

Mid Chiltern PCN – ADHD Referrals

Due to high demand and funding challenges, local NHS services for ADHD assessments are limited.

Mid Chiltern PCN which consists of Amersham Health Centre, Hughenden Valley Surgery, Rectory Meadow Surgery, John Hampden Surgery and Practice Prospect House is a PCN within the Buckinghamshire Oxfordshire & West Berkshire (BOB) Integrated Care Board (ICB).

The following information has been agreed and followed by all the practices within Mid Chiltern PCN.

For Adults accessing NHS ADHD Services:

- New referrals: Local NHS adult ADHD services are currently closed to new referrals. However, you may still access an assessment through the NHS Right to Choose.
- Criteria: You must complete an Adult ADHD Self-Report Scale (ASRS) and show that your symptoms significantly impact your daily life.
- How to start: The ASRS questionnaire is available online at [Adult ADHD Questionnaire](#). A personal statement can support a referral to explain how your symptoms are effecting you and your expectations from a possible diagnosis. Discuss your results with your GP to see whether you are clinically eligible a referral.

Approved NHS Right to Choose Providers:

NHS referrals can be made to the following providers that meet local quality standards:

- Psychiatry UK (psychiatry-uk.com)
- Modality LLP (modalitycommunityservices.com)
- Skylight Psychiatry (skylightpsychiatry.co.uk)
- Psicon (psicon.co.uk)

These providers offer consultant-led assessments and treatment and follow NHS prescribing and care standards.

If you were already on the NHS Oxford Health NHS Foundation Trust (OHFT) Adult ADHD Assessment service waiting list before February 2024, your care will continue without changes. You can opt to change to a Right to Choose provider. However, please be aware that you cannot be on two waiting lists for the same service. Therefore, if you would like to be referred to a Right to Choose provider, we will need to contact OHFT directly to remove you from their list first.

Private Treatment:

If you choose private assessment or treatment, be aware that:

- NHS GPs cannot continue private prescriptions or treatments
- Shared care (e.g., combining NHS and private services) is not supported.

NHS GPs will not enter in to shared care with private providers. Therefore, they will not take over prescribing of controlled drugs and other medicines that require a shared care agreement with a private provider. Patients would need to agree to referral to an approved NHS specialist for ongoing shared care prescribing on the NHS. Only once the patient had been assessed by the NHS approved specialist, would the GP consider taking on shared care prescribing and only if the NHS approved specialist agreed to enter in to shared care for the relevant medications.

Patients will therefore need to budget for potentially years of privately sourced medication and private clinical monitoring, to take account of the long waiting lists to access NHS approved care. Furthermore, there would be no guarantee that the NHS provider would agree with treatment proposed or initiated by the private provider. Decisions on onward prescribing would be at the NHS approved specialist's discretion. The GP would also retain the right to accept or decline the prescribing recommendations of the approved NHS specialist.

For Children and Adolescents

1. Accessing NHS Services:

- Buckinghamshire Children's ADHD service is open to new referrals but with long waiting times.
- Your child's school should refer your child directly to the Buckinghamshire ADHD service for an assessment if symptoms of ADHD are present.
- Parents can also discuss any concerns regarding their child having ADHD directly with the CAMHS Single Point of Access on 01865 901951

2. Ongoing Care:

If your child is diagnosed with ADHD at the local NHS service and requires medication, care can be managed under an NHS shared care agreement between your GP and CAMHS.

3. Transition to Adult Services: When your child turns 18 and remains on treatment, they will be transferred to adult NHS ADHD services.

Private Treatment:

We would encourage children being referred to the NHS as the services can liaise directly with schools/SENCO and ensure an appropriate support plan for your child.

Important Considerations for parents to consider in selecting a private provider.

- Virtual-Only Providers: Medications recommended by virtual-only services (without in-person appointments) are not prescribed by NHS GPs.

- Ensure that any service you use, whether NHS or private, offers full, consultant-led care and in-person prescribing.
- Some private companies offer “pre assessments” for ADHD . Whilst parents/carers are welcome to use these services, they are not necessary for a referral to an NHS assessment service and do not replace any part of the assessment process. They do not reduce wait times or result in a faster assessment.
- It can be difficult for private providers to support your child at school/liaise with SEN teams to enable the appropriate support.
- BOB ICB has no local policy in place that allows shared care between non-NHS commissioned private providers and NHS prescribers. Like adults, NHS GPs cannot prescribe medication or treatment recommended by private providers.

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- If your child has had a private diagnosis of ADHD and wish to transfer care to the NHS, your private consultant is able to refer you directly to the NHS service to be placed on the waiting list.

Raising Concerns or giving feedback

If you feel the current services do not meet your needs, please contact BOB ICB Patient Advisory and Liaison Service (PALS) at bobicb.palscomplaints@nhs.net.

Glossary

What is shared care?

- Shared care is a formal local agreement that enables General Practitioners (GPs) to accept responsibility for the safe prescribing and monitoring of specialist medicines.
- Shared care provides transfer of care from a specialist to the GP, where this is suitable and in the patient's best interests.
- The patient is not usually discharged by the specialist and care is shared between the patient, the GP and the specialist.

Drugs used in ADHD often fall under home office controlled drug status, (controlled drugs) reflective of their risks. There are clear legal responsibilities for the prescribing doctor that makes them responsible should the patient come to harm. It is therefore of paramount importance that we can trust the monitoring framework provided by secondary care partners, to ensure they uphold their end of the agreement.

Regrettably policing the vast number of private providers to ensure they adhere to their contractual terms is not possible and the patchy track record of some private providers failing to uphold their responsibilities has led NHS GPs to the position they currently hold regarding sharing care with private providers.

What is Right to Choose?

Through the NHS Choice framework, patients can choose their NHS provider they'd like to go to, as long as the clinical team is led by a consultant, and the service provides the treatment required. This can include some private providers have been given NHS contracts for the service .A right to choose service is monitored for quality and safety via their NHS contract. Not all private providers have this status. Providers will highlight on their webpage if they are a "Right to Choose "provider.

What is a Private Provider?

A private provider offers a service to patients who can self-refer, All encounters with this service (assessments, treatments and prescriptions) would be self-funded. There is no guaranteed oversight for the quality and safety of the service.