

## ADHD Medication

We have completed a recent review of all our patients who are currently being prescribed ADHD medication advised by a specialist. Examples of these are: Methylphenidate, Lisdexamfetamine, Dexamfetamine, Atomoxetine, and Guanfacine.

As you can appreciate these treatments are controlled drugs and require regular **specialist monitoring and review** due to the increased risk of cardiovascular disease with long term use. *A recent Swedish study of over 278 000 patients aged between 6-64 years were followed up for up to 14 years. There was a 4% increase in cardiovascular events (heart attacks, strokes, leg clots) with every extra year of taking the medication.*

<https://www.independent.co.uk/news/health/swedish-nhs-england-b2451847.html>

We therefore have developed a practice policy for prescribing medications for ADHD medications requiring evidence of ongoing monitoring and specialist follow-up. These are different for adults and children.

**Monitoring requirements for Adults** on these medications; it is your responsibility to provide 6 monthly measurements of pulse, BP and weight. You can upload these as an eConsult or make an appointment to get these checked. You also need to attend follow-up with your specialist at least annually.

**Monitoring requirements for children** on these medications; Pulse, Blood pressure, Weight and height every 6 months with specialist review every 6 months (and it is parents/guardians responsibility to share letters related to this with the practice.

### Existing patients/those under NHS follow-up

- If you are registered with the practice, for whom we are currently prescribing your ADHD medication we will **continue** to prescribe your medication as long as you have regular monitoring (6 monthly and share this information with the practice).
- If you have an NHS diagnosis of ADHD and have been started on medication for this, we will prescribe as per the shared care protocol which involves regular monitoring (usually 6 monthly HR, BP and weight)

### PRIVATE diagnosis of ADHD:

#### ADULTS

If you are NEW to the practice OR you have been registered for a while and you have a NEW PRIVATE diagnosis of ADHD and have been started on medication for your ADHD, we are sorry but we will not be taking over prescription. You will need to continue obtaining a private prescription from your specialist.

## CHILDREN

**Child** (under 18) who have a **NEW ADHD diagnosis** by a **private** clinic who is **new to the practice or existing patient newly diagnosed/commenced on medication**. We will consider prescribing provided ALL of the following conditions are met;

- Diagnosis by a CAMHS consultant (ideally face to face, who is known to work in the NHS, ideally locally)
- It must be considered a 'Robust assessment' involving assessment over more than 1 appointment and information/assessment in more than one setting. For example both school assessment and clinic review.
- They must be titrated and stable on a dose
- Must continue to have 6 monthly reviews with specialist consultant and provide documentation of this to the practice
- Be on the waiting list for a CAMHS assessment

## Diagnosis abroad

Adult/child with ADHD diagnosis from the US/Abroad - need to be seen by a specialist privately. We cannot take on responsibility for these prescriptions.