



NeuroFX

Shared Care Pathway for ADHD Medication

Information for Patients, GPs, and Healthcare Professionals

This document outlines NeuroFX's shared care pathway for ADHD medication management. It explains what to expect during your 6-month titration package, how the process works, and what happens afterwards. This pathway applies to both children (under 18) and adults, with specific differences noted throughout.

1. What is Shared Care?

Shared care is an arrangement where responsibility for prescribing and monitoring your ADHD medication is shared between NeuroFX (as the specialist service) and your GP (as your primary healthcare provider).

What shared care is:

- A collaborative arrangement where both NeuroFX and your GP work together
- A way to ensure you receive specialist support while having medication prescribed closer to home
- Dependent on your GP's agreement to participate
- Based on clinical guidelines and local health authority policies

What shared care is not:

- Not automatic - your GP can decline to participate
- Not a guarantee that your GP will prescribe
- Not a replacement for ongoing specialist support when clinically required
- Not available immediately - stability must be achieved first

2. How Titration Works at NeuroFX

The titration period is when we gradually adjust your medication to find the right dose and type for you. At NeuroFX, this is a 6-month process for both children and adults.

What happens during titration:

- We start with a low dose and gradually increase it based on your response
- You provide regular feedback about effectiveness and side effects
- We monitor physical health (blood pressure, heart rate, weight, height for children)
- We may try different medications if the first choice doesn't work well



- NeuroFX provides all prescriptions during this period
- Regular check-ins help us adjust the treatment plan

The 6-month package includes:

- Initial consultation and treatment plan
- All medication prescriptions during the titration period
- Regular monitoring appointments
- Physical health monitoring
- Medication adjustments as needed
- Shared care request to your GP when appropriate

3. What Does Clinical Stability Mean?

Before we can request shared care from your GP, you need to be clinically stable on your medication. This means:

- You have been on the same medication and dose for at least 4 weeks
- The medication is providing good symptom control
- Any side effects are manageable and not causing concern
- Your physical health observations are within acceptable ranges
- No further medication changes are anticipated in the immediate future

Stability is important because your GP needs to be confident that they are continuing a well-established treatment plan, not managing an ongoing titration process.

4. When Shared Care is Requested and Why Timing Varies

We typically request shared care from your GP once you have achieved clinical stability, which usually happens during the 6-month titration period. However, the exact timing varies from person to person.

Why timing varies:

- Some people respond well to the first medication tried and stabilise quickly
- Others may need to try different medications or require more dose adjustments
- Children may need more frequent adjustments due to growth
- Complex presentations may require longer to establish the right treatment

We will discuss the shared care process with you before approaching your GP, and will only do so when we are confident that you are ready for this step.



The shared care request process:

1. We confirm with you that you are stable and ready for shared care
2. We send a comprehensive shared care letter to your GP with all clinical information
3. Your GP reviews the request and decides whether to accept
4. We inform you of the outcome
5. If accepted, your GP begins prescribing according to our recommendations

5. What NeuroFX is Responsible For

During the 6-month titration period:

- Conducting initial ADHD assessment and diagnosis
- Recommending and initiating appropriate ADHD medication
- Providing all prescriptions during titration
- Monitoring response to medication and adjusting as needed
- Monitoring physical health (blood pressure, heart rate, weight, height for children)
- Managing side effects
- Providing clinical advice and support
- Requesting shared care from your GP when appropriate

After shared care is established:

- Providing annual medication reviews (6 months for children, 12 months for adults)
- Being available for specialist advice if problems arise
- Updating your GP with any changes to treatment recommendations
- Resuming prescribing if your GP declines or withdraws from shared care

6. What the GP is Responsible For (if Shared Care is Accepted)

If your GP agrees to participate in shared care, they become responsible for:

- Issuing repeat prescriptions as recommended by NeuroFX
- Monitoring your general health
- Checking blood pressure and heart rate as recommended (usually annually, or 6-monthly for children)
- Monitoring weight and height for children
- Reporting any concerns to NeuroFX
- Following the shared care protocol agreed with NeuroFX

- Referring back to NeuroFX if problems arise or changes are needed

Your GP will follow the recommendations in our shared care letter. They should not make changes to your medication without consulting NeuroFX first, except in emergencies.

7. What You (the Patient) are Responsible For

During titration:

- Taking medication as prescribed
- Providing honest feedback about how the medication is working
- Reporting any side effects promptly
- Attending scheduled monitoring appointments
- Informing NeuroFX of any other medications or health changes
- Collecting and safely storing prescriptions

After shared care is established:

- Ordering repeat prescriptions from your GP in good time
- Attending GP appointments for monitoring as requested
- Attending annual reviews with NeuroFX (6-monthly for children)
- Contacting NeuroFX if you experience any problems with your medication
- Informing both your GP and NeuroFX if you change address or GP practice

8. Reasons Your GP May Decline Shared Care

GPs are not obliged to accept shared care requests. Common reasons for declining include:

- Their practice does not have a shared care agreement with private specialist services
- Their local Integrated Care Board (ICB) does not support shared care for private assessments
- They are not confident in prescribing ADHD medication
- They have capacity or workload concerns
- They have concerns about the diagnosis or treatment plan
- They feel the patient is not yet stable enough

It is important to note that the BLMK (Bedfordshire, Luton and Milton Keynes) ICB area has clear shared care protocols that support shared care arrangements for private ADHD assessments where the assessment meets NICE guideline standards. However, other ICB areas may have different policies.

If your GP declines, this is not a reflection on you or your treatment. It is usually due to local policy or practice-level decisions.

9. What Happens if Your GP Declines Shared Care

If your GP is unable or unwilling to take on shared care, you have the following options:

Option 1: Private Prescribing with NeuroFX

NeuroFX offers ongoing private prescribing at £55 per month. This includes:

- Monthly prescriptions for your ADHD medication
- Ongoing monitoring and support
- Medication adjustments if needed
- Regular medication reviews (£250 every 6 months for children, every 12 months for adults)

Option 2: Find an Alternative GP

You may choose to register with a different GP practice that is willing to participate in shared care. We can provide you with information about which local practices have previously accepted shared care requests, although we cannot guarantee acceptance.

Option 3: NHS Referral

You could ask your GP to refer you to NHS ADHD services. However, be aware that NHS waiting times are typically very long (often 2-3 years or more), and there is no guarantee that the NHS service will take over a treatment plan started privately.

10. What Happens After the 6-Month Titration Package Ends

At the end of your 6-month titration package, one of the following will happen:

If shared care has been accepted:

- Your GP will begin issuing repeat prescriptions
- You will attend regular monitoring appointments with your GP
- You will return to NeuroFX for annual medication reviews (6-monthly for children under 18)
- NeuroFX remains available for specialist advice if needed

If shared care has been declined:

- You can continue with private prescribing through NeuroFX at £55 per month
- This includes all ongoing prescriptions and monitoring
- You will still need medication reviews (£250 every 6 months for children, every 12 months for adults)

If you have not achieved stability:

- In some cases, you may not have achieved stability within the 6-month period
- We will discuss this with you and agree on the best way forward
- This may involve continuing with NeuroFX prescribing until stability is achieved

11. Key Differences: Children vs Adults

While the overall pathway is similar, there are some important differences between children (under 18) and adults:

Children (Under 18)	Adults (18 and Over)
Medication reviews every 6 months (£250 per review)	Medication reviews every 12 months (£250 per review)
Height monitoring required (growth concerns)	No height monitoring required
Weight monitoring every 3-6 months	Weight monitoring every 6-12 months
May need more frequent dose adjustments due to growth	Typically more stable once established
Parents/guardians involved in all decisions and monitoring	Patient manages own medication and appointments
School feedback often included in monitoring	Workplace feedback not usually required

12. Frequently Asked Questions

What if my GP refuses to prescribe?

If your GP declines shared care, you can continue with NeuroFX private prescribing at £55 per month. You can also choose to register with a different GP practice that may be more willing to participate. We can provide information about local practices that have previously accepted shared care, although we cannot guarantee acceptance. Another option is to ask your GP for an NHS referral, though waiting times are typically very long.

What happens if I move to a new GP practice?

If you move to a new GP practice, you will need to inform both your old GP and NeuroFX. Your new GP will need to agree to shared care separately, as agreements do not automatically transfer. We will send a new shared care request to your new GP. If they decline, you can continue with NeuroFX private prescribing. It is important to plan ahead to avoid running out of medication during the transition.



Can my GP make changes to my medication dose?

Under shared care, your GP should follow the treatment plan recommended by NeuroFX. They should not make changes to your medication without consulting us first, except in emergencies (for example, if you experience severe side effects). If you feel you need a dose adjustment, please contact NeuroFX to discuss this. We will then advise your GP of any changes.

What happens in an emergency or if I have a serious side effect?

If you experience a medical emergency, call 999 or go to A&E immediately. For urgent concerns about your medication (such as severe side effects), contact your GP or NHS 111 for immediate advice. You should also inform NeuroFX as soon as possible during working hours. Your GP can stop or adjust your medication in an emergency without waiting for specialist advice, and we will follow up with you once we are aware of the situation.

Will my medication be covered by the NHS if my GP prescribes it?

Yes, if your GP accepts shared care and prescribes your medication, you will pay the standard NHS prescription charge (currently £9.90 per item in England, or free if you are exempt). Children under 16 (or under 19 in full-time education) receive free prescriptions. Adults who need regular prescriptions may benefit from a prescription prepayment certificate, which can save money.

What medications does this pathway cover?

This pathway covers all licensed ADHD medications in the UK, including methylphenidate (such as Concerta XL, Medikinet, Equasym), lisdexamfetamine (Elvanse), dexamfetamine, atomoxetine (Strattera), and guanfacine (Intuniv). The specific medication recommended for you will depend on your individual assessment and response to treatment.

Can I switch from NHS to NeuroFX or vice versa?

If you are currently under NHS care for ADHD and wish to switch to NeuroFX, this is possible. However, be aware that most NHS services will discharge you if you seek private treatment, and it may be difficult to return to NHS care later. If you are with NeuroFX and wish to transfer to NHS services, your GP can make a referral, but waiting times are very long and there is no guarantee that the NHS service will continue a privately initiated treatment plan.

What if I want to stop my medication?

If you wish to stop your ADHD medication, please discuss this with NeuroFX or your GP first. Some medications can be stopped immediately, while others may need to be reduced gradually. We can advise you on the safest way to stop and discuss any alternative treatment options. You are always free to make decisions about your own treatment.

How do I contact NeuroFX if I have concerns?

You can contact NeuroFX during working hours via phone or email. Contact details will be provided in your welcome pack and on all correspondence. For urgent medical concerns outside working hours, please contact your GP, NHS 111, or emergency services as appropriate.



Summary

The shared care pathway is designed to provide you with specialist ADHD care during the critical titration period, followed by ongoing support from your GP once treatment is stable. We understand that shared care is not always possible, and we are committed to ensuring you have continued access to your medication through our private prescribing service if needed.

Our priority is your wellbeing and ensuring you receive the right treatment for your ADHD. Whether through shared care with your GP or through continued NeuroFX care, we will work with you to find the best solution for your individual circumstances.

If you have any questions about this pathway or your treatment, please do not hesitate to contact us. We are here to support you throughout your ADHD treatment journey.

NeuroFX

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