

GP ADHD Shared Care Program:

A Child & Adolescent Mental Health Services (CAMHS) initiative in partnership with GP Partners Australia (GPPA)

FREQUENTLY ASKED QUESTIONS v4, January 2024

Frequently Asked Question's

Disclaimer: The information provided here should not be used as a substitute for the medical care and advice of your Doctor. There may be variations in treatment that your Doctor may recommend based on individual facts and circumstances. Current as at 31 January 2024.

Who is eligible for the GP ADHD Shared Care Program?

This is a South Australian Statewide Service, open to public patients of South Australian Local Health Networks, aged 16 years and over, who are not already in the care of a CAMHS Psychiatrist, and whose medication has reached a stable long term dose.

My child is not yet 16 and is not eligible for the ADHD GP Shared Care Program. How do we access ADHD medical care for our child?

In South Australia, ADHD is diagnosed and managed by Specialist Paediatricians or Child Psychiatrists. Please see your General Practitioner (GP) to arrange referral to a Specialist Paediatrician or Child Psychiatrist for assessment and treatment of your child's ADHD. Long-term management of your child will be provided in collaboration, by the specialist and your child's GP.

I am an adult with ADHD and I am not eligible for the ADHD GP Shared Care Program. How do I access ADHD health care?

In South Australia, your GP can provide your ADHD care. If you are seeking diagnosis or require ongoing stimulant medication, please see your GP to arrange referral to an Adult Psychiatrist for assessment and management of your ADHD.

Can my private specialist Paediatrician or Psychiatrist refer me to the ADHD Shared Care program?

At this time, private patients are not eligible for referral for the ADHD Shared Care Program.

Private patients can still access ADHD ongoing care with their private Specialist Paediatrician or Psychiatrist, in collaboration with their regular GP. The specialist can also write to the patients current GP and ask them if they are happy to take on the medication prescribing. If the GP agrees to take on prescribing, they will need to apply to the DDU for a section 18A authority.



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My child has been referred to the ADHD Shared Care program, but their regular GP is not able to take on the Shared Care. What happens next?

In the event the regular GP is unable to provide ADHD Shared Care, eligible patient's can request information to access an alternative ADHD Shared Care provider through GP Partners Australia (GPPA). This is achieved when the patient sends the ADHD Shared Care Consent form to the Program manager at GP Partners Australia (GPPA). The GPPA Shared care Manager will then contact the patient to assist in finding an ADHD Shared Care GP, who will work in partnership with the patient's regular GP and treating specialist Paediatrician or Psychiatrist. This process will operate under the same systems and communication pathways as the well-established Obstetric Shared Care program.

My child's Paediatrician has recommended my child for the ADHD Shared care program and sent a referral for the CAMHS Transition Psychiatry visit. How long will it be before I hear back from you?

The ADHD Shared Care program will offer a Transition Psychiatry visit before your child turns 18. Until that time, your child's paediatrician will continue to provide overarching specialist care. To ensure the referral process runs smoothly, please return your consent form to GP Partners Australia at the address provided as soon as possible. If you have any concerns about your child's health, please make an appointment with your child's GP.

Does the ADHD Shared Care Program provide diagnostic assessments?

The ADHD Shared Care program is for patients with established ADHD diagnosis, to assist transition from paediatric services. Diagnostic assessments continue to be available through a specialist paediatrician or child psychiatrist for patients aged 17 years and under, or with an adult psychiatrist for patients aged 18 years and older.

We have just moved from interstate to South Australia (SA). How do I access ADHD care and get my medication prescriptions in SA?

Every state in Australia has slightly different health systems and laws regarding the provision of stimulant medications used to treat ADHD. For more information, go to:

[ADHD Stimulant Prescribing Regulations & Authorities in Australia & New Zealand - AADPA](https://aadpa.com.au/adhd-stimulant-prescribing-regulations-in-australia-new-zealand/)
(<https://aadpa.com.au/adhd-stimulant-prescribing-regulations-in-australia-new-zealand/>)

In SA, children and young people see a Paediatrician or Child Psychiatrist for the diagnosis and ongoing overarching care of their ADHD until they turn 18.

For more information

Women's and Children's Hospital
72 King William Rd, North Adelaide SA 5006
Telephone (08) 8161 7000



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In SA, adults see a Specialist Adult Psychiatrist for the diagnosis and ongoing overarching long-term care of their ADHD.

If the person has already being diagnosed with ADHD by a Specialist Paediatrician or Psychiatrist interstate, the South Australian GP will need to be provided with a copy of the specialist letter of assessment and medication advice.

If the person has not yet been diagnosed with ADHD, the GP can refer the patient to a Specialist Paediatrician or Psychiatrist for specialist assessment.

If the person has been prescribed Stimulant medication by their interstate medical practitioner, the SA GP will need to:

- Refer the patient to a SA Specialist Paediatrician or Psychiatrist for legislated overarching care and specialist supervision of the stimulant medication management.
- Discuss the following options for long term stimulant prescriptions with the patient and their carer/s:
 - The receiving SA Specialist provides future ongoing stimulant medications prescriptions with an application for a section 18A Authority from the Drugs Of Dependence Unit (DDU) to enable legal prescribing of the stimulant medication
OR
 - The receiving SA Specialist provides ongoing supervision of the patient's stimulant medication, but recommends the GP applies for a section 18A Authority from the DDU to enable legal prescribing of the stimulant medication long term, with the SA Specialist's letter to support their application
OR
 - The GP applies for a section 18A Authority from the DDU to enable legal prescribing of the stimulant medication long term, with the interstate Specialist's letter to support their application. The GP is medico-legally required to check with the interstate medical practitioner that the treatment advice in the letter is unchanged and accurate.

Can I have my medication electronically prescribed?

Yes, ADHD Stimulant medication can be provided with an e-script (electronic script)

What do I need to know about carrying my medication?

In Australia, there is no issue with carrying your ADHD medication as long as it is safely stored away from children to prevent accidental poisoning, and is specifically prescribed for you/your dependent child. However your medication may be restricted or prohibited in other

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countries, with serious legal consequences if found in your possession. Please carefully check the laws of the country you are visiting before travelling overseas.

Can any pharmacy fill a prescription for psychostimulant medication?

Any pharmacy can fill your prescription, however in some cases the Drugs of Dependence Unit may place a condition on the section 18A authority that your medication is dispensed by a single pharmacy each time. This will be specified on the authority provided to your prescribing doctor. Section 18A authorities will specify the maximum daily dose of the medicine that can be supplied/prescribed per day.

A prescriber can consider this information, along with the PBS quantity requirements, to determine the quantity that can be supplied (i.e. a standard pack size) and the intervals between supply. A prescriber will need to ensure medications are collected in a timely manner, ie not too frequently.

In certain cases, additional controls may be placed to restrict supply (i.e. daily/weekly/fortnightly collection from a designated pharmacy).



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