication which has been started privately but wish ongoing NHS treatment and follow up can be referred to CAHMS as above. The documents from the Private Provider must be sent with the referral. This includes diagnoses made by Clinical or Educational Psychologists.

No medication can be issued until CAHMS have assessed the patient.

4. **OVERSEAS DIAGNOSIS AND STABLE ON MEDICATION:**

Patients coming from overseas with a diagnosis made overseas (including Republic of Ireland) and stable on medication who wish NHS follow up can be referred to CAHMS as above. The documents from the Private Provider must be sent with the referral. This includes diagnoses made by Clinical or Educational Psychologists.

No medication can be issued until CAHMS have accepted the patient.

5. **NHS DIAGNOSIS (INCLUDING AFFILIATED SERVICES):**

Patients coming from elsewhere in the UK with a diagnosis of ADHD (made by the NHS or affiliated services such as 'Right to Choose') and who are stable on medication should be provided with NHS medication by the GP and referred to CAHMS as above. Occasionally the GP may want to send the documents for approval before prescribing. GP to monitor every 6 months as per Shared Care Agreement- weight, blood pressure and pulse. There is no expectation to do a medication review.