

### **Changes to GP prescribing of ADHD medications in Suffolk and north east Essex**

- Some GP practices will stop prescribing ADHD medications for their patients.
- This system is currently putting in place new arrangements - details are still to be confirmed.

### **What is changing?**

- Some GP practices will return prescribing ADHD medications to the specialist teams
- If this happens, the GP practice will write to the patient and their ADHD specialist to let them know.
- The notice to the ADHD specialist should be at least three months before they stop prescribing

### **Why is this change happening?**

- GP practices are under a lot of pressure.
- Each practice needs to focus on providing the services that they must offer under the terms of their contract.
- Some specialist medications are only safe for GPs to prescribe under a 'Shared Care Agreement' - which includes ADHD treatments. GPs do not have to prescribe shared care medications if they feel unable to do so or if they are not able to do this in a safe manner – it is not part of their contract and has always been a core part of the specialist role.
- On account of the pressures, the local medical committees (LMCs) in Suffolk and Essex have recommended that GPs stop prescribing ADHD medications and return responsibility for this back to ADHD specialists.

### **What is a 'Shared Care Agreement'?**

- A 'Shared Care Agreement' (SCA) is needed for some specialist medications.
- It is an agreement between a GP and a specialist and assumes certain responsibilities of the patient.
- Under an SCA the GP agrees to prescribe the medication and carry out any tests, for example, blood pressure etc reverting to the specialist if there are issues.

### **Which organisations currently provide specialist ADHD services across Suffolk and north east Essex?**

The following organisations provide specialist ADHD services across Suffolk and north east Essex:

- West Suffolk NHS Foundation Trust (WSFT) Integrated Community Paediatric team
- Norfolk and Suffolk NHS Foundation Trust (NSFT)
- East Suffolk and North Essex NHS Foundation Trust (the organisation which manages Ipswich and Colchester hospitals)
- Essex Partnership University NHS Foundation Trust (EPUT)

For some patients, their ADHD specialist will be part of a different organisation. For example, organisations that offer virtual and/or online services to patients.

### **What will this mean for me or my family member who relies on this medication?**

- It will mean a new way for patients (adults and children) to order their ADHD medication.
- Patients may have to go elsewhere for monitoring procedures, such as blood pressure.

### **What will the new arrangements look like?**

- This depends on who the patient's ADHD specialist is.
- For some patients, their ADHD specialist will prescribe their ADHD medications and arrange any tests that might be needed.

- For other patients, a new local ADHD service will prescribe their ADHD medications and arrange any tests that might be needed. This service is planned to go live in April 2025.
- For patients that privately funded their ADHD assessment, different arrangements will apply.
- Patients should wait to be contacted with information on these new arrangements.

**Who will supply my medication?**

- Our plan is for the patient to be able to get their medication supplied as they do now. This could be from their doctor's dispensary, a community pharmacy, or an online pharmacy.

**Will the new arrangements delay me getting my medication?**

- These changes should not cause any delays for patients.

**Who can I contact if I have any questions?**

- If you have any questions about these changes, please [email the Patient Advice and Liaison Service \(PALS\) at the SNEE ICB](#) who will refer your query to the relevant provider.

**\*\*Please note the above is only applicable if you have received a letter from your practice telling you that things are changing\*\***