

KES@NORTHGATE

Letter from the Partners at KES@Northgate about ADHD care in Oxfordshire

We hope you find the following helpful and it may answer some questions for you. If, after reading this, you still have further questions or queries, please do book an appointment with your GP.

CHILDREN UNDER 18 YEARS

The best referral to CAMHS for ADHD is through the school. This is because the teachers see the child every day and the combination of reports from the school and parents are the most comprehensive for assessment. The wait is long for assessment but there is at least a service at the end of it.

Please note that we do not enter into private shared care agreements for children under 18 it has to be through CAMHS.

ADULTS OVER 18 YEARS

The adult ADHD service in Oxfordshire is currently very limited and waiting times are extremely long (currently over 1 year). This is frustrating for us as it may be for you.

Families with children turning 18 are encouraged to have early discussions with their paediatric specialist about ongoing adult care.

If you still want to be referred into this NHS adult service you will need to fill out two questionnaires which will be sent to you, return them to the practice and then your GP will be able to refer you.

PRIVATE CARE

A few pointers if you are thinking of going to a private provider:

- a) National and local guidance make it very clear that, for reasons for safety and equity, the private and NHS sectors should be kept separated as much as possible and that it cannot be assumed possible to 'pick and mix' parts of care from each (e.g., NHS prescriptions while being seen in the private sector).
- b) If you choose to go privately this means that you should not rely on the NHS sharing care (and costs) at any future date; please do consider from the outset that you may need to be paying all private costs into the long term.
- c) You can directly self-refer to a private provider; you will not need the questionnaires.

SHARED CARE

If/ when you are finally diagnosed with ADHD you may hear about 'shared care' of this specialist area with your GP. If appropriate for you, this is based on a tight and specific shared care agreement that your consultant, you and your GP sign.

After stabilisation on medication, it may allow your GP to:

- (i) support the specialist by providing physical monitoring data to assess and advise regarding ongoing care;
- (ii) issue the monthly NHS prescriptions under the specialist guidance.

Please note it is important to check before booking an appointment with a private provider that the surgery is happy to enter a shared care agreement with that particular provider.

Shared care will only be entered into once you have been stabilised by the person making the diagnosis (some providers do not offer medication management, only diagnosis).

Medication will not be issued via a shared care agreement if individuals do not attend for regular monitoring (6 monthly at GP surgery and annually with specialist).

However, for many reasons, including clinical safety and limited NHS capacity, shared care is not always possible. ADHD is a specialist field and not considered to be part of the usual core NHS GP work. Notwithstanding this, given the hugely difficult current circumstances, the Partners at KES@Northgate have given much consideration to what we can offer that is possible, safe and equitable within our limited NHS capacity. Please understand however that if your GP is unable to support shared care, this is a carefully considered partnership decision and we respectfully ask that you accept the decision.

OUTSIDE UK

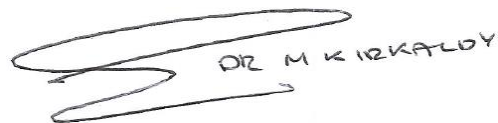
If your diagnosis was made outside of the UK please make sure you have a shared care agreement from your specialist to continue your shared care and note that we will not be able to make any changes to your medication.

Limited ADHD provision in Oxfordshire is a very difficult situation over which your GP has no control. We ask please, that rather than directing your understandable frustrations to your GP and staff, help us instead by directing them to the commissioners and your MP!

Regards



Dr Naomi Drury



Dr MaryKate Kirkaldy