

# Patient Information

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

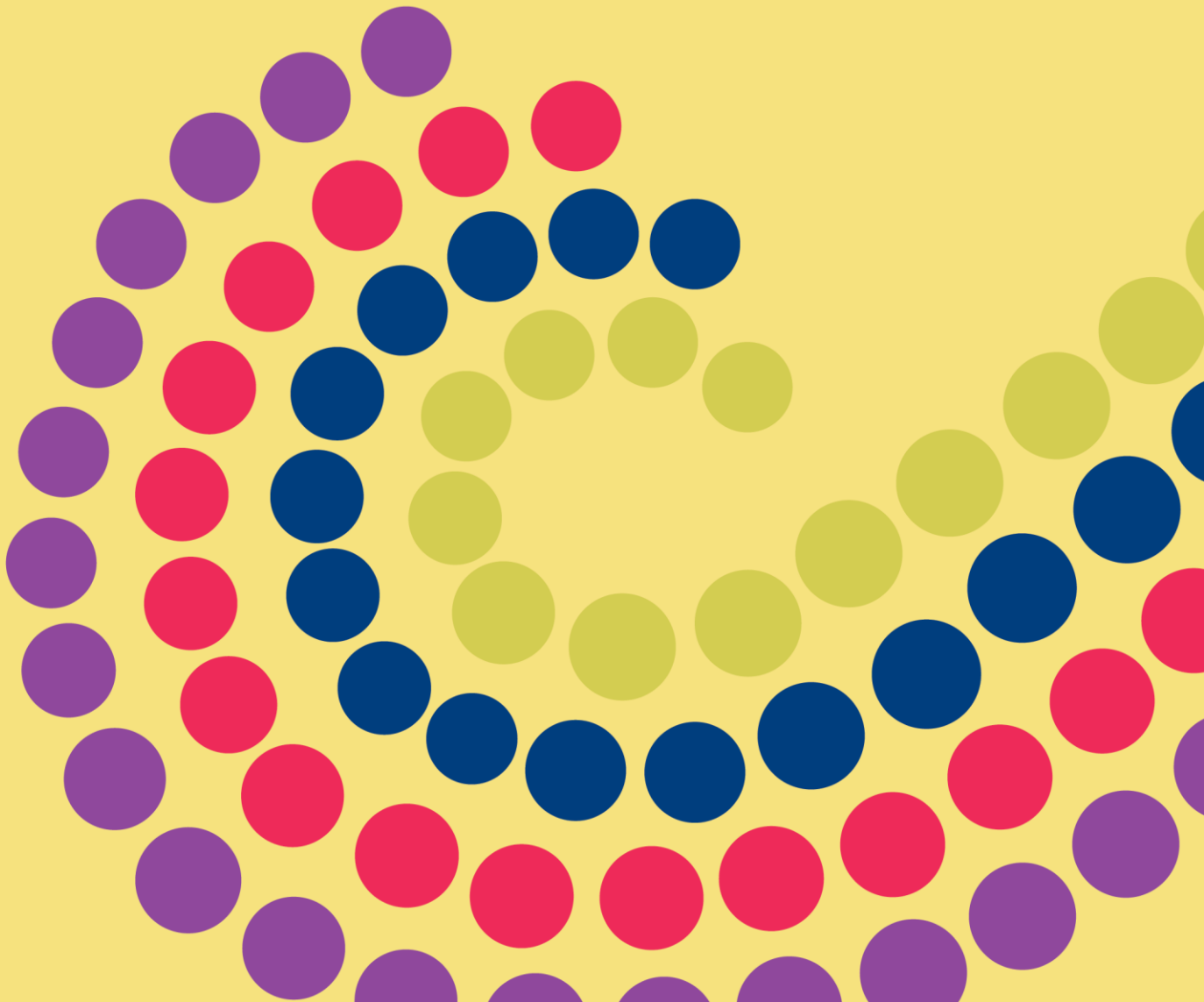
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Government of South Australia

Women's and Children's  
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### Patient Information

#### Introduction

Attention deficit hyperactivity disorder (ADHD) is sometimes treated with medicines to stimulate and increase the activity of certain chemicals in the brain. This treatment is initiated and monitored by your Paediatrician.

Adjustments are made to the dosage until the treatment for your ADHD is considered stable. As you near the age of 18, arrangements need to be made for a specialist psychiatrist to take over prescribing responsibilities.

The aim of the GP ADHD Shared Care Program is to provide the majority of your care with a Shared Care GP and assist in the transition of your specialist care from your paediatrician to a specialist psychiatrist.

#### Why is this necessary?

ADHD stimulant medications require special authority for ongoing management. The special authority requires that a treating specialist is regularly involved in your care. This is a legal requirement in South Australia. The Shared care program enables your GP to be able to manage your medication in consultation with the treating specialist.

When you transition from Paediatrician management to adult services at 18 years of age, support from a relevant specialist Psychiatrist is required long term. Any authority scripts provided by your GP will need to be done in accordance with this requirement.

#### Eligibility for GP Shared Care

Your ADHD care will be transferred to the GP only when your condition and medication doses stable or predictable. You will not be discharged from specialist care. The service has been offered to you as your Paediatrician considers your situation to be stable with optimal medication dosing being achieved. No changes in your dose are expected unless to decrease the medication in the rare circumstances of other health conditions making this necessary (for example high blood pressure).

#### Purpose:

The purpose of referring young people for shared care with a GP for ongoing management is to ensure proper continuity of care with the GP while you move from paediatric care to adult services. ADHD GP Shared Care also reduces the need for unnecessary hospital clinic visits for scripts and health checks as these are done with your GP.



## What if my GP is not able to be involved?

There are a number of GPs who will be able to provide support who are registered with the ADHD GP Shared Program, GP Partners Adelaide: <https://gpex.com.au/for-health-professionals/gp-shared-care/gp-adhd-shared-care/>. You can request referral to another ADHD Shared Care GP on the Consent Form provided to you by your Paediatrician.

## What are the costs?

There are no special costs for the ADHD Shared care program. The out-of-pocket costs will be the same as your GP's usual fees.

## Your role & responsibilities

1. Keep your appointments with your GP as advised by your specialist in the original transfer of prescribing letter (e.g. BP, pulse height and weight checks) and as recommended by your GP. Remember medication cannot be prescribed without regular follow-up.
2. Attend review appointments with your specialist (paediatrician or psychiatrist) as advised by your specialist. Remember continued prescriptions may not be issued without regular specialist review.
3. Ask the specialist or GP for information if you do not have a clear understanding of your treatment, and tell your specialists and GP of any other medication being taken, including over-the-counter products, vitamins, herbal and naturopathic products.
4. Bring your ADHD Shared Care Personal Health Record to all specialist and GP visits. This includes your regular GP if the Shared Care GP not your regular GP. If your Shared Care GP is not your regular GP, your regular GP will continue to be your primary health care provider. Any concerns they have regarding your ADHD care will be passed on to your Shared Care GP by letter and your ADHD Shared Care Personal Health Record.
5. Read the patient information leaflet included with your medication and report any changes in symptoms and adverse effects promptly to the clinician who is currently prescribing. Make sure you adhere to your treatment plan as advised and take your medication strictly as prescribed. Safely store medications your medicines in a childproof cupboard.
6. Seek medical attention with any GP (or Emergency Department if severe) for any acute changes in symptoms or adverse effects e.g. headache, palpitations etc., and let your Shared Care GP know promptly.
7. Alert your GP and/or specialist of any changes of circumstance which could affect the management of your ADHD e.g. Plans for pregnancy, travel plans, plans to move/change GP practice.
8. Plan your visits and durations of prescriptions carefully with your Shared Care GP to ensure your scripts are done so you do not have interruptions to your



treatment. For example, if you have planned holidays in 3 months' time and you will be away when your script is normally due, get a script for 2 months supply from your GP. Then you see your GP at 2 months, to get the next script that covers for when you are away.

### **Special Note:**

In the event your GP has unplanned leave (eg sick leave), another GP can act as locum on your Authorised GP's behalf for a short-term period. This is for a maximum of 2 months under South Australian ADHD Medication Legislation.

In the event of a longer duration of leave for your GP (eg unexpected significant illness), the locum GP can apply to have the authority transferred to themselves, or arrange to transfer your medication authority to another ADHD Shared Care GP. The GP who has authority to prescribe will take on the regular prescribing of your medication. Your ADHD Shared Care GP will talk you through this process and let you know which GP to see in this very unlikely event.

### **Role of your GP**

Your GP will:

1. Check you are regularly attending your specialist appointments prior to re-authorisation of repeat prescriptions. This is a mandatory legal requirement.
2. Monitor your overall health and well-being.
3. Symptomatically treat any minor adverse events and support and manage any major side-effects so that you stay well.
4. Contact your specialist paediatrician or psychiatrist to discuss any significant changes in your health.
5. Inform the consultant psychiatrist of any emerging side effects so they can ensure your medication dosage is just right for you long-term.

### **What happens next?**

Your specialist Paediatrician will provide you with the GP ADHD Shared Care Handout: Patient Information & GP Letter) which includes a QR code you can scan to access detailed information and download the consent form.

Please take this GP ADHD Shared Care Handout: Patient Information & GP Letter to an appointment with your regular GP. This is so you talk to your GP and find out if they determine it is appropriate for them to provide your ADHD Shared Care in the first instance.

Your specialist will also write to your regular GP regarding their recommendation for your care under the ADHD Shared Care Program. Your regular GP can take on your care under the Shared Care program or they may determine it is best for you to see another ADHD Shared Care GP who has agreed to support the program in the community.



**Option 1: Your regular GP determines they can provide you with your ADHD Shared Care.**

1. Fill out the consent form and complete the section that says you will see your regular GP for your ADHD Shared Care.
2. Send the consent form to the ADHD Shared Care Manager
3. Talk to your GP about when to book your first ADHD Shared Care appointment

**Option 2: Your regular GP determine it is more appropriate for you to see another GP for your ADHD Shared Care.**

1. Fill out the consent form and complete the section that says that you are requesting referral to another Shared Care GP.
2. Send the consent form to the ADHD Shared Care Manager, who will contact you to provide information about alternative ADHD Shared Care GP's you can see.
3. Once you have chosen who will be your ADHD Shared Care GP, book your first ADHD Shared care appointment.

The specialist Paediatrician will also send a copy of the letter to your GP to the specialist CAMHS Transition Psychiatrist, recommending you see that psychiatrist for your first transition care psychiatry visit. If your ADHD Shared care GP is not going to be your regular GP, a copy of this letter will be sent to your future ADHD Shared Care GP by the GP ADHD Shared Care Manager.

**First ADHD Shared care visit:**

At your first ADHD Shared Care GP appointment, you will discuss and plan your future care and visits, including:

- long term medication plans
- formalise the referral to the ADHD GP Shared Care Psychiatrist for your first Transition care psychiatry visit
- health care and ADHD shared care are important and needs to be thorough.
- the work require to ensure your GP can prescribe your medication, collaborate with your paediatrician and future adult psychiatrist, apply for an authority to be your authorised medication prescriber **will take several ADHD Shared GP visits to complete.**
- booking long appointments with your ADHD Shared Care GP is recommended.
- booking required health checks and medication reviews as advised by your Shared care GP.
- Your ADHD care is in addition to any other health care for which you would normally see your regular GP.



- The need to carefully plan and book appointments for repeat scripts, allowing adjustments for certain situations such as holidays or your GP going on leave.

This process will have some important benefits such as:

1. The ability to have an appointment with the treating adult psychiatrist well in advance, given the normally long waits to obtain an appointment across the health system.
2. Ensure your ADHD Shared Care GP and Adult Psychiatrist have an established collaborative arrangement and have corresponded directly prior to your transition from paediatric care.
3. Ensure the ADHD Shared Care GP (and regular GP) has documentation of the treating team for long-term planning and to ensure they meet the SA legal requirements of continuing to provide scripts for your medication.

**For more information:** Please visit <https://gpex.com.au/for-health-professionals/gp-shared-care/gp-adhd-shared-care/> or scan the QR code below.

