



UNIVERSITY OF
CAMBRIDGE



Barnet, Enfield
and Haringey
Mental Health NHS Trust



The case for Specialist services for adults with ADHD

Ulrich Müller^{1,2}

¹Adult ADHD Service, Barnet, Enfield & Haringey Mental Health NHS Trust

²Department of Psychiatry, University of Cambridge



Declaration of interests

Advisory board / consultancy / speaker honorarium

- Eli Lilly (2012, 2015)
- Heptares (2013-14)
- Shire (2014-15, 2017)

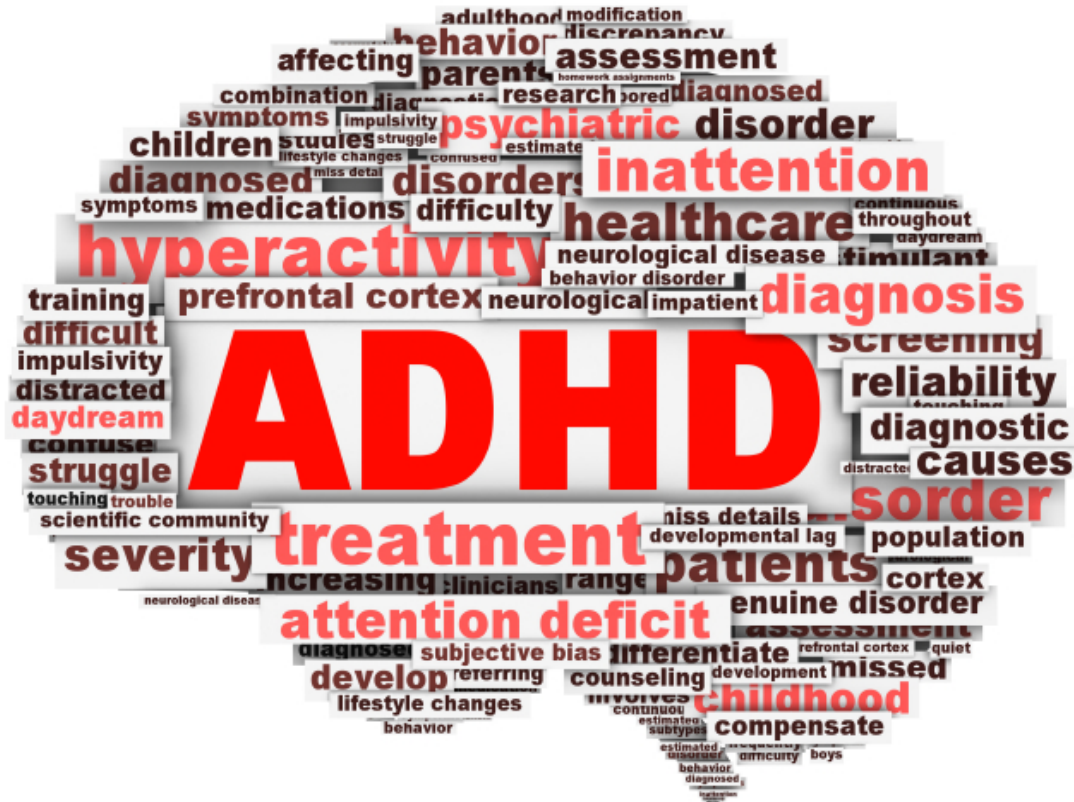
Workshop honorarium

- British Association for Psychopharmacology (2010-)
- UK Adult ADHD Network (2011-)
- Andrew Sims Centre Leeds / LYPFT (2015-16)

Educational grants / travel expenses (2012-)

- Eli Lilly, Janssen-Cilag, Lundbeck, Shire, Sunovion

No shares, royalties or recent industry research



Service models

- Specialist
- Integrated (with secondary care adult MH services)
- Neurodevelopmental (adult only or lifespan)
- Primary care
- Private sector



Specialist service for adults with ADHD –

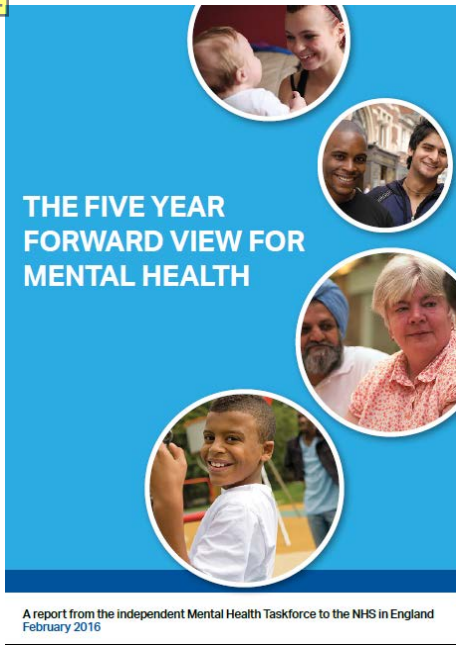
Definition: Stand alone service specialised on diagnostic assessment and therapeutic management of adults with ADHD (or suspected ADHD)



Adult ADHD has arrived in the mainstream

- **Increasing number of Adult ADHD clinics/services in the UK:** up from 4 in 2007 (SLAM, Cambridge, Barnet, Bristol) to >60 in 2017.
- **NICE guideline 2008/2018:** Recommendations for ADHD diagnosis, treatment and services across lifespan.
- **ADHD medication:** Adult licenses (Strattera[®], Elvanse Adult[®]) and off-label prescribing supported by NICE and BNF.
- **Progress of training in diagnosis and treatment of Adult ADHD:** >20% of general adult psychiatrists in the UK participated in UKAAN training courses.
- **RCPsych recognition:** Adult ADHD in Core Training Curriculum (2013) and MRCPPsych CASC exams

Proposed mental health pathway and infrastructure development programme

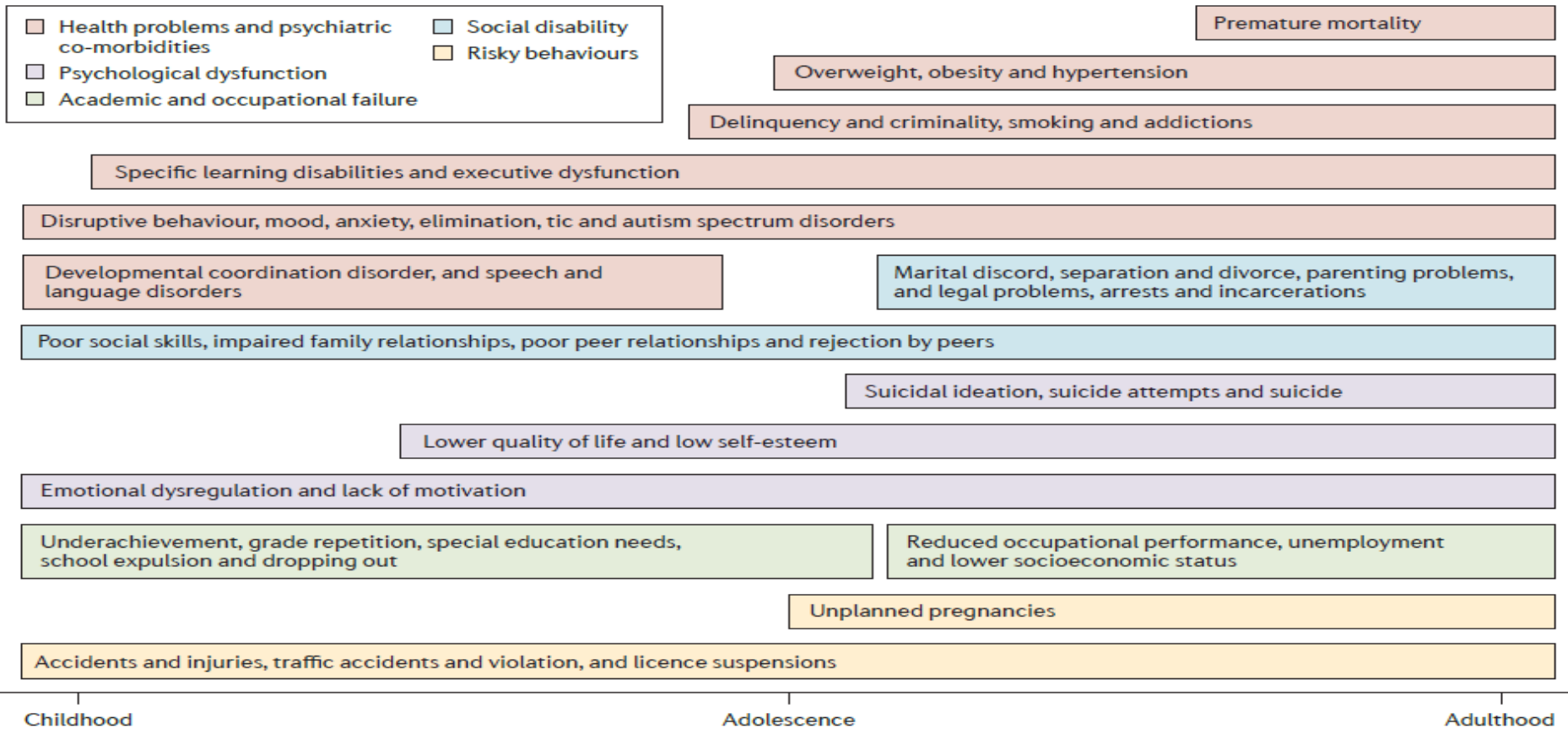


Pathway	2015/16	2016/17	2017/18	2018/19	2019/20
Psychological therapy for common mental health disorders (IAPT)	▶				
Early intervention in psychosis	▶				
CAMHS: community eating disorder services	▶				
Perinatal mental health		▶			
Crisis care		▶			
Dementia		▶			
CAMHS: emergency, urgent, routine		▶			
Acute mental health care		▶			
Integrated mental and physical healthcare pathways (IAPT / liaison / other integrated models)		▶			
Self harm			▶		
Personality disorder			▶		
CAMHS: school refusal			▶		
Attention deficit hyperactivity disorder				▶	
Eating disorders (adult mental health)				▶	
Bipolar affective disorder				▶	
Autistic spectrum disorder (jointly with learning disability)				▶	

ADHD →

Quality of Life and ADHD

Faraone et al., Nat Rev Dis Primers 2015; 1: 15020



Two pathway model for Adult ADHD services

Non-complicated cases

- Transitional patients (stable on ADHD medication)
- New referrals (screening for symptoms / impairment by One Point of Access)
- Annual review of patients diagnosed elsewhere (stable on medication)

- Diagnostic assessment
- Dose titration
- Psychoeducational / CBT group (in collaboration with IAPT)
- Individual CBT (where indicated, if funding available)
- Comprehensive report
- Discharge to GP

Complex cases

- Care coordination or / and MDT input required
- Under care of other services (acute, CMHT, forensic, ED, LD, PD, substance use)
- Adult ADHD service provides advice, second opinion assessments and training

- Comprehensive assessment
- Interventions targeting comorbidities (psychosocial & pharmacological)
- Case management (recovery focussed)
- Dose titration
- Comprehensive report



Specialist (vs. integrated) Adult ADHD service

Pro

- Clinical expertise
- More cost-efficient assessments and dose titration
- Ideal for training (trainee psychiatrists, other clinicians)
- Good for audit and research
- Clinics and groups for special populations can be offered, eg transitional, high IQ (students, academics), low IQ (LD) and other neurodevelopmental (ASD, GTS)
- Business potential (other NHS trusts, private patients)

Con

- De-skilling of (general) adult psychiatrists
- Adult ADHD should aim to become part of mainstream adult psychiatry
- A full specialist service requires a fully staffed MDT – this is expensive!