

Shared Care: How it Works (NHS/Right to Choose)

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What is a Shared Care Agreement?

When your condition is stable and we have found the right medication and dose for you, we will ask your GP to share your care with us through a **Shared Care Agreement (SCA)**.

This leaflet explains what Shared Care is, what it means for your ongoing treatment, and answers some common questions.

A Shared Care Agreement allows us to work together with your GP to support your ongoing care.

Being under Shared Care is not the same as being discharged. You will remain under our care for as long as you continue taking ADHD medication. By this stage, your titration will have been completed, so we will not usually make changes to your treatment unless a medication review is needed.

What this means for you

Your medication and dose will stay the same.

- 1 Once Shared Care is in place, your dose will usually remain the same, as titration has already established the dose that works best for you.

Your GP is your first point of contact.

- 2 If you have any questions about your medication or ongoing care, you should contact your GP in the first instance. They can contact us for specialist advice if needed.

You will request your prescriptions from your GP surgery.

- 3 You will need to request your repeat prescriptions in the same way that you request any other medication from your GP.

The standard NHS prescription fee will apply.

- 4 You may need to pay the standard NHS prescription charge, unless you hold an exemption certificate. You may wish to check whether an **NHS Prescription Prepayment Certificate (PPC)** would be helpful for you. You can find more information on the [NHS website](#).

What this means for us

You will need to attend an Annual Review with Psychiatry UK.

- 1 In most cases, we will continue to be responsible for monitoring your condition. To check that your medication remains suitable, we will carry out an **Annual Review** with you.



We will request up-to-date readings before your Annual Review.

2

Before your Annual Review appointment, you will need to send us updates on your blood pressure, height, weight and any side effects you may be experiencing.

We will continue to support your GP if needed.

3

As specialists in ADHD care, we will continue to provide advice and support to your GP if they need it.



Please note that, in some cases, your local NHS service may require a different arrangement for ongoing care. If this applies to you, we will contact you with further information.

What this means for your GP

Your GP will take over prescribing your medication.

1

Your GP will take over issuing your prescriptions. We will no longer arrange for your medication to be delivered. Instead, you will usually be able to collect your prescription locally, as you would for any other medication prescribed by your GP.

Your GP will carry out six-monthly physical health checks.

2

Your GP will check your physical health measurements every six months to make sure your medication is still working safely and effectively. This means that, over a 12-month cycle, you would usually see your GP after **six months** and Psychiatry UK after a further **six months** for your **Annual Review**.



How does it work?

What do I need to do?

Check the portal for your Shared Care letter.

1

You will see a letter in your portal once we have sent the Shared Care request to your GP.

Contact your GP after a few days.

2

Around **3 to 4 days** after seeing this letter, please contact your GP to ask whether they are planning to accept the Shared Care request. It's helpful to follow this up yourself to support a smooth transition of care.

Ask your GP how to request future prescriptions.

3

If your GP agrees to share your care with us, ask them how you should request your repeat prescriptions in future. This process varies between GP surgeries. For example, you may need to complete a form, submit a written request, or order your medication online.

4

Attend your **Annual Review** appointment with Psychiatry UK. You will receive a portal note when it is time to book your review appointment. If you do not attend your appointment, your care may be reviewed and you may be discharged from our service. If this happens, you may need to begin the process again.



Please note that your GP will be informed how to contact us if they need advice.

Will I still be able to use the MedQare portal?

Once titration is complete and you are under a Shared Care Agreement, you will no longer be able to message your prescriber directly. Their role in your titration will have ended and they will move on to supporting other patients.

You will still be able to access your portal and view any letters. We will continue to use the portal to contact you about your annual checks, including blood pressure, height and weight, so that we can continue to approve your medication. At that stage, your portal access will be opened so that you can submit these forms.

Some patients under different local contracts will not have their Annual Review with us. If this applies to you, we will let you know. In these cases, your GP will arrange your review.

What if I develop side effects?

- If your medication stops working well for you, or you develop side effects, you should contact your GP.
- Your GP will not usually be able to make changes to your prescription, but they can monitor your health and help make sure that you remain safe and well.
- If needed, your GP can request an earlier medication review by writing to us. We will then contact you to arrange a review appointment.



What if my GP does not agree to a Shared Care Agreement?

Psychiatry UK will remain responsible for your care.

1

If your GP declines a Shared Care Agreement, we will remain responsible for your care. This will include continuing to issue your repeat prescriptions.

We will also discuss with you how best to support your ongoing treatment, in line with our duty of care.

What if I need changes to my medication?

Medication reviews.

2

Please note that, as you are no longer in titration, we cannot usually make changes to your dose. If changes to your prescription are needed, you will need to contact your GP to request a medication review.

Requesting repeat prescriptions

Repeat prescriptions.

3

If your GP does not accept Shared Care and you need to request a repeat prescription, please make sure you do this when you have **10 working days** of medication remaining.



To request a repeat prescription:

1

Create a note in your portal and select the option to **request a new prescription**.

2

Complete the address form.

This process only applies if your GP has declined a Shared Care Agreement. If this applies to you, we will contact you through the portal.

How can I get in touch?

If you have any queries, please contact our patient support team via **Live Chat** or by telephone: **0330 124 1980 (Mon-Fri 8am-6pm)**.