

# Policy for the referral of Private ADHD patients to NHS Greater Glasgow & Clyde mental health services

## Introduction

This policy has been developed to support the efficient transition of patients diagnosed with ADHD by private and/or non-NHS providers and services into NHS Greater Glasgow & Clyde mental health services (hereby referred to as MH services). This policy applies to Specialist Children's Services and Adult Mental health Services.

Specifically, this policy details:

- 1) The requisite components of an assessment for the diagnosis of ADHD, which are required for the provision of treatment within MH services, without the need for a repeat diagnostic assessment within MH services.
- 2) The processes for review of referrals to NHS Greater Glasgow & Clyde for the treatment and management of patients diagnosed with ADHD.

## Background

Patients can be assessed and treated for ADHD by non-NHS providers (i.e. private health care providers).

Patients have the right to be referred to MH services for consideration of treatment, where they have previously been assessed and/or treated for a condition out with NHS Greater Glasgow & Clyde.

Patients referred to NHS Greater Glasgow & Clyde mental health services are triaged and appointed in line with the principles of the NHS Greater Glasgow & Clyde Access policy.

Patient referrals for assessment and/or treatment by NHS Greater Glasgow & Clyde mental health services are reviewed by appropriately trained clinicians. Actions (i.e. assessment), proportionate to the information detailed within the referral, are indicated by the reviewer of the referral and then delivered by NHS Greater Glasgow & Clyde mental health services.

## Scope and purpose of this policy

Informed by best available evidence, this policy outlines referral criteria for Adult ADHD treatment services and CAMHS ADHD medication treatment services with NHS Greater Glasgow & Clyde.

These criteria outline the minimum components of an assessment for diagnosis of ADHD that would allow for the transfer of care of a patient from a non-NHS Scotland provider to NHS Greater Glasgow & Clyde for ongoing treatment and management, without the patient first requiring assessment and diagnosis by NHS Greater Glasgow & Clyde.

This policy applies to the referral of any patient to NHS Greater Glasgow & Clyde, across CAMHS in Specialist Children's Services and Adult Mental health Services, for ADHD treatment and management, where an assessment for ADHD treatment has been undertaken, ADHD has been diagnosed, and treatment for ADHD is indicated.

This policy does not apply to transfers of care from other health boards or in scenarios where treatment has already been initiated within NHS mental health services within Scotland.

## Principles informing this policy

All referrals into secondary care services for transfer of care from private providers must be sent by a patient's (registered, NHS Scotland) general practitioner.

Clinical decision making, including during the review of referrals, must be informed by the information available about the patient's needs.

Clinicians at NHS Greater Glasgow & Clyde are bound to ensure their clinical decision making is made in line with best practice. This should align to NICE guidelines.

Where a patient has undergone assessment and review by clinicians out with the Board, NHS Greater Glasgow & Clyde clinicians seek to ensure continuity of care for the patient.

Where possible and appropriate, NHS Greater Glasgow & Clyde mental health services seek to reduce duplication.

Within NHS Greater Glasgow & Clyde, clinical assessment, treatment and care are prioritised on the basis of clinical priority.

#### **Criteria for assessments conducted out with NHS Greater Glasgow & Clyde that allow a patient to be treated for ADHD without requiring additional formal assessment by NHS Greater Glasgow & Clyde clinician**

1. The below criteria (for assessments conducted out with NHS Greater Glasgow & Clyde that allow a patient to be treated for ADHD without requiring additional formal assessment by NHS Greater Glasgow & Clyde) are based on NICE guidelines on the diagnosis and management of ADHD (see: [Attention deficit hyperactivity disorder: diagnosis and management NICE guideline \[NG87\]](#)).
2. Assessments and diagnoses of ADHD will only be accepted by NHS Greater Glasgow & Clyde if made by a specialist psychiatrist; paediatrician; and/or an appropriately qualified health care professional with training and expertise in the diagnosis of ADHD.
3. Assessments conducted out with NHS Greater Glasgow & Clyde must be described in a diagnostic report sent to NHS Greater Glasgow & Clyde as part of a formal referral. This diagnostic report must demonstrate that the following components of an assessment for ADHD were completed:
  - A full and detailed neurodevelopmental history and description of symptoms the patient experiences.
  - Personalised comment on why the patient was found to meet the criteria for ADHD diagnosis, including description of the standardised and age-appropriate questionnaires and tools used as part of the assessment process.
  - Personalised comment on:
    - other common neurodevelopmental conditions that were identified as part of the assessment; and
    - other common neurodevelopmental conditions or common mental illnesses that were considered and ruled out as part of the assessment.
  - Evidence of a corroborative history undertaken.
  - A standardised and age-appropriate functional assessment, describing the patient's level of functional impairment due to ADHD symptoms.
4. Patient assessments for ADHD must be conducted by the clinician either via a face-to-face appointment or by video call.
5. Referrals for treatment without additional formal assessment by NHS Greater Glasgow & Clyde must include the diagnostic report, as well as description of:
  - Any comorbid illness.
  - Assessment of risk including risky behaviours such as impulsivity and self harm. Any offered, previous and/or ongoing treatment of ADHD, including any behavioural and environmental adaptations the patient has tried.

#### **Vetting and patient transfer procedure**

1. Assessments determined by the NHS Greater Glasgow & Clyde vetting clinician to not meet the criteria as described above will not be accepted. Where an assessment and/or referral is deemed not meet to the above criteria, a letter will be sent back to the referrer stating that the assessment and/or referral does not include sufficient information. The referred patient will be added to the waiting list for assessment for ADHD by and NHS Greater Glasgow & Clyde clinician.

2. Where an assessment and/or referral is deemed not meet to the above criteria, patients may be required to undergo formal assessment by NHS Greater Glasgow & Clyde, prior to commencing any treatment with NHS Greater Glasgow & Clyde.
3. Where an assessment and referral is deemed to meet the above criteria, the patient will be added to the waiting list for assessment of treatment, and will be offered:
  - a partnership appointment to determine management plan (for CAMHS referrals); or
  - a clinician appointment to discuss treatment options (for Adult referrals).
4. Appointments for assessment of treatment will be prioritised according to clinical need.