



Mind & Brain

Innovative care for better mental health

ABN – 40611018510

M&B Form 012 ADHD Assessment and Treatment Process Updated 14 April 2024

Step 1 - Intake Meeting with our Psychologist (at the clinic):

Firstly, we will offer you an intake appointment with our psychologist for history taking. This appointment will take about one hour. Psychometric tests will be sent after your appointment by email and we will appreciate if you can complete all tests at least three days before your next appointment.

After the intake appointment, we will send a referral for an observed Urine Drug Test (UDT) to your phone by SMS and the test is expected be completed within 3 days.

UDT can be arranged at Clinipath Pathology. Please ensure you have Photo ID and Medicare card for the test. Please check online (Clinipath website) what office is open for the drug testing before attending as not all labs are providing this service.

If you have already completed a **psychological assessment** and have a **comprehensive report**, please send it to us for review as in some cases you may not need to attend the intake appointment.

There are **no Medicare rebates** for the intake appointment with our psychologist.

Step 2 – Assessment with our Psychiatrist (at the clinic):

Collateral information is required for a diagnosis, and we encourage you to bring a family member or someone who knows you well to this appointment. We understand that in some cases it might be difficult or not possible. Please advise us in advance if you cannot bring a family member and we can try to arrange an alternative way to obtain collateral information.

If you have any **school reports** available, please bring them to the appointment. We encourage reading your school reports in advance and prepare to show teachers comments suggestive of ADHD or other difficulties. If there are no comments suggestive of ADHD, still bring your reports for review. We also understand that some people have no access to their school reports, and it should not affect your assessment.

Our psychiatrist will review intake notes, results of psychometric testing; take additional history, screen for mental health comorbidities/physical problems and conduct an **ADHD focused clinical interview** with **you** and **your family member**.

If treatment with ADHD medication is indicated but cardio-vascular risk factors are identified, our psychiatrist will organise a referral for an ECG (electrocardiogram). Some patients may require further medical input (GP, cardiologist or other specialists) before starting treatment with ADHD medication.



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Step 3 – Second appointment with our psychiatrist (at the clinic):

Discussing diagnosis, management plan and starting treatment if treatment is indicated (appointment with a psychiatrist will take up to 30 minutes at the clinic).
Medicare rebates will apply.

Step 4 - Follow up Appointments. After stimulant treatment commencement, regular follow up appointments would be required during the initial stage of treatment (after 1 or 3 months, and then on a 6-monthly basis). The frequency of appointments varies depending on your presentation and complexity.

Medicare rebates apply to all consultations with our psychiatrist.

ADHD Treatment

Stimulant Treatment:

Stimulants can be contraindicated for some physical and psychiatric conditions and alternative types of non-stimulant or non-pharmacological treatment may need to be considered.

Advice about your ADHD treatment/management will be provided during your appointment with our psychiatrist.

All stimulant prescribing is regulated according to the Schedule 8 Medicines Prescribing Code. You can read more about stimulant prescribing by accessing the Code online as it is accessible to the public. Link:

https://www.health.wa.gov.au/Articles/N_R/Opioids-benzodiazepines-and-other-S8-medicines

Authorization by the Department will be required in case of comorbidities such as:

- any history of stimulant induced psychosis (see Part 1 of this Code);
- any history of psychosis or bipolar disorder;
- any history of substance abuse, diversion or misuse of drugs of addiction or S9 substances within the previous five years; or
- have a record of drug dependence or oversupply (see Part 1 of this Code);
- a current participant in a Community Program for Opioid Pharmacotherapy.

If treatment with stimulants is indicated, you will be expected to participate in urine drug testing (annually or as per instruction of psychiatrist) as per WA Department of Health requirements.



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