

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

Assessment Process:

- ADHD assessment appointments with Dr. El-khayat are two full hours in length.
- The assessment is carried out only by a Consultant Psychiatrist (Dr. El-khayat) with extensive experience in ADHD assessment and management.
- ADHD assessment with Dr. El-khayat is fully compliant with ADHD NICE guidance.
- Assessment includes a general psychiatric assessment, including past psychiatric history, past treatments, personal history, educational history, medical history, and personality traits. (Where there is complexity, for example, but not limited to, depression, anxiety disorders, post-traumatic stress disorder or other comorbidities, Dr. El-khayat may request a second session before we conclude the assessment). This may be around one to two further hours in a further appointment/s.
- A thorough and structured ADHD assessment is used, following DIVA 5 and compliant with DSM5 criteria. Every one of the 18 criteria are rated.
- The assessment includes a discussion of the summary and conclusions of the assessment.
- Dr. El-khayat will discuss non-medication approaches to treatment and will give references regarding these.
- Dr. El-khayat will discuss medication in detail before giving any prescription and will ask people to take their time following the assessment before making their decisions regarding which treatment path to follow.
- A comprehensive written report is provided following each assessment.

Treatment:

If, following the full assessment and period of consideration, a person wishes to embark on a medication treatment option, then 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.

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.

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.

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