

Information - ADHD assessments with Dr. El-Khayat (Consultant Psychiatrist)

Assessment Process:

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 weight, pulse and blood pressure. 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 you are 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 with any previous psychological reports, if applicable, or relevant medical or psychiatric records. Sending this information to us before the appointment will be extremely helpful.

We will also send you some questionnaires, to be filled in and returned before your appointment

Prescribing ADHD medication:

Initially, Dr El-khayat will provide private prescriptions for ADHD medication. After you settle on the new medication, Dr. El-Khayat is very happy to hand over on-going care to your GP although it is your 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 if you are prescribed medication for ADHD medication, this needs to be followed up by a specialist.

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