

ADHD Medication Guide

A guide to SEIK Psychiatry processes. This guide does not replace the need for reading individual medication leaflets.

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Medication Titration Explained

- **Process:** Gradually increasing dosage for symptom relief with minimal side effects
- **Duration:** Several weeks to months
- **Your Role:** Report physical measurements, improvements and side effects, and schedule your appointments on time!

Medication Options

- **Options:** All common ADHD medications used in the UK and recommended by NICE Guidelines.
- **Stock Issues:** Sometimes, national stock shortages mean that a certain medication cannot be prescribed due to availability. See more information about medication stock shortages below.

Physical Measurements Explained

- **Required:** For all ADHD Medication appointments and prescriptions
- **Measurements:** Blood pressure, pulse, height, and weight
- **Ad Hoc tests:** ECG and blood tests if needed
- **Devices:** Home blood pressure and pulse devices are recommended (estimated cost £15.00 on Amazon)
Note: Smartwatch readings not accepted

Titration: What to Expect

Monthly Appointments

- **Frequency:** Every 3-4 weeks
- **Pay As You Go:** No obligation to start or continue
- **Purpose:** Discuss symptoms, progress, and next steps
- **Goal:** Find the optimal dosage for maximum symptom relief with minimal side effects

Titration Pathways

- **Options:** Nurse-prescribed or psychiatrist-overseen
- **Decision Based On:** Assessment and any health changes
- **Changing Pathways:** Sometimes, you may start on the psychiatrist pathway and be able to move over to the nurse team, and vice versa. This will be advised by your clinician

Booking Titration Appointments

- **Nurse Reviews:** Book online via your patient portal.
- **Psychiatrist Reviews:** Contact us directly to schedule.
- **Timing:** Usually 3 weeks after starting medication. Your clinician will confirm this with you.
- **Recommendation:** Book in advance, on the day you start your medication

Titration Appointments

- **Topics Covered:** Medication effects, symptoms, side effects, and dosage adjustments
- **Prescription:** Issued within 7 days of the appointment

Receiving Your Prescription

- **Timeline:** Up to 7 days to arrive at your pharmacy
- **Process:** Prescriptions for controlled drugs must be sent by physical post to all pharmacies. Prescriptions for non-controlled drugs must be sent by physical post to local pharmacies. Prescriptions for non-controlled drugs can be sent to the online pharmacy, Pharmaciege digitally.
- **Delays:** Possible during national holidays, where there are courier issues, and other extenuating circumstances
- **Stock Shortages:** Ongoing since October 2023

Managing Medication Stock Shortages

1. **Contact Pharmacies:** Check availability of your medication
2. **Communicate with Clinician:** Discuss concerns and options during your appointment
3. **Confirm Availability:** Before making payment for your medication

Dealing with Medication Availability Issues

- **Pharmacierge:** If they lack stock, request them to mail the prescription to you for use at local pharmacies
- **Local Pharmacies:** Collect the prescription and check other local pharmacies if necessary
- **Medication Unavailable:** Consider waiting for restock or discuss alternatives with your clinician

Additional Costs for Services due to Stock Shortages

- **Additional Prescription:** £15.00 (discounted)
- **Additional Letter:** £25.00 (discounted)
- **Appointment Fees:** Unchanged

Incorrect Prescription?

- **Action:** Contact us immediately, we're ready to help.
- **Resolution:** We will correct it as quickly as possible.
- **Support:** You may be eligible for a prescribing request with your GP, ask our team for more information.

Shared Care Agreement

What is it?

- Shares your care between S E I K Psychiatry and your GP
- Reduces cost of ongoing medication

Requirements

- Stable dose achieved and reviewed
- Authorisation from your GP

Shared Care Agreement - Continued

Process

- Agreement drafted and sent to GP for review and signature (usually up to 21 days)
- Once accepted, the GP will do your monthly prescribing.
- Most GPs request that adults have a review appointment with our service every 12 months, and children every 6 months.

If GP Rejects the Agreement

- Reasons provided
- Explore alternatives with other local GP practices
- S E I K Psychiatry continues support as needed

Need Medication While Waiting?

- **Contact Us:** Schedule repeat prescription/review appointments as necessary

Internet and Device Requirements

- **Good Internet Connection:** Essential for smooth remote sessions.
- **Device:** Use a larger device like a laptop or tablet for the best experience.

Joining Your Appointments

- **Zoom Link:** You'll receive a zoom link within 24 hours of each appointment.
- **Attire:** Wear comfortable, appropriate clothing, as you would for an in-person appointment.
- **Lighting:** Ensure you are in a well-lit area where you are clearly visible. Avoid sitting with a light source directly behind you.
- **Minimise Distractions:** Close any unrelated apps or tabs on your device and put your phone on silent.
- **Children:** Must attend their appointments and be accompanied by an adult.

Additional Support & Contact

Questions or Concerns?: Don't hesitate to reach out to us for assistance.

Phone: 020 8087 0831

Email: admin@seikpsychiatry.com

Opening Times:

Monday 09:00 - 15:00

Tuesday 09:00 - 15:00

Wednesday 09:00 - 15:00

Thursday 09:00 - 12:00

Friday: 09:00 - 15:00

