



Beaumont Park Medical Group

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ADHD Right to Choose Referral and Medications

If you have asked your GP to refer you for an ADHD and / or Autism Spectrum Disorder (ASD) assessment under the NHS Right to Choose (RTC) scheme. Your GP will complete the referral and either provide it to you or send it directly to your chosen provider at your request. If you have any questions regarding appointments or the referral process, please contact the provider directly.

Right to Choose providers are typically private organisations that hold NHS contracts with one or more NHS commissioners. Before selecting a provider, it is important to consider the following information.

Choosing a Provider

Your GP cannot choose a provider on your behalf. You are responsible for researching the available options and deciding which provider you would like to use. Once you have made your choice, you should inform your GP practice, who will advise you on the next steps.

One useful source of information about RTC providers is ADHD UK: adhd.uk.co.uk/right-to-choose/right-to-choose-wait-times this is a national list of RTC providers and not all may be recognised by North East and North Cumbria ICB, who commission local NHS Services.

Referral Process

There are many RTC providers, and each may have its own referral requirements and procedures. As it is not practical for GP practices to complete different referral forms for every provider, your GP may use a standardised referral process that includes a questionnaire and an ADHD self-assessment form.

Most providers require similar core information. If additional details are needed, the provider may contact either you directly or the GP practice.

Waiting times following acceptance of referral by a RTC provider

North East and North Cumbria Integrated Care Board [NENCICB have implemented an equalised waiting time of 78 weeks, following acceptance of the referral by any RTC provider.

Diagnosis and Ongoing Care

Many RTC providers conduct assessments remotely or online. Some local NHS ADHD services may not accept diagnoses made through these assessment methods without carrying out their own assessment process. As a result, local NHS services may not automatically take over your care following an RTC diagnosis.

This means that diagnoses made through RTC providers may not always be recognised by local NHS services for treatment or follow-up care.

Prescribing Medication

If you are diagnosed with ADHD, the RTC provider may recommend medication. ADHD medications are classified as specialist medications and cannot usually be prescribed routinely by GPs without specialist oversight.

The specialist provider remains responsible for prescribing and monitoring these medications. They may request that your GP enters into a "shared care agreement" to continue prescribing; however, GP practices may be unable to accept these agreements due to patient safety considerations, clinical governance requirements, and resource limitations.

GPs may work with many different RTC providers, each with their own prescribing systems, policies, and communication processes. Managing specialist medications safely across multiple external providers can therefore be challenging.

In addition, because RTC providers are independent organisations, there is a possibility that services and prescriptions could be interrupted if a provider ceases trading or loses its NHS contract. This is another reason why some GP practices may decide not to participate in shared care arrangements with RTC providers.

Important Information When Choosing a Provider

When selecting an RTC provider, you may wish to consider the points above carefully. It may also be helpful to share this information with your chosen provider so they are aware that ongoing prescribing and shared care arrangements with your GP practice may not be available.

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