

Sussex ADHD Diagnosis and Prescribing Policy

1. Medications for ADHD are considered suitable for specialist-only *initiation* and require a Shared Care Agreement and terms to be met in order for a GP to prescribe on an *ongoing* basis.
2. The practice can only accept the Sussex wide specific [Shared Care Agreement \(SCA\)](#).
3. Without a valid Sussex specific shared care agreement, signed by a GMC registered private UK or NHS consultant psychiatrist, then no prescriber in the practice will issue a medication for ADHD.
4. The minimum responsibilities, required of a specialist, in order to agree a SCA include:

Pre-treatment:

- a. Full mental health and social assessment, including risk assessment for substance misuse and drug diversion
- b. Evaluation of cardiovascular status (any examination or test must be performed by the specialist team - this cannot be done by the practice)

Initiation of medication

- c. Prescribe the drug during initiation dose and titration phase until the patient is stabilised and has had a 3 month check
- d. Provide a copy of the Blood pressure, pulse rate and BMI at the 3 month review date to the GP

Ongoing Support

- e. During ongoing prescribing by the GP, the specialist must agree to provide:
 - i. An annual review
 - ii. An annual review summary letter to the GP
5. The patient must agree to attend the surgery every 6 months for physical monitoring (BP, Pulse & Weight). Failure to attend will result in the prescription being immediately stopped.

6. The practice will only issue a prescription if a GP agrees that the above criteria are met and if at any time the circumstances change, a prescription will not be issued.
7. The ADHD medications fall within a group of drugs, called “controlled drugs” that are subject to high levels of regulation as a result the prescription cannot exceed 28 days of treatment.