

OPTIMISE
Healthcare Group



ADHD Medication Titration

Patient Information

Please read this booklet carefully and ensure you are familiar with the information prior to booking your assessment

Who We Are

Optimise Healthcare Group is a private outpatient mental health clinic, dedicated to providing high-quality care tailored to individual needs.

We offer a comprehensive range of assessments and treatments for various mental health conditions. In addition, we collaborate with select NHS services to support the assessment and treatment of ADHD.

Founded by experienced medical professionals, our mission is to deliver safe, effective, and efficient care in a supportive environment.

As a psychiatry-led service, we bring specialist expertise to every stage of the mental health assessment and treatment process.

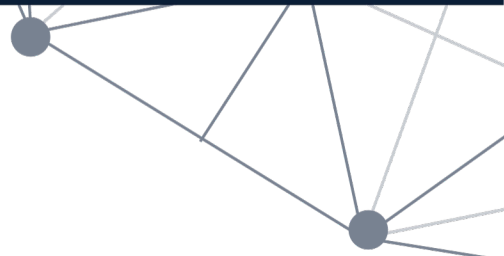
If we are not a suitable service for you

In some cases, Optimise Healthcare Group may not be the most suitable service to meet your clinical needs particularly if you require a higher level of care, more intensive support, or ongoing intervention.

If our team feels that we are unable to safely manage your care, we will support you by referring you to a more appropriate service in your local area. This may include your GP, NHS crisis services, or other relevant NHS mental health teams.

For urgent support and safeguarding information, please visit our “Help in a Crisis” page, where you’ll find guidance on how to access NHS and emergency services.





Consent to Share Information

If you would like a parent, partner, or friend to speak with us on your behalf whether to arrange appointments or enquire about your care we will need your written consent first.

To protect your privacy, our admin team cannot discuss your care with anyone without your prior consent.

A consent form can be completed online via the link included in your confirmation email. This process helps us maintain strict confidentiality throughout your care journey.

If you're having trouble locating the link to the consent form, please get in touch with our team and we'll be happy to send it to you directly.

For more information on how your data is handled, please refer to our Privacy Policy on our website at www.optimisehealthcaregroup.co.uk

Please note: All final reports are shared with your GP to support overall risk management and ensure a holistic approach to your ongoing care. If you do not consent for the ongoing sharing of information with your GP, we are unable to initiate treatment for you.

Referrals

Patient's can enter into our service via one of the following routes:

GP referral (NHS & Private services)

Self Referral (Private Services)

Referrals can be sent to:

Referrals@optimisehcg.co.uk (NHS Patients)

Private@optimisehcg.co.uk (Self-funding patients)

Appointments and Pricing

Booking

You can book your assessment by:

- Phone - **01925 691 502**
- Emailing our team at **info@optimisehcg.co.uk**

If you have a diagnosis of ADHD from another service

If your ADHD diagnosis was not made by us, you are required to have a diagnostic confirmation appointment. This is to ensure the existing diagnosis has been made by an appropriately qualified professional using an approved assessment process.

Clinician Allocation

Depending on availability and the complexity of your case, your appointment may be with either a doctor or a nurse. This decision is made based on clinical judgment, not by administrative staff. You will always be informed in advance of the clinician you'll be seeing and the cost of your appointment.

Appointment Pricing

Diagnostic confirmation appointment
£400

Follow up appointments

- Nurse - £120
- Doctor - £220

Prescription Fee – £50 (private patients)

This applies once treatment stability has been achieved for shared care, or if shared care has been declined. Please note: The cost of the medication itself is set by the pharmacy and is beyond our control.

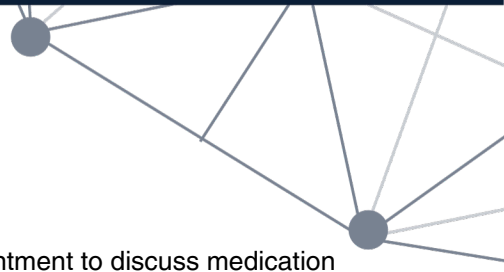
Annual Review Appointments

- Doctor - £220
- Nurse - £120

Insurance Coverage

Please note that insurance providers do not cover follow-up appointments. All follow-up care is chargeable directly to the patient.





Medication Titration

Your treatment will begin with an initial appointment to discuss medication options and record your blood pressure, pulse, and weight.

If your physical health readings fall within the appropriate range, a prescription can be issued. If not, your doctor may request additional readings or further investigations before starting medication, to ensure your safety.

The full titration process typically takes around 12 weeks. Wherever possible, we aim to schedule your appointments with the same practitioner to ensure consistency in your care.

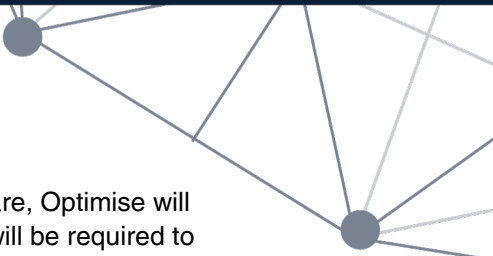
In some cases - such as changes in availability, clinical risk, or complications - you may be seen by a different practitioner.

Please note: We are unable to issue prescriptions without up-to-date and valid physical health observations.

Shared Care

Shared care is a partnership where your treatment is managed jointly by two healthcare providers under a formal agreement. Once your medication is stable, your GP will take over prescribing, and you are required to attend an annual review with us. If you do not attend, your GP may discontinue your medication.

You are not discharged from the service, and your GP can refer you back to us at any time if needed. Setting up shared care and obtaining GP approval can take several weeks. During this time, we will continue issuing your prescriptions to ensure uninterrupted treatment.



Shared care Rejections

If your GP declines to participate in shared care, Optimise will continue to manage your prescriptions. You will be required to provide physical health observations every six months and attend an annual review appointment.

Please note, if you do not engage with this process, your prescriptions may be discontinued, and your care will be transferred back to your GP.

Side Effects

If you experience any side effects from your medication, please contact the clinic at 01925 691502 or email info@optimisehcg.co.uk.

Our administrative team will ask you a series of questions to gather more information, which will then be passed on to our clinical team for review. Please note: Our admin team cannot provide medical advice regarding your medication.

Once reviewed, a member of our clinical team will contact you within 48 hours, depending on the severity of your symptoms.

Important!

If you experience any of the following symptoms, please call 999 or go to your nearest A&E immediately:

Heart palpitations

Racing heart

Chest pain

Blurred vision

Suicidal thoughts

Only after your physical health has been addressed, please inform the clinic as soon as possible.



Observations

As part of your treatment journey, you'll be asked to provide your blood pressure, pulse, and weight readings before starting medication and at each stage where your treatment is adjusted (e.g. a dose increase or change in medication).

These observations are also required before shared care can be initiated.

To support you with this, we will send you a blood pressure monitor. Please ensure you have this with you for every appointment, as you'll be asked to take your readings at the beginning of each consultation.

You'll also receive a physical health monitoring booklet, where we kindly ask you to regularly record your readings to help us track your progress and ensure your safety throughout treatment.

Medication Breaks

Medication breaks, or “drug holidays,” involve temporarily stopping stimulant ADHD medication under medical supervision, often during weekends, school holidays, or summer. They can help reduce side effects (e.g., appetite or sleep issues), assess ongoing need, or limit long-term tolerance.

Not everyone benefits from medication breaks - symptoms may return strongly, affecting daily life, relationships, or mood. Any decision to pause medication should be made with your healthcare provider, considering your needs, age, and circumstances.

Prescriptions

Prescriptions are sent via Royal Mail Track 24.

Please note: we are currently unable to send prescriptions electronically.

Prescriptions are sent to:
Signature Online Pharmacy
Tel: 0330 111 0440

Opening Hours:

Monday to Friday: 9am – 6pm

Saturday & Sunday: 9am – 1pm

Once the pharmacy receives your prescription, you will receive a text message or email notification.

You will then be sent a secure link to make payment for the prescription.

(If you are exempt from prescription charges, simply reply to let the pharmacy know.)

Your medication will be delivered free of charge to your home address. Please ensure someone is available to sign for the delivery.

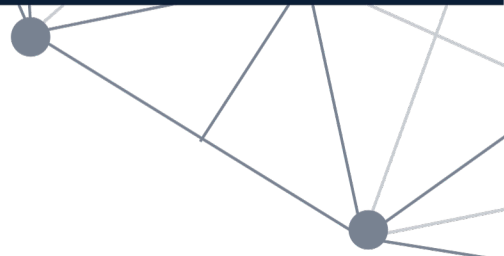
If you live in shared accommodation or are unable to receive deliveries securely, please let us know so we can make alternative arrangements.

In the event your medication is out of stock, we will contact you to request the details of an alternative pharmacy.

It may be helpful to check the availability and cost of your medication at your preferred pharmacy before your appointment. Doing so can help avoid delays in receiving your prescription and ensure you're fully informed in advance.

You can choose your own pharmacy if you wish, but you will need to inform us directly which pharmacy you would like to use.





Non-attendances and Cancellation Policy

What constitutes a DNA?

- Arriving more than 10 minutes late for your appointment, for any reason
- Cancelling within 24 hours of your scheduled appointment
- Attending from an unsuitable location, such as a place that is not private or appropriate for a confidential consultation

Please note: This is not an exhaustive list. Other situations may also be considered DNAs at the discretion of the clinical team.

Repeated Non-Attendance

If you miss two consecutive appointments, you will be discharged from the service and referred back to your GP for ongoing care.

For Private/Self-Funded Patients

All non-attended appointments are subject to full payment. No further appointments will be scheduled until all outstanding invoices are settled.

Technical Issues

If you are concerned about potential technical issues or trouble accessing the video link, we are happy to arrange a practice call in advance. Please contact the clinic to set this up.



Non-attendances and Cancellation Policy

We understand that sometimes appointments need to be changed or cancelled. To help us manage clinic availability fairly for all patients, please note the following:

Costs

- Appointments may be rearranged without charge if more than 24 hours' notice is provided.
- If an appointment is cancelled within 24 hours of the appointment time, a £50 administration fee will apply before a new appointment can be booked.
- If an appointment is cancelled on the same day, or if you do not attend your appointment without notice, the full appointment fee will be charged.

Please note that any outstanding cancellation or administration fees must be settled before further appointments can be arranged.

We appreciate your understanding and cooperation, as late cancellations and non-attendance can impact appointment availability for other patients awaiting care.

FAQs

Can I go on holiday with my medication?

Yes, we recommend carrying a flight letter with you, which you can request from our admin team. This letter outlines your condition and prescribed medication. However, please check with your airline for any specific requirements related to your destination country.

Can my appointment be conducted over the phone?

No, we do not offer telephone appointments at any stage. However, we provide both face-to-face and video call appointments for those unable to visit the clinic in person.

Can I get my ADHD medication from my GP now?

No, ADHD medication must be prescribed and monitored by a specialist service until a shared care agreement is in place with your GP.



Can you prescribe me more than 28 days of medication if I'm traveling?

We cannot prescribe more than 28 days of controlled substances. For non-controlled medications, we can provide up to a 3-month supply, depending on the circumstances.

Please note, we are unable to conduct medication reviews while you are abroad due to safety and monitoring reasons. If you plan to be away for more than 28 days, we suggest considering medication breaks where appropriate or delaying the start of medication titration until your return.

If you are moving abroad, you may wish to find an ADHD specialist in your new location. We are happy to provide the necessary reports and documents to support your ongoing care.

FAQs

Do I have to attend a clinic in person?

We offer virtual appointments via video call. However, if you experience repeated technical difficulties or if the practitioner believes a face-to-face appointment is more suitable, you may be asked to attend the clinic in person. If attending in person is difficult for you, please discuss this with our admin team at 01925 691 502.

What happens if I need an appointment after shared care has been accepted?

Once shared care is in place, your GP will manage your prescriptions. We ask that you discuss any concerns or issues with your GP first. If necessary, your GP can refer you back to us before your annual review.

Do I have to inform the DVLA of my diagnosis?

It is not mandatory to inform the DVLA of your ADHD diagnosis. However, if your ADHD or medication affects your ability to drive safely, you must notify them. Use your own judgement to decide whether to inform the DVLA.

If you're unsure, it's best to notify them. For more information, please visit: [Attention deficit hyperactivity disorder \(ADHD\) and driving - GOV.UK](https://www.gov.uk/government/organisations/dvla)

Disclaimer: This information was accurate at the time of writing but does not constitute formal advice. For official guidance, please contact the DVLA and discuss during your medication review

Help in Crisis

Emergency Crisis Services

If you feel you are unable to keep yourself safe and require immediate support, please call 999 or attend your local A&E department

Local Crisis Services

Contact 111 for details of crisis services in your local area

You can call any of the following if you feel you need to talk to someone but are not in a crisis:



Samaritans - *phone:* 116 123

Papyrus - *phone:* 0800 068 41 41

CALM - *phone:* 0800 58 58 58

SHOUT - *Text* (85258)

Safeguarding

If you believe that you or someone you care for is vulnerable or at risk of harm, neglect, exploitation, or abuse, it is important to seek help promptly. Anyone can make a referral to their local safeguarding team.



If you or a family member are at risk, please reach out for support without delay. You can contact your GP, local safeguarding team, or appropriate authorities who are trained to assist in these situations. Additionally, you can call 111 for crisis support, safeguarding advice, and to be directed to relevant services.

If there is an immediate or imminent risk to you or a loved one, please call 999.

You can find contact details for your local safeguarding services here:

<https://safeguarding-guide.nhs.uk/contacts/>





Ready to book
your appointment?
Get in touch today!

01925 691 502

info@optimisehcg.co.uk

optimisehealthcaregroup.co.uk

