The Shared Care Agreement (SCA) is intended to facilitate the accessibility and safe prescribing of complex treatments across the secondary/primary care interface. It does not contain all of the relevant product information, which should be sought using the current British National Formulary and manufacturer’s Summary of Product Characteristics. The SCA must be used in conjunction with the NHS Lothian Policy and Procedures for the Shared Care of Medicines, available at: [www.ljf.scot.nhs.uk/SharedCareofMedicines/Pages/default.aspx](http://www.ljf.scot.nhs.uk/SharedCareofMedicines/Pages/default.aspx)

This Shared Care Agreement should be used for patients under the care of adult psychiatry services. The Shared Care Agreement methylphenidate for attention deficit hyperactivity disorder (ADHD) in children 6 years and over should be used for patients under the care of NHS Lothian Child and Adolescent Mental Health Services.

### Roles and Responsibilities

Listed below are specific responsibilities that are additional to those included in the NHS Lothian Policy and Procedures for Shared Care. Please refer to the policy for core roles and responsibilities that apply to all Shared Care Agreements.

#### Consultant
- Assessment and diagnosis of adults with ADHD. Mental health services will verify the diagnosis of patients from overseas; these patients should provide suitable correspondence from the previous medical providers. In some cases it may be necessary for the mental health services to repeat assessments. The appropriate documentation should also be provided for patients diagnosed privately or in another Health Board area.
- Informing patient of the ‘off label’ use of methylphenidate.
- Before initiating treatment, screen all patients for problems with blood pressure or heart rate and take a family history of cardiac and cardiovascular disease. An ECG may be required. Mental health services will refer the patient for an ECG if required for the initial assessment or initiation of methylphenidate.
- Initiation of methylphenidate therapy and supply of medicine for one further month after the dose has been stabilised, including conversion to methylphenidate m/r (Concerta XL®).
- Patient monitoring - at baseline, during dose titration and until the patient is stabilised on treatment. This includes pulse, blood pressure and weight.
- Re-evaluation of the continued need for methylphenidate treatment beyond one year.
- Discontinuation - advising the GP when methylphenidate should be gradually discontinued for patients receiving the drug long term. The specialist will provide necessary supervision and support during drug discontinuation phase. Be aware that abrupt discontinuation can precipitate withdrawal.

#### General Practitioner
- Monitoring of weight, pulse and blood pressure every 6 months. Refer to the BMI chart and to the Lothian Hypertension Guidelines for recommended values.

#### Patient, Relatives, Carers
- As listed in NHS Lothian Policy and Procedures for the Shared Care of Medicines.

### Support and Advice for the GP

#### Specialist Adult Mental Health Services:
- North East Edinburgh Community Mental Health Team, Inchkeith House 0131 537 4530
- South East Edinburgh Community Mental Health Team, Ballenden House 0131 536 9460
- South West Edinburgh Community Mental Health Team, Cambridge Street House 0131 537 8650
- North East Edinburgh Community Mental Health Team, Craigroyston Health Clinic 0131 315 2026
- Midlothian Joint Mental Health Team 0131 536 8907
- East Lothian Mental Health Teams 0131 536 8518
- West Lothian Outpatients 01506 523770
- Clinical Pharmacy Service, Royal Edinburgh Hospital: 0131 537 6842 / 6823 / 6372
Key information on the medicine


Background to disease and use of drug for the given indication

ADHD is defined by the core symptoms of inattention, hyperactivity and impulsivity. A diagnosis in adults must be made following a comprehensive assessment by a psychiatrist. NICE recognises drug treatment of ADHD as part of a “comprehensive treatment programme addressing psychological, behavioural and educational or occupational needs” (NICE clinical guideline 72 - Attention deficit hyperactivity disorder: diagnosis and management).

This Shared Care Agreement should be used for patients under the care of adult psychiatry services. The Shared Care Agreement methylphenidate for attention deficit hyperactivity disorder (ADHD) in children 6 years and over should be used for patients under the care of NHS Lothian Child and Adolescent Mental Health Services (CAMHS).

Patients are usually transferred from CAMHS to adult psychiatry services at the age of 18 years.

Indication

Methylphenidate is prescribed as part of a comprehensive treatment programme for ADHD when remedial measures alone prove insufficient. It may be prescribed in adults who are continuing treatment commenced in childhood or adolescence and also for initiation in adults, where the presence of ADHD symptoms that were pre-existing in childhood can be confirmed. Methylphenidate is currently listed in the Lothian Joint Formulary as the first choice treatment for ADHD in adults. Although methylphenidate is not licensed in newly diagnosed adults, clinical evidence supports its use in this patient group. Treatment must be initiated under the supervision of a psychiatrist.

Dosage and Administration

Refer to current Summary of Product Characteristics (SPC): www.medicines.org.uk

Monitoring

Weight, pulse and blood pressure are to be monitored by the GP every six months.

Physical monitoring that is found to be abnormal should be rechecked (e.g. within 2 weeks) and if it is still abnormal it should be discussed with the psychiatrist. If pulse or blood pressure is severely abnormal, the medication should be stopped and the psychiatrist should be informed immediately.

These results will be reviewed by the specialist service during patient reviews and the psychiatrist will liaise with the GP about any changes, further investigations and referral to the specialist service if required.

Contraindications - Refer to current Summary of Product Characteristics (SPC): www.medicines.org.uk

Cautions - Refer to current Summary of Product Characteristics (SPC): www.medicines.org.uk

Adverse effects - Refer to current Summary of Product Characteristics (SPC): www.medicines.org.uk

Drug interactions - Refer to current Summary of Product Characteristics (SPC): www.medicines.org.uk

Approved for use by the Hospital and Specialist Services Medicines Committee on 07 September 2016 and the General Practice Prescribing Committee on 11 October 2016