



What to expect Titration and Shared Care

We know that navigating private and NHS healthcare can be complicated, so we have created this leaflet as a guide of how the process can work.

Your experience may differ from what we have described as it depends on many factors including the patient's response to the medication, and the General Practitioner's regulations about Shared care.

We encourage you to contact us with any queries you have, and to speak with your GP about how they can support you through treatment.

Titration

What will ongoing treatment entail?

There is no way to predict the dosage of medication that will work best for any given patient. So, the psychiatrist will titrate the medication, meaning they slowly increase the dosage until you or your child reach maximum symptom relief, with minimal side effects.

To carry this out, the patient will need review appointments. Some medications, like those for ADHD, require a review every 3-4 weeks until the medication is stable.

The specialists may request an update of physical measurements before each appointment. This can include blood pressure and pulse. They may also request further testing such as ECG and blood tests depending on the medical history. These measurements are vital for the safe monitoring of your treatment.

What does it mean to titrate medication?

Titration is the process used to find the right dosage of medication. Usually, the psychiatrist will start with a low dose that may not treat the symptoms right away. They will gradually increase the dose until the patient reaches maximum symptom relief with minimal side effects.

It takes trial and error to titrate medication. During the process, the patient must notice and report when a target symptom improves, and when a side effect occurs. The dose will then be adjusted by an appropriate specialist as needed.

The titration process can take several weeks or months, but it is the best way to achieve the best result with medication.



How many appointments does it take to reach a stable dose?

It is not possible to predict how many appointments will be needed, as this varies between each patient. We recommend expecting one appointment per month, for the first few months of treatment.

Share Care

What is Shared care?

Shared care is the process of collaboration between the private specialist and a patient's General Practitioner (GP).

In most cases, a shared care agreement can allow for the GP to regularly prescribe the medication recommended by the private specialist. This can help keep the costs of your ongoing treatment down.

The GP may request that the patient is reviewed on a long term basis by the private specialist, this usually consists of an appointment every 6 months - 1 year or so.

What happens if my GP refuses to enter a shared care agreement?

Once the patient is at a stable dose of medication, it will be possible for your private practitioner to send repeat prescriptions to the nominated pharmacy, rather than needing to have a medication review every month. There is a fee for the prescriptions to be written and sent out.

The practitioners will request that the patient is reviewed every few months on an ongoing basis. If at any time the patient feels they need an appointment to review or change treatment, please get in touch with our admin team to arrange this.

