

# Shared Care: How it works

When you complete titration, we will write to your GP to request Shared Care.

This leaflet outlines what shared care is and what it means for your ongoing care, and answers some other common questions.

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# What is a Shared Care Agreement?

When your condition is stable and we have found the right dosage for you, we will ask your GP to share your care with us via a Shared Care Agreement.

A Shared Care Agreement (SCA) allows us to work together with your GP to manage your ongoing care.

Being under Shared Care is not the same as being discharged. You would remain under our care for as long as you continue on ADHD medication. Your titration has been completed by this point, so we would not be able to make changes to your treatment.

## What this means for you

1. You can no longer make adjustments to your dose – we have found the one that works for you!
2. If you have any queries, you must contact your GP. They will request advice from us if they need it.
3. You will need to request your repeat prescriptions the same way you request any other medications from your GP.
4. You may be liable for the NHS prescription fee. Check this link to see if an NHS prescription prepayment certificate (PPC) could work for you.

## What this means for us

1. In the majority of cases, we will continue to be responsible for monitoring your condition\*. To check that your medication is still suitable, we will undertake an annual review with you.
2. Before your annual appointment with us, you must send us updates about your blood pressure, height, weight and any side effects you are experiencing.
3. We will provide advice and support to your GP if they require it, in our role as specialists in ADHD care.

## What this means for your GP

1. Your GP will take over issuing your prescriptions. We will no longer arrange for your medication to be delivered. Instead, you will be able to collect it locally as you do with any other medications from the GP.
2. Your GP will check your observations on a six-monthly basis to ensure your medication is still working. This means that, in a yearlong cycle, you will see your GP after six months, and Psychiatry UK for your annual review after a further six months have passed.

\* Please note: There are some cases where your NHS service will demand a different balance of care. If this applies to you, we will contact you with further details.



## What do I need to do?

You will see a letter on the portal when we've sent the Shared Care request to your GP.

1. Three or four days after seeing this letter, contact your GP and ask whether they are planning to accept the Shared Care request. It is helpful for you to follow this up with your GP to ensure the smooth transition of your care.
2. If your GP agrees to share your care with us, discuss how you should request your repeat prescriptions with them. Every surgery is different. You may need to fill out a form, drop a written request to your GP, or request your medication online.
3. Attend your annual review appointment with Psychiatry UK.



**You will receive a portal note when it is time to book your review appointment\*. If you do not attend your appointment, you may be discharged. In the event you are discharged, we must ask you to begin the process again.**

## Will I still be able to use the MedQare portal?

Once titration is complete and you are under a SCA, you will no longer be able to message your prescriber. Their job is complete, and they will move on to seeing other patients.

You will still be able to view your portal and see any letters. We will use the portal to contact you for your annual checks – blood pressure, height and weight – so that we can continue to approve your medication. At this stage, we will open your portal access to allow you to send in these forms.

We recommend using the MedQare Companion app, as you'll receive a push notification when new forms are available.

## What if I develop side effects?

If your medication stops working for you, or you develop side effects, you can go to your GP. They will not be able to make changes to your prescription, but they can monitor you and help to ensure you are still healthy.

Your GP can then request an earlier medication review, if they believe this is needed, by sending us a letter. We will get in touch with you to arrange a review appointment.



## What if my GP does not agree to a Shared Care Agreement?

If your GP declines a SCA, we will continue to be responsible for your care. This may involve issuing repeat prescriptions ourselves, where possible.

We will also discuss with you how best to support your ongoing treatment, ensuring that your needs are met in line with our duty of care, whatever form this may take going forward.

## What do I need to do?

You will see a letter on the portal when we've sent the Shared Care request to your GP.

1. Three or four days after seeing this letter, contact your GP and ask whether they are planning to accept the Shared Care request. It is helpful for you to follow this up with your GP to ensure the smooth transition of your care.
2. If your GP agrees to share your care with us, discuss how you should request your repeat prescriptions with them. Every surgery is different. You may need to fill out a form, drop a written request to your GP, or request your medication online.
3. Attend your annual review appointment with Psychiatry UK.

## To request your repeat prescription, which you must do when you have only 10 days of medication remaining, please follow these steps:

1. Send a message via the portal, selecting the option to 'request a new prescription'
2. Complete the address form

The above process only applies to patients whose GP has declined a Shared Care Agreement. If this is you, you will be contacted via the portal.

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\* Some patients with different local contracts will not have their annual review with us. If this applies to you, we will let you know. In these cases, you will be contacted by your GP to arrange your review.

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