



Quay Healthcare ADHD newsletter MARCH 2024

Contact Details:

01925 387 058
cmicb-war.adhdservice@nhs.net
Orford Jubilee Hub

ADHD fact of the month!
"Medication alone is not
enough. We cannot treat only
the neurochemical
deficiency". - Dr Larry Silver

ADHD Newsletter

MARCH 2024

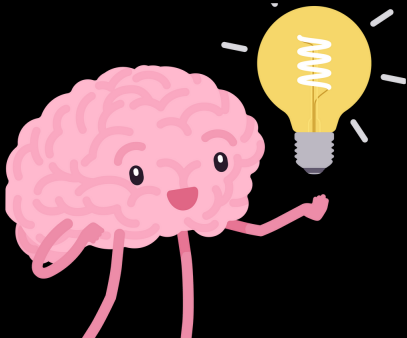
REFERRAL PROCESS QUESTIONNAIRE

Taking on board feedback from patients and practices, we have been looking at ways to reduce the strain on clinicians in practice that is generated by completing the referral form and patient queries about their referral.

A solution that we are keen to explore is using roles within the wider Primary Care Team to support the completion of the referral form and assist in answering any questions that come from this with training provided by our team to support.

Please complete the below questionnaire by 22/03/2024 which will help us to take the first steps in identifying and reaching out to the appropriate staff.

<https://forms.gle/JwUJ13V5ZcTcKqGr9> (only one response per practice is required)



HEALTH CHECK REQUESTS

We are politely requesting that patients attend either their Practice or chosen pharmacy for completion of a health check. This is vital for when a patient is initiated on ADHD medication and also reduces the number of DNA appointments.

PSYCHOSOCIAL SUPPORT

Delivered by our Assistant Psychologists (APs), 'ADHD Psychosocial Support' is a short-term and low-intensity support option available for patients within our service at any point during their referral process. The sessions offered are up to one hour in length, and a max of 4 sessions per patient is offered. During the sessions, the patient and AP will work collaboratively to discuss the patient's primary struggles and difficulties in relation to their ADHD, in aim of developing further self-awareness, understanding, and coping strategies for managing their ADHD-related difficulties. The structure and content covered within the sessions will vary from patient to patient, due to an individualised and person-centred approach to best fit the patient. This support pathway is separate to the medication treatment pathway.

These sessions, although beneficial and included in NICE Guidelines, are not part of our contracted offer. We have begun running these sessions following patient feedback and demand. As we work to include this in our permanent pathway, we ask that any feedback from yourselves, colleagues and patients is forwarded to our team so we can collate experiences and support its development.