GP ADHD Shared Care

Personal Health Record

Version 5, October 2024 © Women's & Children's Health Network, South Australia 2

GP ADHD Shared Care Program: A Child & Adolescent Mental Health Services (CAMHS) initiative in partnership with GPEX Shared Care (previously GP Partners Australia)

For detailed background information, go to the Personal Health Record Background Information document at https:// gpex.com.au/for-health-professionals/gp-shared-care/gp-adhd-shared-care/

Lifetime ADHD Care

- ADHD is a high prevalence neurodevelopmental disorder, often associated with impairment that extends • across the lifespan (1).
- vidual with ADHD and/or their carer engaged in information sharing, is the basis of good clinical care. This ensures continuity of care as patients move between age groups, health services and community services,
- follow-up according to the severity of the condition and individual factors such as co-occurring conditions, medical complications, compliance, response to treatment, social supports, and lifestyle factors. (2)
- Individualised monitoring is based on a chronic condition management model.(2) •

Routine Primary Health Care for Young People:

The Guidelines for Preventive Activities in General Practice, 9th edition, 17048-Red-Book-9th-Edition.pdf (racgp.org.au) (3) provides comprehensive advice on preventative health activities GP's routinely provide young people. Whole-person care for the young person with ADHD includes, but is not limited to:

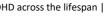
- Sleep •
- Diet & nutritional screens where indicated
- Physical activity levels & cardiovascular health •
- Smoking. Alcohol, recreational drug use, herbal and OTC preparations .
- Sexual health •
- Mental health (HEADSS assessment) .
- e-safety •
- Work
- Driving

References:

- ADHD across the lifespan, March 2023, RANZP Position statement 55: ADHD across the lifespan | 1. RAN7CP
- Australian Evidence-Based ADHD Clinical Guideline (aadpa.com.au) 2.
- 3 Guidelines for Preventive Activities in General Practice, 9th edition, 17048-Red-Book-9th-Edition.pdf (racgp.org.au)

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A comprehensive assessment and management plan, collaboratively developed between a psychiatrist, indi-Treatment for ADHD, with or without medication as part of the treatment plan, requires regular review and





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ADHD SHARED CARE PROTOCOL

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ADHD Annual Cycle of Care

2 months	 Maximum period Schedule 8 stimulants can be prescribed without applying to Drugs of Dependence Unit, ref: <u>Drugs of dependence SA Health</u> May be required if the Authorised Prescriber is unavailable due to unforeseen circumstances. Prescriber MUST REVIEW patient script record on SCRIPT CHECK SA: <u>www.sahealth.sa.gov.au/scriptchecksa</u> MUST BE DOCUMENTED IN PERSONAL HAND-HELD RECORD
3 monthly	 Medication review Repeat scripts per DDU Authority specifications
3-6 monthly	 Health check, including but not limited to: Growth Diet Cardiovascular health Co-occurring conditions Medical complications Exclusion of new onset contra-indications Compliance Response to treatment Social supports Lifestyle factors (1)
5 Yearly	• Maximum medication authority duration <u>ADHD Stimulant Prescribing Regula-</u> tions & Authorities in Australia & New Zealand (aadpa.com.au)

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