

# Adult ADHD titration information for NHS patients

Welcome to the ADHD medication titration and stabilisation service!

## The Psychiatry UK titration model

**Psychiatry UK's model for titration is 8 - 12 weeks, and we kindly ask for your active engagement in this process.**

We have implemented this model to improve the overall efficacy of our titration services. This enables shorter waiting times for patients awaiting access to the service, whilst allowing adequate time for patients to titrate and stabilise on their prescribed medication.

Once your titration starts, you should take the medication as prescribed and as per your treatment plan. Regular updates should be provided by you during titration and prescriptions must be requested at least a week before you run out of medication.

If you miss 3 of your monitoring updates, you will be moved out of the titration service and discharged. Unfortunately, we do not hold the capacity to keep restarting your titration programme if you have not engaged as per the plan. This will enable other patients from our waiting list to be seen.

**The goal of titration is to reach a point when we observe that your ADHD symptoms are being adequately treated without intolerable side effects.** Once we reach this point, we will review the efficacy of your medication before transferring your care back to your GP under a Shared Care Agreement.



### Medication information

For information on the different medications used to treat ADHD, you can visit our Choice and Medication web page.

[Click here](#)



## How to contact us

To communicate with your prescriber, please send a case **note in your patient portal** and select **'Your Prescriber'**.

During titration, we aim to respond to portal notes as fast as we can. However, our response time can vary depending on our workload, and we appreciate your understanding in such cases.

If 'Your Prescriber' is not available as an option, please contact us via our **Virtual Assistant** service (available from our website, portal and Companion App) or by phone: **0330 124 1980**. Phone lines are open Mon-Fri, 8am-6pm.

## Engaging and providing feedback during titration

**To ensure the success of your titration, it is essential that you engage actively and provide timely updates via feedback forms.**

Blood pressure and pulse monitoring are a standard requirement of your ongoing treatment whilst in the titration service. We require your baseline measurements before your titration starts. Therefore, you will need to provide up-to-date measurements by completing a Blood Pressure, Pulse, Weight, Height Form before we can issue your first prescription.

There may be additional information required, such as information about your cardiac health (heart) or mental health. Please respond to all queries and/or forms sent to you by your prescriber to allow them to begin your titration.

Once you have started taking your medication, you must record your blood pressure, pulse and weight readings at regular intervals and provide feedback about the effects of the medication by completing the ADHD Medication Monitoring Form when requested.



**You can find all the required forms on your portal dashboard under 'My Pending Forms'.**

This allows your titration prescriber to review the treatment effects and any side effects, discuss further treatment options and/or changes, and decide what your next prescription should be in time for your treatment to continue, as appropriate.

**If you are aware that you will be unable to send any of your monitoring updates, please discuss in advance with your prescriber and a plan can be made to accommodate this.**



Please also follow any additional advice whenever given by your prescriber or titration admin to remain engaged in titration.

**If we don't receive this information from you when requested, you will be sent reminders.  
If you miss 3 of your monitoring updates, we will need to discharge you.**

## Requesting prescriptions

You were referred to Psychiatry UK as an NHS patient, which means your care with us is funded through the NHS by your local commissioning body, also referred to as your Integrated Care Board (ICB).

**You are required to request any new prescription, giving 7-10 days' notice before you have finished your current medication supply.** This allows time for your prescriber to receive your prescription, review the current treatment effects and dispense your the next prescription, before you run out of medication.

To request a prescription, please add a case note on your portal for 'Your Prescriber' and select the tick box 'New Prescription Required?'. A Prescription Address And Payment Exemption Confirmation Form will open after you submit the note, asking you to confirm your address and postcode.

Alternatively, your prescriber may send you an address confirmation form, which you would find on your portal under 'My Pending Forms'.

This will ensure we issue your prescriptions correctly and that your prescriptions or medication are delivered to the correct address. You must confirm to which address you wish your medication to be sent every time you request a prescription.

### **Please note:**



There are some NHS contracted patients who are not able to receive a free NHS (green) prescription because the local Integrated Care Board (ICB) has not arranged for us to do so. These prescriptions must be sent to our partner pharmacy (TPP), to allow you to access your treatment free of charge. Your prescriber will inform you if this applies to you.

Your prescriber will issue your prescriptions in hand-signed paper format (which is at present a legal requirement for controlled medications such as yours) and then send it either:

- (a) directly to you at home. You can then take it to a pharmacy of your choice for dispensing; or
- (b) to our partner pharmacy (TTP – see contact details below), so your prescriptions can be posted there, and the medication will be delivered to your home address or an address of your choosing. Someone will need to be at home to receive the medication.



Please be aware that you will not be able to receive a new prescription if the requested feedback and measurements are not provided. Your safety is our top priority.

## The Private Pharmacy (TPP)

### Contact details

You can contact The Private Pharmacy (TPP) directly if required:

Email: [reception@privatepharmacygroup.co.uk](mailto:reception@privatepharmacygroup.co.uk)

Tel: 0330 124 4305

## When titration is completed

When your treatment is stable and optimised, titration will be complete. At this point, we will review your progress and the efficacy of your medication before transferring your care back into local shared care arrangements for ongoing prescribing by your GP, or allocated prescriber, where you reside.

A Shared Care Agreement allows your GP to issue your future repeat prescriptions, usually requiring an annual review from an ADHD specialist, whether that be here at Psychiatry UK or via another NHS service.