ADHD Pathway Terms and Conditions

The London Centre for Eating Disorders and Body Image Ltd

These ADHD Pathway Terms and Conditions should be read alongside our standard Terms and Conditions for Clients. By confirming an ADHD assessment, medication review, titration pathway or prescription-related appointment with us, you are agreeing to abide by both our standard Terms and Conditions and these ADHD-specific terms.

Should you require any clarification on any of the below points, please ask prior to confirming your appointment or commencing the ADHD pathway.

Nothing in these terms affects your statutory rights.

ADHD Assessment and Medication Reviews

ADHD assessments at The London Centre are Consultant Psychiatrist-led. The assessment may include clinical interview, questionnaires, developmental history, review of current symptoms, mental health history, physical health history, collateral or informant information, and consideration of how ADHD symptoms may interact with eating behaviour, appetite, weight, body image and medical risk.

A diagnosis of ADHD is not guaranteed following assessment. If ADHD is not diagnosed, or if medication is not considered clinically appropriate, our Consultant Psychiatrist will discuss alternative recommendations where appropriate.

Medication is not automatic following assessment. ADHD medication will only be offered where our Consultant Psychiatrist considers it clinically appropriate and safe.

Medication may not be started at the assessment appointment. Before medication can be prescribed, our Consultant Psychiatrist may require pre-titration forms, physical health checks, GP information, collateral information, previous records, ECG, blood tests or further review.

Where a patient already has an ADHD diagnosis and wishes to transfer medication care to The London Centre, we will require a copy of the previous ADHD diagnostic report before booking or prescribing. The prescribing psychiatrist must be satisfied that the previous assessment meets an appropriate clinical standard.

We are not obliged to prescribe medication solely on the basis of a previous diagnosis or external report. If the previous ADHD assessment report is not considered sufficient to support safe prescribing, we may recommend a full ADHD assessment or further assessment before medication can be initiated or continued.

Fees and Payment

Fees for ADHD assessments, medication reviews, titration, prescription-related work, reports, letters and any additional appointments will be communicated to you prior to booking or before the relevant work is undertaken.

Invoices are payable in line with our standard Terms and Conditions for Clients. Where ADHD pathway fees are payable in advance, this will be made clear to you before you agree to proceed.

Additional charges may be incurred for tasks requested by you or deemed essential to safe care by your Consultant Psychiatrist. This may include, but is not limited to, additional reviews, reports, letters, professional liaison, prescription-related work, extended titration, or communication with other professionals where this falls outside the agreed pathway. Fees for any additional work will be communicated to you in advance where possible.

Titration Fee, Medication Costs and Refund Terms

The ADHD titration pathway is a fixed-fee package. The fee for this package will be confirmed to you before you agree to proceed.

Our titration bundle fee is **£750**. This covers:

- up to 12 weeks of titration;
- clinical review and monitoring by your prescriber;
- prescription writing during the titration period;
- dose adjustments as clinically appropriate;
- your End of Titration Review appointment;
- a treatment letter to your GP;
- a Shared Care Agreement request to your GP, where clinically appropriate.

The titration bundle fee is paid in advance of titration. You may also need to complete pre-titration forms.

Medication costs are not included in the titration bundle fee. Medication is supplied and charged separately by Pharmacierge or the dispensing pharmacy. Medication prices vary depending on the medication prescribed and pharmacy supply costs.

Once medication has been issued, medication costs cannot be refunded by The London Centre, even if you decide not to take the medication, because medication is supplied and charged separately by the dispensing pharmacy.

NHS medical exemption certificates do not apply to private prescriptions.

Refunds

The titration fee covers a structured clinical service. Refunds are considered by reference to the stage reached in the pathway and the clinical work already undertaken.

A full refund will not apply if relevant clinical, medical, risk or eligibility information was omitted, inaccurate or disclosed later, and that information affects your suitability for titration.

If you decide not to proceed before any medication has been prescribed or issued, you may receive a refund of the titration fee minus a £50 administration and clinical preparation fee. This reflects the clinical and administrative time already spent reviewing your information and preparing your treatment plan.

If you stop treatment after your firest prescription has been issued, no refund will usually be offered, as the majority of the titration process and associated clinical work will have been delivered by this stage.

If, during the titration process, your prescriber determines that ADHD medication is not clinically appropriate or safe for you, or if you decide that side effects are not manageable despite adjustments, this will usually be considered a completed course of titration, as the titration service, including monitoring, dose adjustments and clinical review, will have been provided.

In all cases where titration has started, you will still be entitled to your End of Titration Review appointment to discuss side effects, medication suitability, alternative options and next steps in your care.

If The London Centre is unable to provide an agreed element of the titration pathway due to an issue on our part, we will consider an appropriate remedy, which may include rearranging the relevant appointment or providing a partial refund where appropriate.

Medication Costs, Private Prescriptions and Pharmacierge

Medication costs are paid directly to the dispensing pharmacy and are not included in our assessment, review, titration or prescription fees.

All prescriptions through our service are processed through Pharmacierge. Medication prices vary depending on the medication prescribed and pharmacy supply costs. Pharmacierge will provide pricing information directly.

Repeat prescriptions outside a scheduled appointment are charged separately. Repeat prescriptions are only available for medication initiated or reviewed by a psychiatrist at The London Centre.

Prescription requests should be made with sufficient notice before your medication runs out. We advise requesting prescriptions at least 7 days in advance. We cannot guarantee that urgent prescription requests can be completed at short notice.

Prescriptions may be delayed or withheld if required monitoring information has not been provided, if review is overdue, or if there are clinical concerns.

If shared care is declined by your GP, ongoing private prescription fees and medication costs will be charged separately. These fees will be communicated to you.

Medication availability may be affected by pharmacy stock, national supply issues or dispensing delays. The London Centre is not responsible for pharmacy supply issues or medication shortages, but your prescriber will advise on clinically appropriate alternatives where possible.

Clinical Discretion, Safety and Prescribing Limits

Medication prescribing, dose changes and continuation of medication remain at the clinical discretion of the prescribing psychiatrist.

The London Centre reserves the right to decline, pause, reduce, switch or stop medication where this is clinically indicated, including where there are concerns about safety, side effects, physical health, mental health risk, eating disorder risk, misuse, diversion, inadequate monitoring information, or missed reviews.

The ADHD pathway is not an emergency prescribing service. We cannot guarantee same-day or urgent prescriptions, including where medication has been lost, forgotten, requested late, or required for travel.

Replacement prescriptions for lost, stolen or damaged medication are not guaranteed and will be considered on a case-by-case basis by the prescribing psychiatrist.

Physical Health Checks and Monitoring

Before starting ADHD medication, physical health checks may be required. These may include blood pressure, pulse, weight, height, cardiovascular history, ECG, blood tests or other investigations where clinically indicated.

Where possible, we will ask your GP to arrange any required checks. If this is not possible, you may need to arrange and pay for these privately.

Medication cannot be started until required physical health information has been received and reviewed.

During titration, you will be asked to complete monitoring forms and provide physical observations at agreed intervals. This may include blood pressure, pulse and weight readings, as well as information about symptoms, side effects, sleep, appetite, mood and eating patterns.

If monitoring forms, physical observations or requested information are not provided, prescriptions may be delayed, withheld, paused or stopped for safety reasons.

If required reviews are not attended, further prescriptions may be delayed, paused or stopped.

Patient Responsibilities During Titration and Prescribing

During titration and ongoing prescribing, you agree to:

- complete monitoring forms when requested;
- provide blood pressure, pulse and weight readings as requested;
- inform your prescriber promptly about side effects, concerns or changes in health;
- inform your prescriber promptly about changes in eating, appetite, weight, purging, restriction, over-exercise or body image distress where relevant;
- request prescriptions with sufficient notice before your supply runs out;
- tell us early about holidays, work abroad, medical procedures or other factors that may affect prescribing;
- take medication only as prescribed;
- never share medication with anyone else;
- keep medication stored securely;
- report lost or stolen controlled medication to the police and contact your prescriber immediately.

We cannot send medication abroad.

Controlled Drugs

Some ADHD medications are controlled drugs. Controlled drug prescribing is subject to additional legal and clinical requirements.

Controlled drugs are prescribed only by authorised medical practitioners. The London Centre does not dispense or supply controlled drugs directly to patients.

We reserve the right to decline, pause or stop controlled drug prescribing where there are concerns about safety, misuse, diversion, monitoring, physical health, mental health risk or clinical suitability.

Letters to support travel with controlled medication are charged separately. The current fee for a controlled medication travel letter is **£75 per letter**.

Where a travel letter is requested, it remains the patient's responsibility to check the medication rules, import restrictions and documentation requirements of the country they are travelling to or through. A travel letter does not guarantee permission to travel with controlled medication.

Eating Disorder History, Appetite and Weight

The London Centre specialises in eating disorders and body image, and we pay particular attention to the relationship between ADHD medication, appetite, weight and eating disorder recovery.

Several ADHD medications, particularly stimulant medications, can affect appetite. Having a current or past eating disorder does not automatically mean ADHD medication is unsuitable. However, medication will only be prescribed where our Consultant Psychiatrist believes medical and psychological risk can be managed safely.

Where there is acute medical risk, rapid weight loss, unstable eating disorder behaviours, unstable bloods, ECG or observations, or significant concern about relapse risk, ADHD medication may be delayed, paused or declined while eating disorder stabilisation is prioritised.

Medication may be adjusted, switched, paused or stopped if there are concerns about weight loss, worsening restriction, purging, compensatory behaviours, body image distress, anxiety, insomnia, agitation or any other clinical concern about safety or recovery.

Shared Care With Your GP

Once medication is stabilised, we may ask your GP to take over ongoing prescribing under a Shared Care Agreement.

Shared care is voluntary and requires agreement from your GP. Prescribing responsibility does not transfer automatically.

Before shared care is requested, your consent to shared care and information sharing with your GP will be obtained and documented.

If shared care is accepted, your GP issues ongoing prescriptions at the agreed stable dose and your Consultant Psychiatrist remains responsible for specialist review, treatment planning and dose changes.

If shared care is declined, prescribing responsibility remains with the Consultant Psychiatrist and we will discuss ongoing private prescribing arrangements with you. Private prescription fees and medication costs will be charged separately.

We cannot guarantee that your GP will accept shared care, even where medication has been stabilised and a shared care request has been made.

Not all GP practices accept shared care. We recommend speaking with your GP in advance if you are considering ADHD medication and would like shared care to be requested later.

Ongoing Review

Patients taking ADHD medication require ongoing review.

Blood pressure, pulse and weight are usually reviewed at 6 months, or more often where clinically indicated.

An annual review is required while taking ADHD medication. The fee for this will be communicated to you in advance.

We reserve the right to require earlier review before issuing further prescriptions where there are clinical concerns.

Remote Appointments and Communication

Some ADHD pathway appointments may take place remotely. Remote appointments are subject to the same Terms and Conditions as in-person appointments.

During titration, communication will usually take place via the secure patient portal. Please contact us promptly if you are having difficulty accessing the portal or attending a remote appointment.

Your prescriber may not be able to respond immediately to messages, particularly outside working hours. The ADHD pathway is not an emergency or crisis service.

If you are experiencing urgent physical or mental health concerns, you should contact your GP, NHS 111, 999, your local crisis team or attend A&E as appropriate.

Cancellations and Missed Appointments

Our standard cancellation policy applies to ADHD assessment, medication review and follow-up appointments.

Appointments cancelled with less than 24 hours' notice, or appointments not attended, may be charged in full.

Where an appointment is required for safe prescribing, missing or cancelling the appointment may delay further prescriptions.

Confidentiality, GP Liaison and Information Sharing

Because ADHD medication involves prescribing and physical health monitoring, patients seeing a psychiatrist must consent to appropriate information sharing with their GP.

This allows medication plans, recommendations, monitoring requirements and any concerns about physical or mental health to be communicated safely.

We may also need to obtain relevant medical history, medication history or test results from your GP.

Clinical records are kept in line with our standard Terms and Conditions, Privacy Policy and professional requirements.

Risk and Limits of the Service

The London Centre is an outpatient service. We are not an emergency, crisis, inpatient or acute medical service.

If medical or psychological risk becomes a concern, we may recommend GP review, urgent medical assessment, psychiatric review, blood tests, ECG, community mental health support, crisis support or NHS care.

We may pause or stop ADHD medication if we believe it is not safe to continue in an outpatient setting or if required monitoring is not available.

We may also recommend that eating disorder treatment, medical stabilisation or another form of support is prioritised before ADHD medication is started or continued.

Private Health Insurance

If you are using private health insurance, it is your responsibility to ensure that appointments, assessments, reports, prescriptions or medication reviews are authorised before treatment begins.

Medication costs, private prescriptions, titration packages, additional letters and shared-care-related costs may not be covered by your insurer.

You remain responsible for any fees not paid by your insurer.

Complaints

The London Centre is committed to providing a high-quality eating disorder healthcare service. If you are unhappy with any aspect of the service being provided, our Complaints Policy and Procedure is available on our website.

Formal complaints can be made in writing to Mini Jones at minijones@thelondoncentre.co.uk.

Agreement

By accepting an ADHD assessment, transfer of care medication review, titration pathway, prescription appointment or ADHD medication review with us, you are agreeing to all the above ADHD Pathway Terms and Conditions, alongside our standard Terms and Conditions for Clients.