



**Harrow
Health**



Dear Patient,

Your GP has referred you to the Harrow Health ADHD Service. We will be in contact with you very soon. We have prepared a leaflet to help you with any questions that you may have.

1. What should I do once I am referred by my GP?

A member of our team will be in contact within 4 weeks to confirm that we have received your referral, and it is being processed.

2. How long will I have to wait for my appointment?

We aim to see anyone referred to the service within 12-18 weeks. Sometimes this will be slightly longer. You will be advised of actual timescales when our team contacts you for your first appointment.

3 . Can I have an evening or weekend appointment?

Some of our clinicians work evenings and weekends, if this is important for you, please tell the team at the time of booking your first appointment. This may affect the length of time that you must wait for your appointment.

4 . Do I have a choice between face-to-face appointment or a virtual appointment?

Yes, you can choose either, but sometimes this might change the length of time that you wait for an appointment.

5 . Which forms do I need to complete before my appointment?

You will be asked to complete 3 to 4 self-assessment forms asking about ADHD symptoms, depression and anxiety symptoms and about how your ADHD symptoms impair your functioning.

The forms include two informant forms that need to be completed by people that knew you, as a child and as an adult. If you do not know anyone that knew you as a child then our team will provide you with a different form for you to complete.

6 . What if I can't get all of these forms completed?

We usually do require the pre-assessment forms to be completed. We have noticed that some patients struggle to submit the childhood informant form which helps the consultant to confirm childhood symptoms. In such cases we will ask you to complete an alternative form.

7 . I already have an ADHD diagnosis, but my GP wants me reviewed, why is this?

Sometimes, although you may have a diagnosis, your GP may wish for you to be reviewed, especially if you have not seen any specialist for a period of time. We will see you, and ensure that your treatment is optimised, and also let your GP know.

8 . Do I get a choice of the consultant that I see?

All of our consultants are fully qualified, and all of them are experienced with ADHD. We try our best to match you to a clinician that has expertise in your mental health needs.

9 . Are all of your consultants experienced in ADHD?

Yes, all of our consultants, and independent medical prescribers are clinically qualified, and have a wide range of experience with diagnosing ADHD, and prescribing for ADHD.

10 .If I am started on medication, what are the side effects?

Please find weblinks for patient leaflets of common ADHD medications that are prescribed.

<https://patient.info/medicine/lisdexamfetamine-for-adhd-eltavse>

<https://www.nhs.uk/medicines/methylphenidate-adults/>

<https://patient.info/medicine/dexamfetamine-for-narcolepsy-and-adhd-amfexa>

<https://patient.info/medicine/atomoxetine-for-adhd-strattera-atomaid>

11 . Do I need a blood test before I see the consultant?

Usually, we don't need any specific blood tests before your first appointment. However, if you have hypothyroidism or hyperthyroidism, it may be useful to have a recent thyroid function blood test, which is less than 12months old, to hand for your first appointment.

12 . Do I need an ECG before I see the consultant?

Normally, we do not require an ECG before the consultation. Sometimes, patients with a heart (cardiac) history will require an ECG, and we will let you know either before, or during your first appointment.

13 . Once I am started on medication, who will follow me up?

If our consultant psychiatrist diagnoses you as having ADHD, and you wish to start medication, you will need to have follow-up reviews to ensure that you are on the right dose of medication in the long term. This will be undertaken by our experienced independent medical prescribers.

14 . When do I get discharged back to my general practitioner?

You will be discharged to your GP, once you have had an assessment, and if you are started on medications, you will be discharged once the correct dosage is ascertained. You will be seen by a consultant psychiatrist before being discharged back to your GP.