

Information - ADHD assessments with Dr. El-Khayat (Consultant Psychiatrist) for Young People aged 16 to 18 years.

Assessment Process:

Initially, Dr El-khayat will see the young person with their parent (s), and as appropriate, may see the young person alone. Please allow for an appointment length of two hours.

By the end of the assessment, Dr El-khayat will summarise the conclusions of the assessment and his recommendations for treatment. If medication is recommended, an additional psychiatric follow up appointment of at least half an hour will be essential in order to provide the necessary information for you to make an informed decision.

Treatment:

ADHD treatment will require on-going arrangements for physical health monitoring of height, weight, pulse and BP. It can take several appointments (approx. 5-6) until medication is optimally titrated. Once established on an optimum dose of medication, reviews will be less frequent, every 3 - 6 months, as necessary.

During an appointment which is dedicated to the initial assessment of ADHD, there may not be time to cover other important mental health disorders like depressive disorder, anxiety disorders, PTSD..... If a young person is experiencing other important comorbidities such as these, we may need another one-to-two-hour session.

What to send us before the assessment:

Before the appointment, please provide us your son /daughter's summary of previous school reports, any previous educational psychology report or relevant medical or psychiatric records. Sending this information to us before the appointment can be extremely helpful.

We will also send you some questionnaires, to be filled in by parents, teacher/tutor and the child if appropriate.

Prescribing ADHD medication:

Initially, Dr El-khayat will provide private prescriptions for ADHD medication. After the patient settles on the new medication, Dr. El-Khayat is very happy to hand over on-going care to the GP although it is the GP and the GP Practice who will decide if they are happy to prescribe ADHD medication within the NHS? Sometimes, GPs request a Shared Care Agreement, which Dr El-khayat is very happy to do. However, it is vital to note that the person on ADHD medication, needs to be followed up by a specialist.

If the patient is referred to an NHS ADHD specialist service, Dr El-khayat is very happy to transfer the patient care.